

CONCEPTUAL STUDY OF TWAKA SHARIR (SKIN) IN AYURVEDA W.S.R. DADRU KUSTHA**Dr. Trapti Dwivedi^{1*}, Dr. Rupendra Chandrakar² and Dr. G. R. Ratre³**¹P.G. Scholar, Department of Ayurved Samhita & Siddhant, Shri N.P.A. Govt. Ayurvedic College, Raipur, C.G.^{2,3}Reader, Department of Ayurved Samhita & Siddhant, Shri N.P.A. Govt. Ayurvedic College, Raipur, C.G.***Corresponding Author: Dr. Trapti Dwivedi**

P.G. Scholar, Department of Ayurved Samhita & Siddhant, Shri N.P.A. Govt. Ayurvedic College, Raipur, C.G.

Article Received on 04/03/2021

Article Revised on 25/03/2021

Article Accepted on 14/04/2021

ABSTRACT

Ayurveda is eternal Science of life. Nowadays Tvacha vikar is most common skin disease and it has social impact. Tvacha is derived from "Tvach samvarne" dhatu meaning the covering of the body there are 7 layers of skin. Acharya charak explained dadru kustha in forth layer of twaka. Detail study of Tvaka Sharir is necessary as it is seat for all Tvaka Rogas. Acharya charak has include dadru in kshudra kustha And Acharya shushrut & Vagbhat have explained under mahakustha Dadru Kustha can be correlated with tinea corporis or ringworm. It is most common skin disease Article aim to cover Tvaka sharir and fact's of dadru.

KEYWORDS: skin, Tvaka, Tvaka Rogas, Ayurveda, Tvaka Sharir, Dadru Ringworm, Tinea Corporis, Mahakustha, kshudrakustha.

INTRODUCTION

In Modern society Beauty of a person is accessed by the complexion of the skin (Twacha). Skin is one of the most important body part and sensory organ it is covering of entire external surface of body. In Ayurveda Twacha is included under Panchgyanendriya adhisthana.^[1] In Ayurveda skin is termed as "Twak" and the disease associated with skin called "Tvacha Rogas Twacha is the seat for various Twak Rogas so detail study of tvaka is important. It is also seat of sparshanendriya.

Dadru Kushta – AcharyaCharak explained Dadru Kustha in 4th layer of Tvaka^[2] All the skin disease in Ayurveda have been classified under the broad heading of 'kushta' which are further classified into Mahakustha and kshudrakustha. Dadru is one of them.^[3] Acharya Charak has include Dadru in Kshudrakustha^[4], Acharyasushruta and Acharya Vagbhata have explained under Mahakushta.^[5-6] It occurs due to vitiation of Pitta-kapha-doshas and dusti of Rasa and raktavaha strotas on the basis of clinical features it can be compared with "Tinea corporis," which is a fungal skin infection. The related fungai are dermatophytes capable of causing skin changes of the type known as Tinea or ringworm or Mycosis.^[8] In Modern medical science, It is Managed with topical and systemic antifungal agent's and use of corticosteroids in Ayurveda shodhan, shaman and Bahiparimarjan (topical) Chikitsa is indicated for Dadru.^[9-10]

AIMS AND OBJECT

(1) To define Twak, formation of Twak, layers of Twak.

(2) To reevaluate Dadru in Ayurvedic Brihatriyi.

(3) To elaborate aetiology, Pathophysiology, Management of Dadru W.S.R. to Tinea corporis.

MATERIAL AND METHODS

References are collected from Ayurveda somhitas. Ayurvedic Text book Moden text Journal and websites are also referred

Literary Review

Tvak – in Ayurveda skin is stated as tvaka or Twacha. It is Adhishtana of one of the Panchagyandendriya (sensory organ i.e. sparshanendriya [Organ of touch] Tvaka is Adhishtan of Vayu and bring out its fuctions.^[12]

Tvaka Utpatti :- Acharya Sushruta described the formation a Tvaka in 4th Chapter "Garbha vyakaranas" of Sharir sthan. When life is thus included through the combination of sukra and sonita it under goes rapid transformation, The seven layer of skin are formed in the same manner as the layers of creamy layers are formed on the surface of boiled milk which is explained as ksheer santanika.^[13]

Tvank stara (Layers of skin)- In Ayurveda samhitas are different opinions about number of skin layers. Classification given by Acharya sushruta is more specific and scientific which is related with latest Anatomy of skin as follow.^[14]

S.no.	Sushrukota layers of skin	Size (vrihi)	Modern skin layers	Diseases
1	Avbhasini	1/18	Stratum corneum	Sidhma, Padmakantaka
2	Lohita	1/16	Stratum Lucidum	Tilkalaka, Nyaccha, Vyanga
3	Shweta	1/12	Stratum granulosum	Charmadala, Ajagallika, Mashaka
4	Tamra	1/8	Malphigian layer	Kilas, Kushta
5	Vedhni	1/5	Papillary layer	Kushtha, Visarp
6	Rohini	1	Reticular layer	Granthi, Apachi, Arbuda, shlipad, Galaganda
7	Mamsadhara	2	Subcutaneous tissue & muscular layer	Bhagandara, Vidradhi, Arsha

Acharya charak has explained six layers of skin.^[15]
 1st is Udakdhara – (Which hold the water)
 2nd is Asrigdhara – (Which holds the blood)
 3rd is Seat of origin of sidhma and kilas
 4th is origin of dadru (ringworm) and kustha
 5th is seat of origin of alagi and vidradhi
 6th one is that which cut the person feels as if suffocated or fatigued is entering in the darks

Dadru Kustha – Acharya Charak Mentioned “Dadru” in 4th layer of Tvaka^[16] It is caused by vitiation of Pitta kapha doshas and dusti of Rasa and Takta vaha strotas.

