

# To Study the Effect of Yavadi Lepa in Vyanga WSR to Melasma

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**Abstract:** *Background: Vyanga is a condition described in Ayurveda under Kshudra Roga, and it is commonly correlated with melasma, a hyperpigmentation disorder predominantly affecting females. According to Sushruta Samhita, Vyanga arises from the aggravation of Vata and Pitta doshas and is characterized by painless, thin, dark, circular patches on the facial skin. Topical applications (lepa) are among the primary treatments recommended for this condition. Aim: To evaluate the therapeutic efficacy of Yavadi Lepa in the management of Vyanga (melasma). Materials and Methods: Yavadi Lepa, contains Yava, Yashtimadhu, and Lodhra, known for their Pitta-pacifying, complexion-enhancing (Varnya), and skin-purifying (Tvak prasadan) properties, which collectively contribute to improving facial complexion. A total of 32 patients diagnosed with Vyanga were treated with Yavadi Lepa. The intervention was administered for 14 days, with a follow-up assessment on day 21. Results: Out of 32 patients Good improvement were seen in 15 patients ie, 48.87%, Moderate improvement were seen in 15 patients ie, 48.87%, Mild improvement were seen in 2 patients ie, 6.25%.*

**Keywords:** Vyanga, Yavadi Lepa, Kshudra roga, Melasma

