

International Research Journal of Ayurveda & Yoga

Vol. 4 (12),36-40, December, 2021

ISSN: 2581-785X;<https://irjay.com/>DOI: <https://doi.org/10.47223/IRJAY.2021.41206>

Evaluation of *Varnya Mahakashaya Anulepan* in Daily Regimen Vis-À-Vis Discoloration for *Varna Prasadana*

Swaranjali Jangde ¹, Anita Sharma ², Rajesh Singh ³

1. Post Graduate Scholar, Department of Swasthavritta and Yoga, Govt. Ayurveda College & hospital Raipur, Chhattisgarh.
2. Professor, Department of Swasthavritta and Yoga, Govt. Ayurveda College & hospital Raipur, Chhattisgarh.
3. Lecturer, Department of Dravyaguna, Govt. Ayurveda College & hospital Raipur, Chhattisgarh

Article Info

Article history:

Received on: 12-11-2021

Accepted on: 29-12-2021

Available online: 31-12-2021

Corresponding author-

Swaranjali Jangde Dept. of swasthavritta and yoga MD, Final year, Shri NPA Govt Ayurveda College Raipur CG.

[Email- swaranjali2611@gmail.com](mailto:swaranjali2611@gmail.com)

ABSTRACT:

Skin being the largest organ is very unique in nature as it reflects each and every minute inevitable changes in the body. As it also connects us to the other person firstly, it become very important to have a flawless fresh skin that not only increase the confidence but shows a healthy person from inside, with the increasing lifestyle changes and environmental factor its leading to various pathologies in skin which is affecting its normalcy. To attain a healthy skin and to maintain and prevent from many such pathologies in our classical texts many references has been given along with daily regimen *Anulepan* has been stated. To evaluate such a reference of *Charak Samhita* on *Varnya Mahakashaya* a clinical study has been conducted at Govt Ayurveda College Raipur CG, with 60 randomly selected opd patients. All raw drugs of *Varnya Mahakashaya* were prepared with *Go Ghrita* for external application by *Shatdhaut* process The effects were assessed by a performa before and after and results were analyzed statistically.

Key words- *Ayurveda*, *Anulepan*, *Lepa Varnya Mahakasahaya*, skin, *Shatdhaut Ghrita*

INTRODUCTION

Skin or the integument is the largest organ of the body and constitutes 16% of the body weight, and it is reflection of overall health¹, often affected by certain anomaly at different stages of life as well as constantly changing environment exposed to dust and pollution which manifest to various skin problems among all that discoloration is common symptom that manifest first.

The term *Varnya* refers to that which imparts *Varna* (skin colour) i.e. it acts as an instrument to restore and retain the natural hue, texture and tone of the skin. These *Varnya*

dravya (complexion promoters) are not to convert the inherent colour and complexion into fairer one, but to exemplify the abnormal colour which is changed by some disturbance in normal state. The ayurvedic natural cosmetic business of India is growing at the rate of 15 20% per year much higher than India's overall cosmetic business that has a growth rate of 7-8%.

Beauty is more than skin, rather deep according to ayurveda, there are several references of numerous medicinal plants and herbs along with their application in various formulations for enhancing complexion such as



*Varnya Mahakashayas*² *Varnya Dravya* , *Varnyakar Dravya* in all of the *Laghutarayi* and *Brihatarayi* among all of these drugs their methods of application have been described briefly and various daily regimen activities that have the effect of enhancing the natural texture of skin. Such a regimen *Anulepanam*³ has been mentioned intended for the well being of skin and for maintaining normal healthy lustre complexion and strength of skin.⁴

AIMS

To assess the efficacy of *Varnya Mahakashaya*

OBJECTIVE

1. To review the literature on *lepa*.
2. To review literature on *Varna*.

This thesis aims to review focus on *Charakokta Varnyakar Dashemai lepa* as a natural and safe for preservation and promotion of skin complexion in individuals.

Patients and method 60 healthy individuals were registered for the study between the age group, who filed the criteria of selection from the OPD of Shri NPA Govt Ayurveda college Raipur, CG

Conceptual study

Detailed review of conceptual study was done on *Varnya Mahakashaya*⁴ and *Ghritha*⁵ from available ancient and modern literature. Detailed review of trial was reviewed and compiled.

