



## Research Article

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## Classical diagnostic approach of the disease Vyanga (A type of dermatological disorder)

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### Abstract

The disease *vyanga* is a type of *kshudra kushtha* (group of skin disorder), mentioned in Ayurveda. It may manifests with various sign and symptoms like *mandalam visrijati* (circular lesion), *nirujatanuka* (painless thin lesion), *shyava* (dark brown color lesion over skin) in face. According to modern science, it can be correlated with different conditions like hyperpigmentation, melasma, hypermelanosis and chloasma. It is also found in different types of systemic disorders. In *Ayurveda* there is no such standard parameter to identify the severity of diseases. The present study has been carried out to make a classical diagnostic frame of the disease *vyanga* and to understand the brutality of this disease with the help of its fundamental sign and symptoms. Literary resources were analyzed in this study. All the data concerning features of *vyanga* mentioned in classical *Ayurveda* texts were collected and visualized features were documented in the form of photography to diagnose the disease accurately. Further validation of this preliminary approach of grading should be confirmed in large scale study.

**Keywords:** *Vyanga*, Ayurveda dermatology, Classical diagnosis, Grading.

### INTRODUCTION

In Ayurveda *Vyanga* has been described as *kshudra kushtha* (~skin disorder). As per ancient scholar it is one among the *kshudra kushtha* but not a *kshudra roga* (~minute illness). Here *kshudra* is described on the basis of *hetu* (etiology), *lakshana* (symptoms) and *cikitsa* (treatment). These are described abruptly in the texts, hence known as *kshudra* <sup>[1]</sup>. The disease *Vyanga* is occurred due to vitiated *vata* and *pitta* <sup>[2]</sup>. Both the *dosha* are responsible for formation of the disease, they are aggravated due to different *manasika nidana* (psychological phenomenon) and lodge into the *mukha bhaga* (facial illness). It is associated with an assortment of sign and symptoms like *Mandalam visrijati* (circular lesion), *Nirujatanuka* (painless thin lesion), *shyava* (dark brown color lesion over skin) in *Mukha* (face) <sup>[3]</sup>. According to *Vagbhata*, it appears with assorted symptoms on the basis of *doshik* participation like-*Parusha* (roughness), *Parusha sparsha* (rough on touch), *shyava varna* (dark brown color) due to *vata dosha*; *tamra varna* (coppery color), *nila varna* (bluish color) due to *pitta dosha*; *shveta varna* (whitish colour) with *kandu* (itching sensation) due to *kapha dosha* <sup>[4]</sup>. These are few simple and limited sign and symptoms are mentioned in Ayurveda texts of medicine. Short descriptions of *nidana* (etiology), *lakshana* (sign and symptoms) and treatment principle are documented. Hence, it is described under the heading *Kshudra kushtha*. In this disease *vata*, *pitta*, *khapa* and *rakta* are also involved. *Rakta* is the *dhatu*, which is responsible for flushing of the body. When it is vitiated then it may distorted the normal trace of the body and facilitates to manifest the different symptoms.

According to modern science, it can be correlated with different conditions like hyperpigmentation, melasma, hypermelanosis and chloasma. It is also found in different systemic disorders. There is also no such specific treatment to eradicate this pathological phenomenon. These should not be diminished as merely a decorative object because it habitually inducing emotional agony. Therefore a classical framework for suitable diagnosis and accurate treatment of this disease is urgent now days. It is possible if we have proper knowledge regarding the pathological process of the disease with manifestation of sign and symptoms. Based on such phenomenon the treatment principle of the disease should be applied clinically. As the disease *vyanga* is coming under *yapya vyadhi* (intake of medicine and diet can symptomatically improve the pathological condition) and treatment remedies are also minimum. Hence it's need to special attention on this aesthetic sickness. Such kind of cosmetic problems are very common issue now days. To minimize this problem, proper diagnosis with severity of the disease is very essential.

For this reason, the present study has been carried out to make a classical diagnostic frame of the disease *Vyanga* and to understand the brutality of disease with the help of its fundamental sign and symptoms. Literary resources were analyzed in this study. All the data concerning features of *Vyanga* mentioned in classical *Ayurveda* texts were collected and visualized features were documented in the form of photography to diagnose the disease accurately.

