

Synergistic Effect of Systemic Purification (Virechana) and Local Topical Therapy (Mukhalepa) in Dūṣhī Viṣa Janya Vyanga: A Clinical Study

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ABSTRACT

Background: Vyanga is a Kṣudra Roga characterized by painless brownish-black discoloration over the face. According to Ayurveda, chronic exposure to DūṣhīViṣa vitiates Rakta, Pitta, and Tvak, resulting in hyperpigmentation. This case demonstrates the effectiveness of Ayurvedic management in Dūṣhī Viṣa Janya Vyanga.

Case Presentation: A 21-year-old female presented with facial hyperpigmentation since childhood, intermittent itching, anorexia, disturbed sleep, and. General examination was normal. Based on Ayurvedic examination and clinical features, the patient was diagnosed as DūṣhīViṣa Janya Vyanga.

Intervention: The patient was treated with Dushivishari agada, Mahāmañjiṣṭhādi Kwatha, Arogyavardhini Vati, Shirodhara, Nasya with Anu Taila, Mukhalepa, yoga, and dietary regulation.

Outcome: Gradual reduction in facial pigmentation, improvement in appetite, sleep, were observed during follow-up.

KEYWORDS: Dūṣhī Viṣa, Vyanga, Hyperpigmentation, Agad Tantra, Ayurveda, Mukhalepa.

INTRODUCTION

Vyanga is described in *Ayurvedic* classics as a *Kṣudra Roga* characterized by *Niruja* (painless), *Tanu* (thin), and *Shyava Varna Mandala* over the face. The disease develops due to vitiation of *Vata* and *Pitta Dosha* affecting *Rakta Dhatu* and *Tvak*. *Dūṣṭ Viṣa* is a low-grade residual poison that remains dormant in the body for a prolonged period. Due to repeated exposure to incompatible diet, environmental pollutants, chemicals, cosmetics, or other toxic substances, *Dūṣṭ Viṣa* gradually vitiates *Doshas* and *Dhatus*, producing chronic disorders including skin diseases. The present case was diagnosed as *Dūṣṭ Viṣa Janya Vyanga* and managed successfully with *Ayurvedic* treatment.

MATERIALS AND METHODS

Study Design-This was a single-patient observational case report conducted in the Department of *Vishachikitsa* to evaluate the effectiveness of *Ayurvedic* management in *Dūṣṭ Viṣa Janya Vyanga*.

According to *Ācārya Suśruta*, the chronic and latent accumulation of *Dūṣṭ Viṣa* leads to the vitiation of *Pitta* and *Rakta*, resulting in cutaneous manifestations.

AIM

The primary aim of this clinical study was to evaluate the efficacy of specialized *Ayurvedic* therapeutic interventions in treating *Dūṣṭ Viṣa Janya Vyanga*.

OBJECTIVES

1. To evaluate the clinical response of *Dūṣṭ Viṣa Janya Vyanga* to *Ayurvedic* management.
1. To assess the effect of treatment on *Rakta Śodhana* and *Pitta* balance.
2. To evaluate the restoration of *Agni* and overall metabolic function.