Clinical study this was the main part of proposed research work. The present study was carried out to evaluate the *Varnyakar Prasadana* effect of *Varnya Mahakashaya* in healthy individuals. Total 60 patients were screened and registered for the study and all of them completed the trial.

Selection criteria

Inclusion criteria

1. Sex male and female
2. Age 16 year to 50 year.
3. Patients willing to participate and who give their consent in written will be included.

Exclusion criteria

1. Age <16 and >50
2. Patients with past and present history of any skin disease e.g. psoriasis, dermatitis, vitiligo etc.
3. Patients suffering from any bacterial or fungal infections or any skin infestations or who are under medication with antibiotics and antifungal drugs.
4. Patients willing to participate.

Protocol of research

- I. Study design – single arm, open, perspective.
- II. CTRI- study is registered, trial no CTRI/2020/06/025680
- III. Consent- written and informed consent of study objects were taken before trial.
- IV. IEC Approval- approval of synopsis for human trial was obtained from institutional ethical committee of Ayurveda college Raipur.
- V. Proforma- proforma incorporating, detail profile of study subjects complaints, history, sign symptoms was prepared.

Preparation of drug

1. Collection Of Raw Materials

Collection of raw drugs from Shri Narayana Prasad Awasthi Govt Ayurveda College Raipur for this clinical study.

2. Preparation Method

Varnyakar Lepa is formed in 3 process:-

1. *Yavkuta Churna* of raw drugs
 2. *Kwatha* formation
 3. *Varnyakar lepa*
1. ***Yavkuta churna :-***
Particle size reduction is another important factor for *Kwatha* so all raw drugs quantity of 50 gm, total after combining all 10 drugs, total amount *ghrita* was 50 gm. each drug were taken and prepared *Yavkuta Churna* (coarse powder) with then with help of *Khalva Yantra* and pulverier machine pounding was done for making *kwatha* of all these drugs.
 2. ***Kwatha formation***

Yavkuta churna (Coarse powder) of all raw drugs obtained, was soaked over night in stainless steel vessel with 8 times of water under the *Kwatha Vidhi* of *Sharangdhara Samhita*,⁶ after this next day it was put under low flame as regulation of temperature protects heat labile phytoconstituents for *kwatha* preparation. *Madhyam Agni* is used that is mild to moderate heat used in preparation of *kwatha* for prolonged period till the volume is reduced to one fourth. After measuring the amount of water reduced was strained by using cotton cloth and was put in clean sterile vessel for further use. *Kwatha* preparation depending on nature of drug.⁷ (Table 1) *Kwatha* preparation depending upon quantity of drugs⁸(Table 1)

3. ***Varnyakara lepa*** in study is made by process of *Shatdhaut Ghritha* preparation as follows

Ingredients :Gow *Ghritha* 50 gm, *Kwatha* obtained
Gow Ghritha was taken in stainless steel sterile plate. Normal cold *Kwatha* is added above the level of *Ghritha*. *Ghritha* and water is rubbed vigorously for 6-8 minutes till the *Kwatha* changes slight light in colour, and the *Ghritha* was allowed to settle. *Kwatha* was removed carefully avoiding the loss of *Ghritha*, then same *Kwatha* was added to previously washed *ghritha* and similar procedure was repeated. This operation was carried out 100 times to obtain *Varnyakar Lepa*. Samples was collected after washing and stored in plastic air tight container at room temperature or in refrigerator for clinical and analytical analysis.

Shatdhaut method of preparing *Varnyakar Lepa* ended in very soft, creamy texture of *Ghritha* that is to be applied on affected part on body.

Method Of Application

- A patient was advised to first clean the face properly.
- Then advised to take this *varnyakar lepa* in finger tips.
- Then gently apply it on affected part twice a day.

Total duration of trial - 45 days

Follow up period- Every 15th day , patients progress was noted till the duration of study.

Grouping- there was only single trial group

Statistical Analysis

The result is subjected to statistical analysis by appropriate methods. Since the data is not distributed normally, Wilcoxon signed rank test and Z test is used for assessing the effectiveness of treatment, before treatment. Significance level is fixed at p-value <0.05. All the analysis is done with the help of software SPSS version 25.0.