Hetu :- (Causative factor)^[17]

1. Vishamashana (incompatible food)
2. Vegavidharana suppression of natural urges
3. Diwaswapa (daytime sleeping)
4. Intake of contaminated food.
5. Drinking cold water just after physical work or Atapsevana (exposure of sunlight) and other causative factor of kushta.

Symptoms^[18] – kandu (itching)

Utsanna (elevated circular lesions)

Mandala (circular patches)

Raga (Erythema) and pidakas (papule)

On the basis of clinical appearance dadru kustha is mostly simulates with dermatophytosis. The dermatophytes are a group of closely related fungi that have the capacity to invade keratinized tissue (skin, hair & nails) of humans and other animals to produce an infection dermatophytosis commonly referred to as ringworm. Ringworm involving body arms and legs is termed as tinea corporis.^[19]

Management of dadru kustha According to Ayurveda^[20]

2 types of management in Ayurveda

- A) Shodhan – In all cases of kushta dosha after snehana By Pracchana, Jalauka Vacharana, Shring, Alabu, siravedha etc. Ratkatmokshan should be carried repeatedly According To the doshik dominance vaman or virechan is also carried.
- B) Shamana – 1. Arogyavardhini vati
2. Gandhak Rasayan
3. Rakta Pachak Vati
4. Panchatikta Ghrit Guggulu
5. Marichyadi Taila

6. Triphala kwatha dhavan

7. Externally Lepa use –

Pathya and Apathya in skin disease – The Patients of skin disease are advised to stri sanga, mamsa sevan and surapan. They are well advised to take shali, mudga, puran shali, yava, tikta shak, jangal mans etc.^[21]

DISCUSSION AND CONCLUSION

Skin is one of the sensory organs and thus helps in knowledge. it is in a way covering of the whole body not only externally but also internally. To get proper idea of skin disease knowledge of normal structure is necessary. Tvaka roga described here is Dadru It is one of the commonest skin problem in all over the word. Disorders of skin (twacha) affected not only on somatic level but also on psychological level too. Dadru kushta is a type of kshudrakushta according to Acharya charak is mahakushta according to acharya sushruta and archarya vagbhata. It can be correlated with tinea corporis or dermatophytosis. As it is a contagious disease, personal hygiene is an important part in its management. according to Ayurveda shodhan sharma & local application are effective in the management of Dadru Kusta.

REFERENCES

1. Charak Samhita Vidyotinihindi commentary by P. Kashinath shastri & Dr. Goraknath Chartuvedi Published by Chowkhambha Sanskrit sansthan varanasi 2007/912.
2. Charak Samhita Vidyotinihindi commentary by P. Kashinath shastri & Dr. Goraknath Chartuvedi Published by Chowkhambha Sanskrit sansthan varanasi 2007/912.
3. Charak Samhita of Agnivesh with English translation by P.V sharma Published by Chaukhambha Orientalia Varanasi Vol. 2 2008/183.
4. Charak Samhita of Agnivesh with English translation by P.V sharma Published by Chaukhambha Orientalia Varanasi Vol. 2 2008/184.
5. Sushruta Samhita (Commentary of Dalhanacharya) – by Yadavji trikamji Published by chaukhamba orientalia Varanasi 5th edition 2005/37.
6. Ashtanga sangraha of sarvanga sundari vyakhya published by shri Baidyanath Ayurveda Bhavana Pvt. Ltd Napur 3rd edition 1986/137.
7. Charak samhita of Agnivesh hindi commentary by vidyadhar shukla & Ravi Dutt Tripathi, Published

- By Chaukhambha Sanskrit Pratisthan Delhi Reprint 2011/185.
8. Rooks Text book of dermatology, Published by black well 7th edition , Vol 2 2004/19.
 9. Charaka samhita of Agnivash by yadav ji Trikam Ji published by krishndas academy Varanasi 2000/97.
 10. Charak samhita Ayurveda dipika Ayushi Hindi commentry by Harish Chandra kushwaha published by chaukhambha orientalia varansi Part 2 2009/209.
 11. Charak Samhita by Dr. Brahmanand Tripathi Varasansi published by chaukhambha sarbharti prakashan 2014/193.
 12. Sarth vaghbhat By Dr. Garade Ganesh Krushna published by proficient Publishing house pune 2010/162.
 13. Sushrut samhita eng Translation by prof. G.D. Singhal and calleges published by chaukhambha Sanskrit Prakashan delhi 2007/35.
 14. Sushrut samhita eng Translation by prof. G.D. Singhal and calleges published by chaukhambha Sanskrit Prakashan delhi 2007/36.
 15. Charak samhita Ayurveda dipika ayushi Hindi comments Harish Chandra Kushwaha published by chaukhambha orientalia varanasi Part 1 2011/845.
 16. Charak samhita Ayurveda dipika ayushi Hindi comments Harish Chandra Kushwaha published by chaukhambha orientalia varanasi Part 1 2011/845.
 17. Charak samhita Ayurveda dipika ayushi Hindi comments Harish Chandra Kushwaha published by chaukhambha orientalia varanasi Part 2 2009/196.
 18. Charak samhita Ayurveda dipika ayushi Hindi comments Harish Chandra Kushwaha published by chaukhambha orientalia varanasi Part 2 2009/199.
 19. Rooks text book of dermatology published by Blackwall 7th edition von 2 2004/19.
 20. Madhava chikitsa By Dr. M.S Krishnamurthy published by chaukhambha orientalia varansi By chaukhambha Sanskrit Pratisthan Delhi.
 21. Madhava chikitsa By Dr. M.S Krishnamurthy published by chaukhambha orientalia varansi By chaukhambha Sanskrit Pratisthan Delhi.