CONCEPTUAL STUDY OF TVAKA SHARIR W.S.R TO VYANGA (MELASMA)

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ABSTRACT

Beauty of a person is assessed by the complexion and texture of skin. Skin is the general covering of the entire external surface of body. It is the largest organ of body both by surface area and weight. It is most prone to diseases as it is exposed to external environment. Healthy skin is determined by healthy structure and proper function of components within skin. Skin disorders are outer exhibition of internal pathology. Skin is mentioned as Tvaka in Ayurveda. Detail study of Tvaka Sharir is necessary as it is seat for all Tvaka Rogas. Among many diseases concerned with cosmetic value Vyanga is common disease known to us from thousands of years. Acharya Sushruta has mentioned Vyanga in second layer of Tvaka. Acharya Charaka has explained Vyanga as one of the Raktadhatu Pradoshaj Vikar. Vyanga can be correlated with melasma in modern science. It is disease which decreases glowing complexion of face. It is the most common pigmented skin disorder. Smooth and glowing complexion of face increases beauty of person and give self-confidence. Considering importance of Tvaka, article aim to cover Tvaka Sharir and facts of Vyanga.

KEYWORDS: Skin, Tvaka, Vyanga, Melasma, Tvaka Rogas, Ayurveda, Tvaka Sharir, Rakta Pradoshaj Vikar.

INTRODUCTION

In modern society beauty of a person is assessed by the complexion and texture of the skin to a great extent. Skin is general covering of entire external surface of body. Importance of skin is explained in Ayurveda in Tvaka Sharir. It includes definition of Tvaka, formation of Tvaka, measures of each layer and Adhishtana of Tvaka Vikar in respective layer. Detail study of
Tvaka is important as it is seat of all Tvaka Rogas. Acharya Sushruta explained Vyanga in second layer of Tvaka.\(^1\) Vyanga is a disease which hampers the complexion of face. Glowing complexion of face increases beauty of a person and gives self-confidence. Vyanga is explained as Kshudra Roga (minor diseases) in Ayurveda.\(^2\) It is manifested as Niruja, Tanu, Shyavvarn, Mandalas over face. It occurs due to vitiation of Vata, Pitta Dosha followed by Rakta Dhatu.\(^3\) As it affects Rakta Dhatu majorly it comes under Rakta Pradoshaj Vikaras.\(^4\) On the basis of clinical features it can be compared with facial melanosis (melasma). Melasma is a common skin disorder causes brown, greyish, tanned patches, usually on face. It mainly affects women particularly of reproductive age. Sometimes it can occur in men also. Melasma has a significant impact an appearance, causing psychosocial and emotional distress and reducing quality of life of affected person. Considering impact of Vyanga in person’s life treatment of it is important. Many of modern treatment have been explained for melasma but they are expensive and also cause side effects. Ayurveda mentions massage with oil, application of herbal drug paste i.e Lepa to make face smooth, soft and glowing which are cost efficient.

**OBJECTIVES**

1) To define Tvaka, formation of Tvaka, layers of Tvaka.
2) To study structure of skin.
3) To reevaluate Vyanga in Ayurvedic Brihatriyi.
4) To elaborate aetiology, pathophysiology, management of Vyanga w.s.r to melasma.

**MATERIAL AND METHODS**

Textual references are collected from Ayurvedic Brihatriyi i.e Charaka Samhita, Sushruta Samhita and Ashtang Hridaya, Ashtang Sangrah. Modern text, journal and websites are also referred.

**LITERARY REVIEW**

**Tvaka**

In Ayurveda skin is stated as Tvaka or Twacha. It is Adhishtana of one of the Panchagyanedriya (sensory organ) i.e Sparshandriya (organ of touch).\(^5\) Tvaka is Adhishtana of Vayu and brings out its function.\(^6\)
Tvaka Utpati

Formation and development of Tvaka took place during the Garbhanirmiti i.e process of formation and development of Garbha. Acharya Sushruta described the formation and formation of Tvaka from metabolism of Shukra and Shonita by Tridosha. For better understanding of Tvaka Utpati, Whole process is compared with formation of creamy layer over surface of milk. When milk is boiled and allowed to cool down, Formation of thick layer of skim take place, which is explained as Ksheerat Santanika.7

Tvaka Uttapati Kaal

Acharya Charaka described Bala, Varna in sixth month of intrauterine life. As Varna (complexion) is attribute of skin. It can be considered as skin is formed in sixth month.8

Tvak Stara (Layers of Skin)

There are different opinions about number of skin layers. In Sushruta Samhita, Ashtang Hridaya seven layers are mentioned, whereas Acharya Charaka has explained six layers of skin.9 Classification given by Acharya Sushruta is more specific and scientific which is related with latest anatomy of skin as follows10

Table No. 1: Tvak Layers.