OBSERVATION AND RESULTS

60 healthy individuals were registered and all completed the course of therapy. The collected data all on study variables were subjected to statistical analysis by appropriate methods. Since the data was not distributed normally, Wilcoxon signed rank test and Z test were used for assessing the effectiveness of treatment, before treatment, after treatment and after follow up (alternative to parametric paired t test) based on various study parameters. Significance level is fixed at p-value <0.05. All the analysis was done with the help of software SPSS version 25.0.

Rukshata: Before treatment mean score of *Rukshata* was 1.77 which after treatment remained as 0.30 with a relief of 70% (p-value<0.05) which is statistically significant.

Kledata : Before treatment mean score of *kledata* (*snigdhatta*) was 1.28 which after treatment remained as 0.65 with a relief of 35% (p-value<0.05) which is statistically significant.

Prabha: Before treatment mean score of *Prabha* was 0.77 which after treatment remained as 2.65 with a relief of 65% (p-value<0.05) which is statistically significant.

Wrinkles: Before treatment mean score of *Wrinkles* was 1.35 which after treatment remained as 0.27 with a relief of 73% (p-value<0.05) which is statistically significant.

DISCUSSION

In the present study,38.3% belongs to 41-50 age group, 36.7% belongs to 21- 30, and 23.3% belongs to 31- 40 age group, the maximum were belonging 41-50 this age group for individuals at work where mental stress other exposure i.e. environmental factors and hormonal influence which is the root causes for the disease.

The sex wise distribution of the patients reveals that of the majority patients were female 70%and 30% belong to male, which support the fact of global incidence of discoloration is associated with hormonal variations.

8.3% were having *Manda Agni*, 20% had *Vishama Agni*, 31 out of 60 had *Sama Agni*, 5 out of 60 had *Tikshna Agni* and 6 out of 60 had mixed *Agni* .*Agni* plays important role in manifestation of any disease or discomfort in body, as any type of *Agni* other than *Sama Agni* brings improper *Rasa* formation and consecutive *Dhatu*s in body⁹

35% patients had normal skin type , 30% had dry type of skin and only 6.7% had sensitive type of skin rest had combination skin type this shows that skin pigmentation marks is not much based on skin type it can occur in all type of skin.

25% female patient had history of contraceptives use, an aggravating cause as already proven oral contraceptive pills have side effect as producing acne and discoloration.

Probable Mode Of Action

Our acharya has mentioned *Rasapanchaka* of drug to explain the mode of action of single drug.To determination of the total effect of the drug, here it is an attempt to explain probable mode of action of *Varnyakar Lepa*

Ayurveda has not explained single discoloration ¹⁰but has compiled as such disease under *Kshudra Roga* acharya has given special emphasis towards psychological factor like *Krodha Shoka Shrama*.which are commonly found in most of the patients *Acharya Charka* has mentioned in *Samprapti* that aggravation of pitta along with rakta is the

chief culprit for initiation of the pathology. Discoloration is also a *Rakta Pradoshaja Vyadhi Vititaed Ranjaka Pitta*, *Rata Dhatu* as well as *Udan Vayu* in body through *Dhamni* and get *Sthana Samshraya* In *Mukhgata Twacha* and causes vitiation of *Bhrajaka Pitta* and give rise to color of skin.

Anti-inflammatory activity: in *Varnya Dashemani*, among 10 drugs -9 drugs are having *Sheeta virya* (cold potency), 6 are having *Madhura* (sweet) *Vipaka* (post metabolic effect), *Madhura*, *Tikta* (bitter) and *Kashya* (Astringent) *Rasa* and *kaphapittahara* property as a whole. All these factors suggest the anti-inflammatory action of the formulation as they help in detoxification of blood, *Sheetavirya* act as antioxidant reducing the intracellular levels of reactive oxygen species improve the discoloration¹¹.

Because of all these properties of *Varnyakar Lepa* we see that they are prosperous in *kashaya rasa*, which is advantageous in *Pitta* and *Rakta* dominant disease. The *kashaya Rasa* removes the *Twak Vaivarnyata* and helps to attain the normal skin color. *Laghu* and *Ruksa Guna* mainly *Pitta Shamaka* and *Rakta Prasadaka* properties.¹² *Sita virya* have in *Varna Prasadna* property which helps to purify the accumulated dosha.