### Assessment of *Vyanga*

The features *Vyanga* were reviewed by the preliminary approach of arbitrary grading system and with the help of taken photography. Appropriate literary meanings of meticulous words were outfitted with the preliminary arbitrary grading system.

### Arbitrary Grading on Various Classical Symptoms of *Vyanga*

**Table 1:** Arbitrary grading on the symptom, *Mandalam visrijati*: [*Mandalakara*<sup>[5]</sup> = Circular lesion]

FEATURES	SCORE
a. More than five circular lesion present whole over face.	4
b. 4 to 5 circular lesion present whole over face.	3
c. 3 to 4 circular lesion present whole over face.	2
d. 1 to 2 circular lesion present whole over face.	1
e. No such circular lesion present on face.	0

**Table 2:** Arbitrary grading on the symptom, *Niruja tanuka*: [*Tanu abahalam*, or *Nirujam arujam*<sup>[6]</sup> = Painless thin lesion]

FEATURES	SCORE
a. Painless thin lesion present in entire face and sever hardness on touch.	4
b. Painless thin lesion present in cheek with malar prominence, bridge of nose and forehead moderate hardness on touch.	3
c. Painless thin lesion present in cheek with malar prominence and bridge of nose, mild hardness on touch.	2
d. Painless thin lesion present in cheek with malar prominence, smoothness on touch.	1
e. Not present.	0

**Table 3:** Arbitrary grading on the symptom, *Shyava* [*Shyavam iti shuklanuviddha krishna varnah*<sup>[7]</sup> = Dark brown color lesion over skin]

FEATURES	SCORE
a. Deep dark brown color lesion over skin of face.	4
b. Moderate dark brown color lesion over skin of face.	3
c. Light dark brown color lesion over skin of face.	2
d. Faint dark brown color lesion over skin of face.	1
e. Normal skin.	0

**Table 4:** Arbitrary grading on the symptoms of *vyanga* present on the *Mukha* [Face]:

FEATURES	SCORE
a. Present in entire face.	4
b. Present in cheek with malar prominence, bridge of nose and forehead.	3
c. Present in cheek with malar prominence and bridge of nose.	2
d. Present in cheek with malar prominence.	1
e. Not present.	0

**Table 5:** Shows assessment of grading and remarks:

Grade	Grade of point	Sign (degree)	Remark
G4	4	++++	Very severe
G3	3	+++	Severe
G2	2	++	Moderate
G1	1	+	Mild
G0	0	Nil	Normal

## DISCUSSION

For scrutiny of the diseases the suitable conception in relation to sign and symptoms are very crucial<sup>[8]</sup>. In *Ayurveda* there is no such standard parameter to indentify the severity of diseases. Hence the arbitrary grading has been taken to identify the severity. Every sign and symptoms were analyzed based on appropriate literary denotation and grading has been prepared to rationalize the disease model as well as for prognostic intention (Table1-4). As we know if all the sign and symptoms are present at a time in a painstaking disease then it is incurable, but it is justify when we realize the severity of sign and symptoms<sup>[9]</sup>. Here, Grade 0 is indicating the absence of symptoms, Grade 1 is pertinent for mild condition, Grade 2 for moderate condition, and Grade 3 is applied for severe condition and Grade 4 for very severe condition of the disease (Table 5). Visual verification i.e. photography (Fig.1-9) were documented here since no such laboratorial parameter are available to identify the all category of skin lesion.

## CONCLUSION

The foremost objective of *Ayurveda* is to prevent the disease as well as cure the diseases. The treatment principles should be relevant when we have diagnosed the diseases aptly. This is achievable when we have proper information regarding the pathological progression and the severity of sign and symptoms of the diseases. Therefore this preliminary diagnostic progression is integrated in this small study which is a foundation to provide a frame for the accurate diagnosis as well as the treatment of the disease *vyanga*. Further scientific study should be done in order to validate this preliminary approach.



**Fig 1:** *Mandalam visrijati*



**Fig 2:** *Niruja tanuka*



**Fig 3:** *Niruja tanuka*



**Fig 4:** *Shyava*



**Fig 5:** *Shyava*



**Fig 6:** *Mukha(G1)*



**Fig 7:** *Mukha(G2)*



**Fig 8:** *Mukha(G3)*



**Fig 9:** *Mukha(G4)*

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