

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 varnya serums delivers safely measurable lightening within 4–6 weeks.

7.2 Ayurvedic Aetiology Grid

Factor	Modern Correlate	Classical Insight	Dominant Doșa
Dermal melanin over-production	Chronic photo-exposure, genetics	Rakta-pitta dushti	Pitta-Rakta
Vascular stasis / translucency	Thin skin, venous pooling	Ūrdhva-raktagata vāta	Vata-Rakta
Post-inflammatory pigment	Atopic rub, dermatitis	Kandu → raga → śyāva	Pitta-Kapha
Structural shadowing	Tear-trough hollows, fat loss	<i>Vata-kṣaya </i> asthi dhātu depletion	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 \rightarrow focus on melanin modulators + mild needling. *Vascular/Vata* \rightarrow 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 – <i>Padmakādi Bright-Eye Gel</i> (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

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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-madhya, 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 a s	to 15 ml (nH 5 3)	

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 CO₂ 0.3 %, Niacinamide 2 %, Sodium PCA 1 %, Preservative 0.8 %

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Parameter Setting

Interval Every 2 weeks × 2 sessions

Post-care: ice globes 1 min, then Sata-Dhauta Ghrita 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 massgae 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	e Week 3	Week 6	
L* value (colorimete	er) 56	60	64	
Dermal thickness (U	SG) 0.38 mm	0.43 mm	0.46 mm	
Patient subjective (0)-10) 3.2	6.5	8.1	
Photographic delta	_	1 shade lighte	er 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 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 \times 60

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

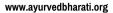
7.11 Billing Snapshot

ltem	Sessions	Price ((USD)	١

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

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Item Sessions Price (USD)

Two micro-needling sessions $2 \times \$60$ \$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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