In the process of making *varnyakar lepa*, traditional concept was carried and tested scientifically. As *Shat Dhatu Ghrta* alone is well known medicine in Ayurveda and this concept still needs to be explored much, so with the objective to assess in discoloration of skin and topical drug delivery of this *lepa*, from this study it shows better acceptability and elegance when combined with herbal ingredients with *Ghrta* base.

CONCLUSION

1. A look back on history shows that the people of ancient time were much aware about the beauty but description of *Varna*, *Varnya* and *Vivarnta* (discoloration) as a disease is found from *Samhita kala* onwards.
2. Discoloration or pigmentation makes the face unattractive in adolescence and young age when people are more conscious about looks. *Varnya Mahakashaya* described by *Acharya Charaka* has proved to be effective in *Varna Pradanas Karma*

3. Observations showed a close resemblance to prevalence of disease in terms of Age commonly in young age & gender wise only in females, *Kapha-Pita* predominance show a close resemblance with the textual references.
4. In this clinical trial an attempt was made to find an effective treatment and to provide a cosmetic approach in terms of preventing discoloration on face, where significant results by use of *Varnyakar Lepa* application were seen.

REFERENCES

1. API Textbook Of Medicine By Yash Pal Mudgal, The Association Of Physicians Of India ,Mumbai 2012;Page 462
2. Acharya YT, Charak Samhita, 5th Edition, Chaukhambha Sanskrit Sansthana, Varanasi 2001, Pp 21
3. Sastri S Charak Samhita Vidyotani Chaukhambha Bharti Academy, Varanasi 2009.Pp.46
4. Sastri AD Susruta Samhita Part 1 , Chaukhambha Sanskrit Sansthan Pune 2012, Page 136
5. Acharya YT, Charak Samhita, 5th Edition, Chaukhambha Sanskrit Sansthana, Varanasi 2001, Pp No 43.
6. Acharya YT, Charak Samhita, 5th Edition, Chaukhambha Sanskrit Sansthana, Varanasi 2001.Pp.258
7. Sharangdha A. Sharangdhara Samhita , Madhyam Khanda, Ch.9/3, Varanasi;Chaukhambha Surbharti Publication;2001.P.218
8. Dongre S Pandey S Need And Approach Of Pharmaceutical Standardization Of Kwath Kalpana In Resent Scenario . Int J Ayurveda Pharm Res 2016,
9. Acharya YT, Charak Samhita, 5th Edition, Chaukhambha Sanskrit Sansthana, Varanasi 2001.Pp.620
10. Tripathi I, Yogratnakara, Kshudra Roga Chikitsa Sthana, Edition 307, Krishna Das Academy, Varanasi, P 699-704
11. Singh R, Mahakashaya Beshaj Vigyaan,Vaibhav Prakashan , Raipur CG,2018,Page 50
12. Acharya YT, Charak Samhita, 5th Edition, Chaukhambha Sanskrit Sansthana, Varanasi 2001pp.505

How to cite this article: Swaranjali J, Anita S, Rajesh S, Evaluation Of *Varnya Mahakashaya Anulepan* In Daily Regimen Vis-À-Vis Discoloration For *Varna Prasadana*” IRJAY.[online]2021;4(12):36-40.
Available from: <https://irjay.com>;
Doi:- <https://doi.org/10.47223/IRJAY.2021.41206>

Table no. 1 Kwatha preparation depending on nature of drug.

Drugs	Water	Reduction
soft drugs	4 times	1/4 th part
Medium-hard	8 times	1/4 th part
Very hard	16 times	1/4 th part

Table no.2 Kwatha preparation depending upon quantity of drugs

Drug (quantity)	Ratio of water
1 karsha (12 gm) to 1 pala (48 gm)	16 times
1 pala (48gm) to 1 kudawa (192 gm)	8 times
1 kudawa(192gm) to prastha (786gm) and above	4 times

Table 3 Shows Symptomatic relief in symptoms

Symptoms	Mean		Mean difference	% relief	SD	SE	Z	P-value	Remark
	BT	AT							
<i>Rukhshata</i>	1.77	0.30	-1.47	70	0.46	0.59	-6.44	0.000	HS
<i>Kledata</i>	1.28	0.65	-0.63	35	0.48	0.06	-3.69	0.000	HS
<i>Prabha</i>	0.77	2.65	+1.88	65	0.55	0.07	-6.72	0.000	HS
Wrinkles	1.35	0.27	-1.08	73	0.48	0.06	-5.55	0.000	HS