

Management of melasma through Ayurveda: A case study

S. M. M. W. Kumari¹, R. L. Y. U. Rathnayake², D. R. K. Elikewala¹

¹*Department of Ayurveda Medicine and Indigenous Medicine, Faculty of Indigenous Medicine, University of Colombo, Sri Lanka*

²*Department of Ayurveda Surgery, ENT, Ophthalmology and Gynecology, Obstetrics and Pediatrics, Faculty of Indigenous Medicine, University of Colombo, Sri Lanka*

Melasma or *Vyanga* is a skin condition characterized by the presence of hyper pigmented patches on the face and back area. In Ayurveda, this skin disease known as *Vyanga* is categorized under "*Kshudra Rogas*" due to vitiation of *Pitta*, *Vata* and *Rakta Dosha*. The study was conducted to find out the effectiveness of Ayurveda management in *Vyanga*. The major signs and symptoms were blackish pigmentation without pain and itching on face and back area. A 16-year old male patient having blackish pigmentation without pain and itching on face and back area for the past 4 months presented at the OPD, Ayurveda Hospital Pallekele, Sri Lanka was enrolled in the study. The patient had no other complaints and no related family history. He has taken allopathic treatment and then he got registered in the present study for further management. The consent was taken and signs and symptoms were recorded. The investigations were done and data were collected based on available clinical facilities. The treatment regimen includes internal medicines like *Nawakarshaka Kashaya*, *Manibadhra Choorna*, *Kaishoora Guggulu* followed by the *Lodhradi Lepa* and *Raktha Chandanadhi Lepa* with *Pinda* oil application and *Pancha Walkala Pariseka Sweda* on the face and back area externally for 28 days. *Vata-Pitta-Rakta* pacifying treatment protocol was planned according to the principles of the management. Reduction of the signs and symptoms were assessed using Melasma Area Severity Index (MASI) and Melasma Quality of Life Scale (MELASQOL). The patient had relief in most of the signs and symptoms after 28 days of treatment. Excellent improvement was observed in Melasma Area Severity Index (MASI) from grade 3 to 1 and also Melasma Quality of Life Scale from grade 7 to 1. All therapies like *Pariseka Sweda*, *Lepa* as a combined treatment, pacify the vitiated *Vata Pitta-Rakta Dosha* in the body and thus provide glow to the skin. The drugs used orally have an additional effect in relieving all signs and symptoms of the disease. This case study demonstrates the effectiveness of Ayurveda in the management of *Vyanga*. The clinical trial should be planned in the future with a larger sample size to generalize the findings.

Keywords: *Melasma, Vyanga, Lepa, Pariseka Sweda*