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Sushrutokta layers of skin</th>
<th>Size (Vrihi)</th>
<th>Modern skin layers</th>
<th>Diseases</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Avbhasini</td>
<td>1/18</td>
<td>Stratum corneum</td>
<td>Sidhma, Padmakantaka</td>
</tr>
<tr>
<td>2</td>
<td>Lohita</td>
<td>1/16</td>
<td>Stratum lucidum</td>
<td>Tilkalaka, Nyaccha,Vyanga</td>
</tr>
<tr>
<td>3</td>
<td>Shweta</td>
<td>1/12</td>
<td>Stratum granulosum</td>
<td>Charmdala, Ajagalika, Mashaka</td>
</tr>
<tr>
<td>4</td>
<td>Tamra</td>
<td>1/8</td>
<td>Malphigian layer</td>
<td>Kilas, Kushta</td>
</tr>
<tr>
<td>5</td>
<td>Vedini</td>
<td>1/5</td>
<td>Papillary layer</td>
<td>Kushta, Visarp</td>
</tr>
<tr>
<td>6</td>
<td>Rohini</td>
<td>1</td>
<td>Reticular layer</td>
<td>Granthi, Apachi, Arbuda, Shlipad, Galaganda</td>
</tr>
<tr>
<td>7</td>
<td>Mamsadhara</td>
<td>2</td>
<td>Subcutaneous tissue &amp; muscular layer</td>
<td>Bhagandara, Vidradhi, Arsha</td>
</tr>
</tbody>
</table>

Skin

The skin is the body’s largest and heaviest organ, covering the entire body, with total area of about 2 square meters. The thickness of skin varies considerably over all parts of body and between young and old, men and women. It is a protective shield against heat, light, injury and infection. It helps to regulate body temperature, stores water fat and permit sensation of touch.
Skin has three layers

1) Epidermis
It is the thin outermost layer of skin, provides a waterproof barrier and creates skin tone. The skin’s color is created by special cells called melanocyte, which produce pigment melanin. It is superficial, avascular layer of stratified epithelium. It is ectodermal in origin and gives rise to appendages of skin like hair, sweat glands, nails, sebaceous glands.

2) Dermis
Dermis or corium is deep, vascular layer of skin. It is mesodermal in origin. It is beneath the epidermis, contain tough connective tissue.

3) Hypodermis
The deeper subcutaneous tissue is made of fat and connective tissue.[11]

Vyanga
Literary meaning of Vyanga is vi+anga (vi means Vikruta, Vikal, defectiveness, imperfectness) i.e Vikal Anga. Acharya Sushruta mentioned Vyanga in second layer of Tvaka i.e Lohita. It is one of the Kshudra Roga. It is caused by vitiation of Vata, Pitta Dosha and Rakta Dhatu.

Hetu (Causative Factor)
1) Suppression of vomiting.
2) Exposure to intense heat, excessive to sun exposure
3) Day sleep (Deewaswap)
4) Blood vitiating factors such as wrong food combination, excess spicy food, etc.
5) Factors aggravating the Pitta Dosha like fear, anger, stress.

Poorvarupa (Prodormal Symptoms)
Vyanga is a Kshudraroga means it having Alpa Lakshnas. Lakshnas of Vyanga appears suddenly without prodromal symptoms.

