



An Open Clinical Trail to Evaluate The Combined Effect Of *Kanaka Taila Nasya* And *Raktachandanadi Lepa* In *Vyanga* With Special Reference To **Melasma**

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ABSTRACT:

Vyanga is one of the *KshudraRoga* which produces marked cosmetic disability and gives too much mental stress. *Vyanga* is characterized by *Niruja*, *Tanu*, *ShyavaVarnayukta Mandala* over *MukhaPradesha*. In this study, *Vyanga* can be clinically correlated to Melasma. Melasma an acquired pigmentary disorder is characterized by hyper pigmented brown to grayish brown macules on the face. In India 20-30% of 40-65 years old women present a facial Melasma. It occurs mainly in women 90% and 10% of male of all ethnic and racial groups. In the present day, People expect miraculous effects with treatment which are easily available with more efficacy and less restrictions in routine work. Taking these into account, this study was planned to explore safe and effective treatment for the patients of *Vyanga* which can give better relief from Hyperpigmentation and do *SampraptiVighatana* and also manage condition very well. Hence present study is a Combined Clinical Study of *Kanaka TailaPratimashaNasya* and *Raktachandanadi Lepa* in *Vyanga*.

The Overall effect of treatment in *Vyanga* out of 30 patients in this study, 28 patients (93%) were getting Moderate Improvement and 2 patients (7%) were getting Marked Improvement. Overall assessment of both subjective and objective parameters were showing that there was 48.11 % improvement which is significant (P<0.05)

Key words: *Vyanga*, *Melasma*, *Kanaka Talia*, *Raktachandanadi Lepa*, *PratimarshaNasya*, *Lepa*.

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