CASE REPORT

Patient Information

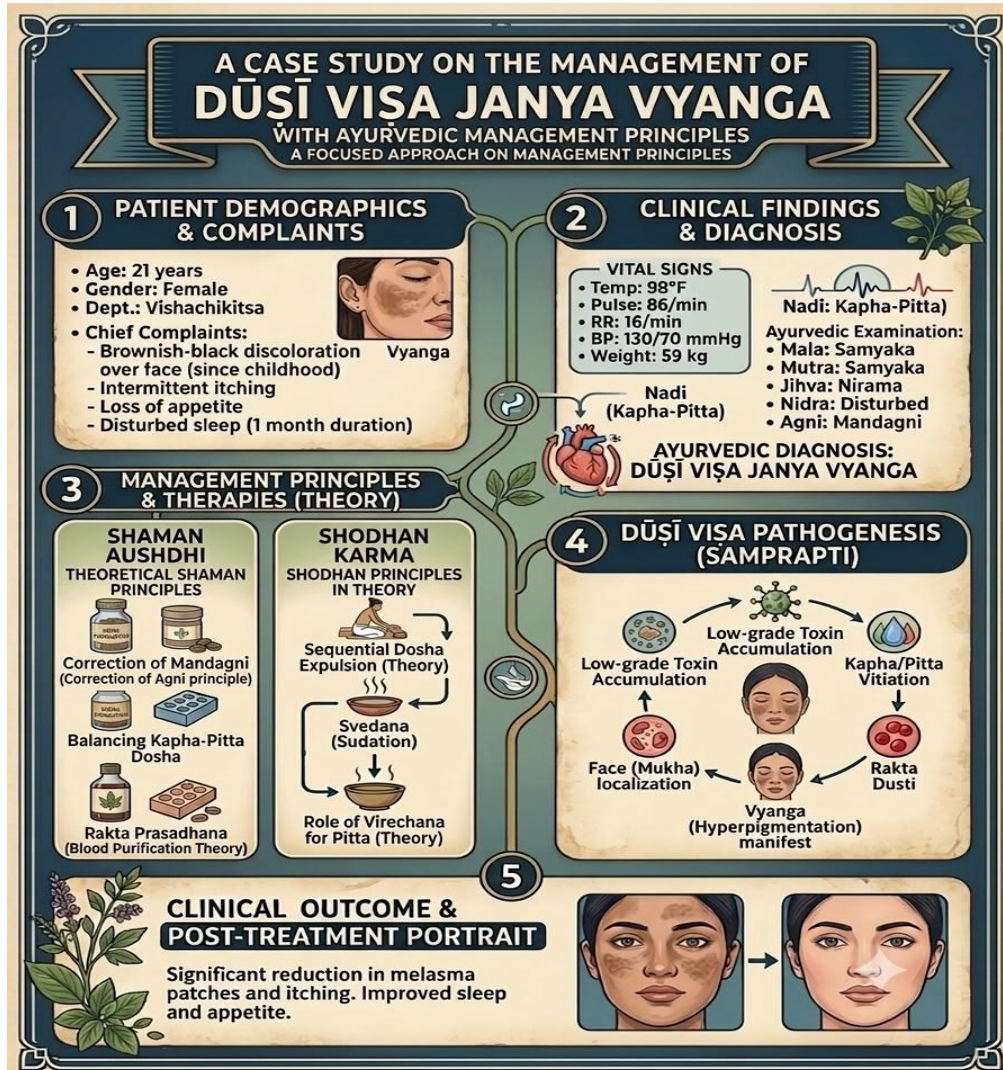


Table 1: Treatment Protocol for Dūṣī Viṣa Janāya Vyanga

Treatment Modality	Medicine/Procedure	Dose & Duration	Anupana/Method	Therapeutic Purpose
Shaman aushidhi	Dushivishari agada	2 tab twice daily	With honey	Viśaghna, Rakta Sodhana, Pitta-Kapha Samana, detoxifies accumulated toxins.
	Mahāmañjiṣṭhādi Kwatha	20 mL twice daily	With lukewarm water	Rakta Sodhana, Kuṣṭhaghna, Varnya, reduces facial pigmentation
	Arogyavardhinī Vaṭi	1 tablet three times daily	With lukewarm water	Dīpana, Pācana, Ama Pācana, supports liver function and metabolism

Local Therapy/ Mukhalepa	Multani Mitti + Lodhra Churna + MasoorDal Churna + Gulab Jal.	Once daily	-	Improves complexion, reduces pigmentation and itching
Shodhan karma	Shirodhara	Daily for 14 days	Decoction prepared with Jatamansi Churna and Brahmi Churna	Relieves stress, improves sleep, balances <i>Manasa Doṣa</i> and <i>Tridoṣa</i> Nourishes <i>Urdhvajatrugata</i> organs, balances <i>Vāta-Pitta</i>
	Nasya	2 drops in each nostril daily	Anu taila	<i>Manasa Doṣa</i> and <i>Tridoṣa</i> Nourishes <i>Urdhvajatrugata</i> organs, balances <i>Vāta-Pitta</i>
	Virachana karma	Planned after clinical improvement	As per classical protocol	Eliminates vitiated <i>Pitta</i> and purifies <i>Rakta</i>

RESULTS

After treatment, the patient showed:Reduction in facial hyperpigmentation Improvement in itching, Improved appetite,Better sleep,Better complexion and overall wellbeing.



Picture 1: Before Treatment



Picture 2: After Treatment

DISCUSSION

In Ayurveda, **Vyanga** is primarily associated with the vitiation of **Pitta** and **Rakta**, while chronic exposure to **Dūṣṭ Viṣa** is considered an important etiological factor. In the present case, impaired **Agni** led to the formation of **Ama**, which interacted with latent **Dūṣṭ Viṣa**, resulting in the vitiation of **Rakta** and **Pitta**. The vitiated **Doṣas** subsequently localized in the facial skin, leading to persistent hyperpigmentation. Therefore, the treatment was designed to interrupt the disease process by restoring **Agni**, eliminating **Ama** and **Dūṣṭ Viṣa**, purifying **Rakta**, and pacifying **Pitta**. The combined use of internal medications and external therapy helped restore physiological balance, resulting in a marked reduction in facial pigmentation and an improvement in the patient's overall well-being.

CONCLUSION

This case report highlights that *Dūṣṭ Viṣa Janya Vyanga* can be successfully managed by applying fundamental Ayurvedic therapeutic frameworks. By systematically correcting metabolic fire, neutralizing **Ama**, purifying corrupted **Rakta**, and eradicating latent toxicity with *Dūṣiṣāri Agada*, the root cause of chronic facial hyperpigmentation can be effectively resolved. The combined protocol of internal antitoxic formulations, bio-cleansing *Panchakarma* procedures, and targeted topical therapies yielded excellent clinical results. However, larger, rigorously designed clinical trials are necessary to validate these outcomes and establish a standardized Ayurvedic therapeutic protocol.

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Received Date: August 20, 2026

Accepted Date: August 28, 2026

Published Date: September 02, 2026

Citation: Dr. Yusuf Zareen, Dr. Prafulla, Dr. Sheetal Choudhari, Dr. Kirti Sisodiya. Synergistic Effect of Systemic Purification (Virechana) and Local Topical Therapy (Mukhalepa) in Dūṣī Viṣa Janya Vyanga: A Clinical Study. Journal of Agad Tantra, Vidhi Vaidyaka and Vyavahara Ayurveda. 2026; 4(2): 70-75p.