

**A comparative study on the effects of *Jalaukavacarana* (leech application) and *Manjishtadi Lepa* in the management of *Vyanga* (Melasma)**

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**Abstract**

Among the eight branches of Ayurveda, *Salakya Tantra* deals with the etiology, diagnosis, prognosis, prevention and treatment of diseases that are located above the human clavicular line. *Pancakarma* treatments are used in *Shalakyatantra* to cleanse vitiated *Dosas* located in this region. *Vyanga* is one of the facial skin disorders. It affects by certain anomaly at any age of the life with male female ratio of 1:9. Modern treatment includes an external application of creams. But long term usage of these preparations may produce irritation in individuals. Hence this study was carried out to find out a reliable and long lasting Ayurvedic management for *Vyanga*. In this study, efficacy of *Jalaukavacarana* (leech therapy) on *Vyanga* was compared with that of *Manjishtadi Lepa* application. Open randomized clinical trial of 50 individuals were selected as total sample population. Individuals were divided into two groups (A and B). Group (A) was treated with the application of leeches on the darkest point of patch, till leeches fell down. This procedure was repeated once in a week with 6 applications. In group (B), *Manjishtadi Lepa* was applied half *Angula* thickness on the lesion and kept until it gets dried. The results were assessed by using the photographs of the patch and computer technology. Total effect of therapy was observed as marked and moderate improvement in 84% *Jalaukavacarana* of the individuals by group (A) and marked and moderate improvement was 68% application of individuals in lepa group (B). Reduction was statistically significant in the level of  $p < 0.05$ . The study suggests that *Jalaukavacarana* (leech therapy) and *Manjishtadi Lepa* can be used in *Vyanga*. But *Vyanga* (Melasma) can more effectively be managed with *Jalaukavacarana* than the application of *Manjishtadi Lepa*.

**Keywords:** *Jalaukavacarana*, *Manjishtadi Lepa*, *Vyanga*

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