

Chapter 7. Pigmented Peri-Orbital Hypermelanosis: Nasya & Micro-needling Synergy [Video]

This lesson contains 2 demo videos at the end, must watch.

7.1 Why “Dark Circles” Need Deeper Integration

- **Peri-orbital hyper-melanosis** (POH) is not only cosmetic; it often reflects *Rakta-Pitta congestion*, **Vata-dryness** of thin eyelid dermis, chronic screen-strain, sleep debt, or atopic rubbing.
- Topical gels give limited results because pigment sits **both epidermal & dermal**, and vascular pooling adds a bluish hue.
- A combined Ayurvedic plan of **Nasya** (to clear supraclavicular channels) plus **0.25 mm cosmetic micro-needling** with varṇya serums delivers safely measurable lightening within 4-6 weeks.

7.2 Ayurvedic Aetiology Grid

Factor	Modern Correlate	Classical Insight	Dominant Doṣa
Dermal melanin over-production	Chronic photo-exposure, genetics	<i>Rakta-pitta dushti</i>	Pitta-Rakta
Vascular stasis / translucency	Thin skin, venous pooling	<i>Ūrdhva-raktagata vāta</i>	Vata-Rakta
Post-inflammatory pigment	Atopic rub, dermatitis	<i>Kandu → raga → śyāva</i>	Pitta-Kapha
Structural shadowing	Tear-trough hollows, fat loss	<i>Vata-kṣaya / asthi dhātu depletion</i>	Vata

7.3 4-Way Diagnostic Quick Check

1. **Wood-lamp** → Epidermal (bright) vs Dermal (dull).
2. **Compression test** → Vascular component blanches slightly.
3. **Dermal thickness** (< 0.5 mm) on ultrasonography → Vata dryness.
4. **Allergy history & rub score** → Atopic PIH.

Rule-of-Thumb

Epidermal-dominant → focus on melanin modulators + mild needling.
Vascular/Vata → Nasya + micro-circulation oils, collagen needling.

7.4 Integrated Protocol (6 Weeks)

Week	Intervention	Details & Formula	Purpose
1	Āma-pācana diet & digital-detox sleep	Warm khichadi, 10 pm lights-off, blue-light filter	Reduce systemic Pitta, cortisol
1-2	Nasya - Padmakādi Ghṛita	2 drops/nostril, alt-days early morning	Clear supraclavicular srotas, improve micro-circulation
1-6	Topical AM - Padmakādi Bright-Eye Gel (Cat 8 F-3)	Pat ½ pump; sunscreen 5 min later	Hydrate, depuff, niacinamide fade
1-6	Topical PM - Licorice-Caffeine Eye Serum †	4 drops ring-finger; light tap	Tyrosinase mod., vasoconstrict
2 & 4	Ayur-Micro-Needling (0.25 mm pen)	Serum: aloe + manjishtha CO ₂ 0.3 % + niacinamide 2 %	Create micro-channels for actives & neo-collagen
3-6	Weekly Lepana - Rakta-Chandana Cooling Eye Mask	Red sandal 0.2 g + cucumber pulp 5 g — 10 min	Pitta heat ↓; epidermal bright



Week	Intervention	Details & Formula	Purpose
Daily	Prāṇāyāma – Nadi-śodhana 7 mins + palming	Boost ocular prāṇa	Stress ↓, Vata balance
Internal	Brahmi-Amla capsules 1 BID	BDNF & antioxidant ↑	Derma-neuro synergy

† Licorice-Caffeine Eye Serum (new; see § 7.6)

7.5 Nasya Procedure Details

Step	Key Points
Warm Padmakādi Ghṛita to 38 °C	test on wrist
Client supine, head 30° tilt	pillow under neck
Mūrchhana (pre-massage) – 2 min circular on bhrū-madhyā, āpāṅga	prepares nāsāpiṇḍa
Instil 2 drops per nostril while inhaling	pinch lightly; avoid talking
Lie 2 min; spit excess into bowl	don't swallow oil
Follow with gentle facial steam of vetiver hydrosol 30 s	opens minute channels

Contra indication: acute cold, pregnancy 1st trimester, severe deviated septum.

7.6 Key New Formulations

A. Licorice-Caffeine Eye Serum (15 ml dropper)

Ingredient	Qty
Aloe-vera juice	7 ml
Caffeine 0.3 %	0.045 g
Licorice glycerite 10 %	1.5 ml
Sodium hyaluronate 0.1 %	0.015 g
Panthenol 1 %	0.15 g
Xanthan gum	0.12 g
Preservative (Geogard 0.9 %)	0.135 g
Rose hydrosol q.s.	to 15 ml (pH 5.3)

Refrigerate; 6-month shelf.

B. Padmakādi Ghṛita for Nasya (250 g clinic batch)

Ghee 230 g + Padmaka bark 25 g + Yashtimadhu 15 g + Vetiver 10 g + Water 1.6 L → reduce 1/4 → ghṛita-pāka.

7.7 Ayur-Micro-Needling Parameters

Parameter	Setting
Depth	0.25 mm under eyes, 0.3 mm lateral canthus
Needle speed	600 rpm
Passes	2 criss-cross
Serum	Aloe 70 %, Manjishtha CO ₂ 0.3 %, Niacinamide 2 %, Sodium PCA 1 %, Preservative 0.8 %



Parameter	Setting
Interval	Every 2 weeks × 2 sessions

Post-care: ice globes 1 min, then Śata-Dhauta Ghṛita micro-dab.

Below are two videos which you can refer to understand how to perform micro needling for cosmetic purposes. In 1st video, the micro needle roller is demonstrated. So before performing microneedling, after cleaning face properly, apply the above mentioned serum on face or kumkumadi oil and massage gently for 2-3 minutes. Then roll on the micro needle roller over the specified region.

In the second video, the micro needle pen is used for the demonstration of this process.

Micro needling - Basics

Micro needling - Live Patient Experience

7.8 Outcome Dashboard

Metric	Baseline	Week 3	Week 6
L* value (colorimeter)	56	60	64
Dermal thickness (USG)	0.38 mm	0.43 mm	0.46 mm
Patient subjective (0-10)	3.2	6.5	8.1
Photographic delta	—	1 shade lighter	2-3 shades lighter

7.9 Contra-Indications & Cautions

Contra	Reason / Adjustment
Active atopic eczema flare	avoid needling; stick to gel + ghṛita
Oral isotretinoin < 6 mo	skip needling
Photosensitising drugs	emphasise mineral SPF, avoid Bakuchi serums
Pregnancy	skip nasya beyond 1st trim, use gel only

7.10 Home-Care Mini Kit for Maintenance

1. **Bright-Eye Gel** 15 ml
2. **Licorice-Caffeine Serum** 15 ml
3. **Rose-Vetiver Mist** 50 ml
4. **SPF 30 mineral stick** (zinc 20 %)
5. **Brahmi-Amla caps** × 60

Refill every 2 months; annual needling booster x 2 sessions.

7.11 Billing Snapshot

Item	Sessions	Price (USD)
Consultation & diagnostic grid	1	\$35
Nasya package (6 instillations)	-	\$90



Item	Sessions	Price (USD)
Two micro-needling sessions	2 × \$60	\$120
Home kit (6 weeks)	-	\$85
Total 6 weeks		\$330

Take-Away

The **eye-zone** rewards gentle yet targeted Ayur-clinical methods: *Nasya* clears deep Pitta-Rakta congestion, while cosmetic-depth micro-needling enhances penetration of varnya serums and triggers collagen thickening—delivering a safer alternative to laser blepharo-rejuvenation with high patient acceptance.

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