



**REVIEW ON PREVENTIVE ASPECT OF SKIN DISEASES WITH THE LOUPE OF
AYURVEDA**

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ABSTRACT

As we know skin is the largest sensory organ in human body which has direct exposure to the external environment. It originates from ectoderm, the same origin is of nervous tissue also so has a near connection between skin disorders and psychological and mental health. Even in *Ayurveda* it is stated that herbs of *Medhya* properties are used in skin disorders. According to *Ayurveda*, *Twach* of *Garbha* is actually generated while *Dhatupak* (*Shukra & Shonit*) Process. As it is the most expressive part of body is a concern of beauty and self confidence also. There are hundreds of skin conditions that affect humans. The most common symptoms are itching breaking, rashes, acne, seborrhoea etc. Some conditions are manageable and others are severe enough to kill like autoimmune disorders. For the prevention of skin disease, one should follow Pathya Aahar Vihar according to ones *Prakriti*, *Satmya Asatmya*, *Agni* and *Koshthha*.

KEYWORDS: *Twacha*, Skin, *Agni*, *Pak*, *Ras Rakta Dhatu*.

INTRODUCTION

Skin is the layer of tissues between the body and its environment. Skin is basically the reflection of our mind, it is not a just largest organ but a sensory organ too. As it reflects moods on face – like in anger skin becomes red. Skin originates from the ectoderm. mesoderm somites and endoderm form basal layer. In *Ayurveda*, genesis of *Twacha* is explained with the help of example- skin is generated like a cream of milk surface. During the *Pak* of *Shukra* and *Shonit* by *Agni* or *Pitta* seven layers appears on the surface of body of *Garbha* just like while heating the milk, cream appears on its surface.^[1] By the action of *Pitta* (*Paka Guna*) on embryo during fertilization the seven layers of skin germinates. Though the skin disorders routinely not required an emergency, some skin disorders are Autoimmune by its nature e.g. SLE, Vitiligo, Scleroderma etc and the immunity of body fully related with the *Saptadhatusarata* and *Oja*. When the *Oja* is at normal state it is responsible for complexion enhancement.^[2]

AIM

To study the preventive aspect of skin disorders with *Ayurvedic* view.

OBJECTIVES

1. To understand the skin with *Ayurvedic* and modern aspect.
2. To review preventive aspect of skin disorders with *Ayurvedic* point of view.

MATERIAL AND METHODS

Textual references are from *Ayurvedic* classics available in library of Government *Ayurved* College, Nanded (M.S. India), modern texts, journals and websites are also referred and logical analysis has been done.

REVIEW OF LITERATURE

1. *Ayurvedic* aspect of skin

- a. **Seven layers of skin-** According to *Acharya Charak*, *Twacha* has seven layers situated from outer inner side in following manner.

Sr. No.	Name of Layer	Thickness (in <i>Vrihi</i>)	Characteristics/Functions
1	<i>Avbhasini</i>	1/18	A reflector layer which illuminates all shades of skin.
2	<i>Lohita</i>	1/16	A layer having reddish colour cell in it.
3	<i>Shweta</i>	1/12	A transparent white or clear layer.
4	<i>Tamra</i>	1/8	A layer having granular copper coloured cells.
5	<i>Vedini</i>	1/5	A layer having touch sensitive cells.

6	<i>Rohini</i>	1	A layer having cells helpful for wound healing.
7	<i>Mansadhara</i>	2	A layer which gives support to underlying structures i.e. deep fascia, muscle etc.

b. Development of Varna of *Twacha* (skin colour)

Acharya Charaka and *Acharya Sushruta* elaborates some skin colours which are due to the *Mahabhuta Pradhanya*

specially *Tej Mahabhuta* is fundamental factor to give different shades of skin colour.

According to *Acharya Sushruta*

Sr. No.	Skin colour	Present Mahabhut
1	<i>Gaur Varna</i>	<i>Teja + Aap</i>
2	<i>Krishna Varna</i>	<i>Teja + Prithvi</i>
3	<i>Gaur Shyam Varna</i>	<i>Teja + Aap + Aakash</i>
4	<i>Krishna Shyam Varna</i>	<i>Teja = Prithvi + Aakash</i>

According to *Acharya Sushruta*

Sr. No.	Skin colour	Present Mahabhut
1	<i>Gaur Varna</i>	<i>Teja + Aap + Aakash</i> (fair complexion)
2	<i>Krishna Varna</i>	<i>Prithvi + Vayu</i> (Dark complexion)
3	<i>Shyam Varna</i>	Equal <i>Panchamahabhuta</i> (wheatish complexion)

c. *Twacha* in relation with *Panchmahabhuta*

All five elements are present in *Twacha* with predominance of *Vayu Mahabhuta*. So it is *Panchbhautik* and ever changing sensory organ which can be seen with naked eyes.

Sr. No.	Mahabhut	Special effect on Skin
1	<i>Prithvi</i>	Hairs
2	<i>Aap</i>	<i>Kanti, Prabha</i>
3	<i>Teja</i>	Colour Shine
4	<i>Vayu</i>	Sense of touch
5	<i>Aakash</i>	<i>Strotomukhas, Lomkupas</i>

d. *Twacha* in relation with *Tridosha*

The sense of pain, pressure, touch in the skin is due to *Vata Dosha*. Skin has multiple nerve endings per square inch. This provide tactile sensory response. The colour, glow and *Mardavta* (softness) of skin is due to *Pitta*.^[3] The *Snehan*, hydration and moisture of skin is due to *Kapha Dosha*.^[4]

When skin is vitiated by *Vata Dosha* then scaling, cracking, roughness, dryness, numbness, darkening occurs.

DISCUSSION

As skin occupies almost all body and very exposed organ with the atmosphere, continuously is in contact of sunlight, dirt, pollution, water and allergen. Though such adverse conditions are present, skin protects the internal structures of the body. As skin is very important part of our personality, it should be taken care off. As *Dosha-Dhatu* and *Mala* are the root of body and hence skin as a part of body also affect by their status. From the quality and characteristics of skin, one can make guess of *Prakriti* which indirectly helps in the management of diet, exercise and treatment plan. The skin has clinical importance in the root of administration of drug e.g. IM,

ID, SC etc. In pregnancy skin become more vascular, soft, smooth and may also affect from pregnancy mark i.e. melasma. Skin acts as detoxifying organ also as it excretes electrolytes, water in the form of sweat with certain medications and poisonous metabolites.

CONCLUSION

1. Skin act as the mirror for the internal condition of *Dhatu* specially *Rasa-Rakta Dhatu* as it is fully nourished with these and also act as medium for the absorption of various medicines e.g. *Lepa, Parisheka, Abhyanga*.
2. The prognosis of skin disorders totally depends upon the *Prakrut Vaikrut Avastha* of *Dosha-Dhatu* and *Mala*.
3. The clinical examination of skin is important in diagnosis even in systematic diseases as the state of health is reflected on the skin e.g. skin has butterfly like patch in SLE, dark circles in sleep deprivation .
4. According to the type of skin, we can determine the *Prakriti*, which has major role in deciding the plan of treatment.
5. Due to altered lifestyle, now a days the rate of skin diseases and infections has raised but good news is that those diseases can be prevented and cured with the help of different *Ayurvedic* therapies like *Abhyang, Udvartana, Panchkarma* and *Yoga*. These remedies not only maintain but also preserves the health of skin.

Conflicts of interest: There is no conflict of interest.

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