Lakshana (Symptoms)
As per classics Vyanga is appearance of Tanu (thin), Niruja (painless), Shyav varna (blackish brown) circular patch over face.
According to *Dosha* predominance symptoms can vary. These are as follows:

1) *Vataja Vyanga* - skin appears hard rough in nature blackish discoloration.
2) *Pittaja Vyanga* - boundries are copper red.
3) *Kaphaja Vyanga* - boundries are whitish in colour and associated with itching
4) *Raktaja Vyanga* - boundries are red and coppery red in centre and associated with tingling and burning sensation.[12]

**Melasma**

Melasma is a skin problem that causes patches of discoloration. The patches are darker than usual skin colour (tone). It is normally occurring on face and is symmetrical marking on both sides of face. It is brownish pigmentation that appears on the face and is also called cholasma in pregnancy. The melanocyte or the pigment cells in the skin are overproducing melanin and hence condition appears.

**Causes**

1) Exposure to sun
2) Pregnancy
3) Hormonal treatments including oc pills
4) Phototoxic reaction to certain medications
5) Genetics
6) Thyroid disease have 4 times more risk of it.

**Types of Melasma**

1) **Epidermal melasma**
Melasma occurs on outermost layers of cells of skin. It is light brown in colour.

2) **Dermal melasma**
Melasma occurs in the layer that lies between epidermis and subcutaneous layer. It is greyish in appearance.

3) **Mixed melasma**
Presence of melasma in epidermis and dermis. It is dark brown in colour.

**Pattern of Melasma**

1) Centro facial pattern - Forehead, cheek, nose, upper lips.
2) Malar pattern - Cheek and nose.
3) Lateral cheek pattern.
4) Mandibular pattern – Jawline.\textsuperscript{[13]}

**Management of Vyanga According to Ayurveda**

According to different *Acharyas, Chikitsa* of *Vyanga* is as follows:
1) *Siravedhan* (Bloodletting).\textsuperscript{[14]}
2) *Lepa* –
   i) *Arjuntvak lepa* with honey.
   ii) *Manjitha lepa* with honey.\textsuperscript{[15]}
   iii) *Masoor* paste with milk and honey.\textsuperscript{[16]}
   iv) *Raktachandana, Manjishta, Kosht, Lodhra, Raal, Masoora lepa*.\textsuperscript{[17]}
   v) *Jeere, Shahajeere, Krishna til with milk*.\textsuperscript{[18]}
   vi) *Utpalpatra, Tagar, Raal, Daruharidra lepa*.\textsuperscript{[19]}

**Preventive Measures**

1) Following healthy lifestyle.
2) Avoiding repeated use of hormonal pills to postpone periods.
3) Always use umbrella, hat, scarf.
4) Irrational cosmetics can also cause melasma so avoid excessive use of it.

**DISCUSSION**

The beauty and attraction of individual is reflected in the skin’s health (including general health). When term skin mention first part comes in mind is face. The face is mirror of thinking and reflects personality. Melasma is one of the commonest pigmentary disorders in advancing society. The aetiopathogenesis of melasma includes genetic factor, UV light exposure, hormonal imbalance, etc. *Acharyas* mentioned this disorder occurs due to vitiation of *Vata, Pitta Dosha* and *Rakta Dhatu* which results in *Neeruja* (painless), *Shyama* (brown or grey brown), *Mandalavart* (circular patches), *Tanu* (thin) on nose, forehead, cheeks and chin, decreasing complexion and luster of skin. Due to cosmetic reason it has got more importance. Ayurvedic medicine and formulations were proved effective without any side effect to treat skin diseases like *Vyanga*. Although *Vyanga* is a painless condition of body, it is painful for mind as having social impact.
CONCLUSION

Skin as Tvaka is given importance and to get proper idea of skin diseases knowledge of normal structure is necessary. Tvaka Roga described here is Vyanga. It is one of the commonest skin problems in all over the world treated by dermatology. Skin diseases though afflicts bodily but gives lot of psychological disturbance. According to Charaka, it is Pitta Pradhan while Sushruta says that involvement of Vata Dosha along with Pitta. Based on Ashaya-Ashrayi Bhavas the derangement of Pitta Dosha leads to abnormality of Rakta Dhatu. The vitiated Dosha Sthansanshray in Mukhgaat Twacha and leads to Neeruja, Shyavavarna Mandalas. Therefore drugs with Raktaprasadaka, Tvakprasadak, Varnyakara properties are helpful in treating Vyanga. In present review an effort is made to highlight Tvaka Sharir, Vyanga and its comparison is made between Ayurveda and modern science regarding it.

REFERENCES