**AYURVEDA VIEW ON SKIN, RELATED DISORDERS AND THEIR MANAGEMENT: A REVIEW**

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**ABSTRACT**

The sensory organs (Dnyanendrias) play important role in body to receive senses, these includes Nasa, Twak, Jivha, Karma and Akshi. Twak (skin) is organ of prime concern since it associated with function of Sparsh (touch). Twacha covers whole body, support body structure, prevent from external shock and perceive senses of touch. Skin is made by different layers such as; Lohita, Avabhusini, Shweta, Vedini, Rohini and Tämra. Ayurveda described many diseases which are associated with skin like psoriasis, vitiligo, allergy, hyper pigmentation and leprosy, etc. Various etiological factor such as; Vihara Hetu, Achara Hetu, Ahara Hetu, Krimij hetu and Kulalaj hetu, etc. play major role in the pathogenesis of skin disorders. Ayurveda mentioned several therapeutic regimens to cure skin ailments. Present article explored Ayurveda view on skin, its disorders and management of skin diseases.

**KEYWORDS:** Ayurveda, Twak, Skin, Twacha.

**INTRODUCTION**

The skin that covers the body and serves as an external bodily organ is referred to in Ayurveda as Twak or Chārma. Twak is the Mamsa Updhatu that develops in the growing foetus following the fertilization of Shukra & Shonita. Twacha forms in seven layers, and the differentiation of the skin layers occurs when Garbha develops. Twak was produced from Rakta by the action of Rakta Dhatwagni. Acharya Charaka spoke about six layers of skin and Acharya Sushruta described seven layers. The sickness of the skin mostly depends on causes that influence particular layers of the skin.[1-4]

The skin’s function in the body includes receiving touch sensations, covering the entire body, protecting from external shock, maintaining the body’s thermostat, controlling the circulatory system through Śwedvahi strotas, nourishing the hair, facilitating the detoxification process and maintaining the rigidity and integrity of body parts.

Twacha is considered as predominates in the Vayu Mahabhut. Skin tone and glow indicative of the Tejansh, Akashans are connected to Lomkupas and Akashans are also associated with the opening of sweat glands of skin thus skin is associated with Mahabhutas.

Twacha is associated with Tridosha since Vyan Vayu is linked to Sparsh, Bhrajak pitta controls colour and luster, over aggravation of Vayu is associated with darkness of skin; the yellowness of the skin is similar to Pitta Dosha overload and excess Kapha Dosha is represented by white skin.[4-7]

**Diseases of Skin**

The skin is a vital component of the human body that contributes significantly to protecting and supporting other body organs. Dermatological diseases include conditions like eczema, vitiligo, acne, hives, psoriasis and seborrheic dermatitis, etc. are can disrupt a person's life socially and mentally in addition to physically. Pathogenesis of skin diseases is significantly influenced by environmental, dietary, genetic, immunological and behavioural variables. The Twak Vikaras are specific to various layers of skin as mentioned follows:

- The epithelial layer of skin is associated with diseases like Sīdhmu and Padvakantak.
- Stratum lucida of skin is associated with diseases like; Nyachchha and Vyāng.
- Stratum granuloma is associated with diseases like Ajagalliha and Charma dala.
- Malphugin layer of skin is associated with diseases like; Kilas and Kushta.
- Papillary layer is associated with disorders like; Kashta and Visarp.
- Reticular layer of skin witnessed diseases like; Shipad and Gaiganda.
- Subcutaneous layer of skin susceptible for diseases like; Vidradhi and Arsh.
The Lakshana of skin diseases are associated with Dhatu Dushti and different symptoms manifested for different Dhatu Dushti. The Lakshana of Asvedanam related to the Rasa & Rakta Dhatu Dushti, the Lakshana of Mahavastuma related to the Rasa Dhatu Dushti, the Lakshana of Matshyashakalopama related to the Rasa Dhatu Dushti, the Lakshana of Kandu is related to the Rasa Dhatu Dushti. [6-8]

Etiopathogenesis of skin ailments

Janmottarakalaja and Poorva Janmakriti, etc. are considered as contributing variables of disease. Kalaja Nidana refers to the possibility of disease development during childbirth if vitiated Shukra and Shonita were present during conception. According to the Poorvajanmakrit factor, if a person had Twak Vikara in a previous life, he can reincarnate with the same illnesses in the present. The two categories of Janmottarakalaja Nidanas are Aharaja and Viharaja.

Adhyashana and Ajirnashana refer to eating food before the previous meal has been digested. This condition causes indigestion and Grahani Dushti, which impairs Grahani's physiological functions and aggravates Pitta Dosha while affecting Rakta Dhatu. All of these effects can become pathological factors for skin conditions. Additionally, Agnimandya and Malavaha Srotas Dushti are brought on by Ajirna Adhyasahana, which vitiates Rakta and may result in Kushtha Roga. The causes of skin disease as per modern science are described in Figure 1.

Figure 1: Common causes of skin ailments as per modern science.

Management of skin ailments

Skin conditions caused by Kapha and Vata vitiation which can be treated with medications having Teekshna, Pachana, Vata anulomana and Ushna characteristics. Ayurveda treatments for skin conditions include following drugs:

- Haridra Khanda
- Arogayvardhini vati
- Gandhaka Rasayana
- Varanadi Kashayam
- Dashamooli Haritaki
- Abhyanga with Taila

The ancient medical system of Ayurveda places a strong emphasis on Pathya and Apathya, dietary changes, lifestyle adjustments and natural treatment methods. According to the ancient philosopher, avoiding the causes of ailment is the best approach to avoid developing them. [8,10]

Treatment as per modern science

Modern science described uses of antibiotics, antihistamines, laser skin resurfacing, medicated creams, ointments, gels, moisturizers, oral medications, steroid pills and surgical procedures for the management of skin diseases.

CONCLUSION

Since the sufferer experiences mental depression as a result of the disrupted skin look, skin disorders place a financial, psychological, and physical cost on society. Environmental, genetic, behavioural, immunological, and dietary factors are crucial in the aetiology of skin diseases. According to Ayurveda, Vihara Hetu, Kulalaj Hetu, Ahara Hetu and Krimij Hetu among others are the causes of Twak Vikara. These etiological variables result in the Dushya of Dhatu, particularly Rasa & Rakta, coupled with Dosha vitiation, which further causes the Dushyas of Twaka, Mamsa and Lasika as well as Shaithilyata in Swedavaha and Raktavaha Srotas. These pathological occurrences, such as Asvedanam, Matshyashakalopama, Kandu, Vedana, Twaka Rakshata and Mahavastuma, etc., ultimately emerged as skin disease signs. Ayurveda treatments for skin conditions includes uses of drugs like Haridra Khanda, Arogayvardhini vati, Gandhaka Rasayana, Varanadi Kashayam, Dashamooli Haritaki and Abhyanga with Taila. Similarly modern science described uses of antihistamines, soothing creams, gels, skin moisturizers, steroids and antibiotics, etc. for the management of skin diseases.

REFERENCES


