

A REVIEW ARTICLE ON TVACHA

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ABSTRACT

Ayurveda is an ancient science which gives preference to prevention of disease and also provides the good health to the diseased person. *Ayurveda* believes in the complete treatment of the disease. In human body *Tvacha* is the first visible and largest organ in the human body. *Tvacha* protects the human body from outer atmosphere. In *Ayurvedic* texts there are various opinion regarding the *uttapati* of *Tvacha*, layers of *Tvacha* and associated diseases. Knowledge about *Tvacha* is very important for diagnostic and treatment of various diseases. For clarify the various views about *Tvacha* in *Ayurveda* texts literary review on *Tvacha* is necessary. Therefore this study is undertaken to clarify the different *Ayurvedic* views which will be useful in diagnostic and treatment of skin disorders.

KEYWORDS: *Ayurveda*, *Tvacha*, Skin disorders.**INTRODUCTION**

In human body *Tvacha* is the first visible and largest organ in the human body. *Tvacha* protects the human body from outer atmosphere. According to modern science Skin acquires 1.5-2.0 square area of the human body. Skin is thickest on the palms and soles of the feet, while the thinnest skin found on the post auricular region and eyelids.^[1]

In today era, *Ayurvedic* concepts about *Tvacha* are not clear to many persons. Description and references about *Tvacha* are found in many text of *Ayurveda*. But only Acharya Sushruta is the author who described *Tvacha* in details in the *Sarirasthana* of *Susruta Samhita*. In this article an attempt is made to give the knowledge about the *Tvacha*.

Aims and objectives

1. To study different views about the *Tvacha* explained by different *Ayurvedic* texts.

Materials and methods

Different *Ayurvedic* classical books, were referred to fulfil this part.

Etymology of *Tvacha*

Tvacha word belongs to feminine gender and is derived as follows-

The word *Tvacha* is formed root word *Tvach* along with suffix *Taap*.

Definition of *Tvacha*

Tvacha is that part of body which completely covers *Meda*, *Shonita* and other *Dhatu* and spreading over is called *Tvacha*.^[3]

Formation of *Tvacha*

In such combination of *Shukra* and *Shonit* development takes place and consequently seven layers of *Tvak* (skin) come into existence like those of cream in the boiled milk.^[4,5]

In our *Pnachmahabhuta Sheera Tvak* is formed like cream in the boiled milk after the regular *Paripaka* processing (formation) of *Rakta*.^[6]

According to *Charak Samhita Tvak* is the one of entities in our body which is derived from mother (*Matruja Bhava*).^[7]

During the process of cooking (processing) of the blood, the six layers of *Tvak* get formed just as the layer of cream forms on milk, purity of skin is purity of the blood.^[8]

Synonyms*Tvacha**Twak**Charma*

Tvak (skin)- a seat of senses

Tvak is also a seat of senses. In *Charak Samhita* mentioned that five seats of senses such as *Tvak* (skin), tongue, nose, eyes and ears. Five sense organs such as tactile, gustatory, olfactory, visual and auditory.^[9]

Layers of Tvak

In different texts of *Ayurveda*, there are some different opinions regarding numbers of layers of *Tvacha*.

1. Charak Samhita= 6 layers
2. Sushruta Samhita= 7 layers
3. Astanghridaya= 7 layers
4. Astangasangraha= 6 layers
5. Bhavprakash= 7 layers
6. Sharangadhar Samhita= 7 layers
7. Bheala Samhita= 6 layers

Acharya Charak have mentioned six layers of *Tvacha* but given the nomenclature of only first two layers.

There are six layers of *Tvak* (skin) in the body such as an outermost layer of *Tvak* is known as *Udakadhara* (that which hold up water). The second (*Asrikdhara*) one is that which hold up blood, the third one is the seat of the origin of *Sidhma* and *Kilasa*, the fourth one is the seat of the origin of ring worm and *Khusta* (leprosy), the fifth one is the seat of the origin of *Alaji* and *Vidradhi*. The sixth layer is that which if cut causes loss of consciousness and the seat of the origin of boils being manifested as blackish red and deep rooted on the joints and are hardly curable. Thus the six layers of *Tvacha* (skin) which covers the entire body with six parts.^[10]

Acharya Sushruta have given name of all seven layers as given below^[11]

1. Avabhasini

The first layers layer is known as *Avabhasini* which illuminates all sorts of complexion and also brightens five types of shade, if measures eighteenth part of barley grain (*Brihi*) and is the seat of *Sidhma* and *Padmakantaka*.

2. Lohita

The second layer is known as *Lohita* which measures sixteenth part of a barley grain and is the seat of *Tilakalaka*, *Nyaccha* and *Vyanga*. *Carmadala*, *Ajagalli* and *Masaka*.

3. Sveta

The third one is *Sveta* measuring 1/12th of barley grain and is the seat of *Carmadala*, *Ajagalli* and *Masaka*.

4. Tamra

The fourth layer is *Tamra* measuring 1/8th of the barley grain and is the seat of various types of *Kilash* (vitiligo) and *Khusta*.

5. Vedini

The fifth layer is *Vedini* measuring 1/5th of the barley grain and is the seat of *Khusta* and *Visarpa*.

6. Rohini

The sixth layer is *Rohini* measuring one barley grain and is the seat of *Granthi*, *Apachi*, *Arbuda* and *Galaganda*.

7. Mamsadhara

The seventh layer is *Mamsadhara* measuring two barley grain and is the seats of *Bhagandara*, *Vidradhi* and *Arsha*.

The measurement mentioned above is for muscular part and not for the small fingers etc.

In *Sharangadhar Samhita* seven layers of skin are described as

The name of first layer of *Tvak* is *Avabhasini* which is the seat of *Sidhma*. The second is *Lohita* which is seat of *Tilla* and *Kalaka*. The third one is *Sveta* which is the seat of *Carmadala*. The fourth one is *Tamra* which is the seat of *Kilash* and *Siveetra*. The fifth one is *Vedini* which is the seat of all the *Khusta*. The sixth layer is *Rohini* which is seat of *Granthi*, *Galaganda* and *Apachi*. The seventh layer is *Sthula* which is the seat of *Vidradhi*.^[12]

In *Astanga Samgraha* six layers of *Tvacha* are described. Among these the first is *Udakadhara*, the second is *Asrgdhara*, the third is the seat of *Sidhma* and *Kilasa*, the fourth is the seat of all varieties of *Kustha*, the fifth is of *Alaji* and *Vidradhi*, the sixth is the supporter of life, its cutting unconsciousness, blindness as though entering into deep darkness, and is the place of development arumsi (ulcers) of blackish red, deep rooted, on the bony joints which are very difficult to treat.^[13]

Bhavaprakasa has also mentioned seven layer of *Tvak* like as *Sharangadhar Samhita*.^[14]

Table 1: Layers of Tvacha as per different text of Ayurveda.

<i>Charak Samhita</i>	<i>Sushruta Samhita</i>	<i>Sharanghara</i>	<i>Bhavprakash</i>	<i>Bhela</i>
<i>Udakadhara</i>	<i>Avabhasini</i>	<i>Avabhasini</i>	<i>Avabhasini</i>	<i>Udakadhara</i>
<i>Asrikdhara</i>	<i>Lohita</i>	<i>Lohita</i>	<i>Lohita</i>	<i>Asrikdhara</i>
3 th	<i>Sveta</i>	<i>Sveta</i>	<i>Sveta</i>	3 th
4 th	<i>Tamra</i>	<i>Tamra</i>	<i>Tamra</i>	4 th
5 th	<i>Vedini</i>	<i>Vedini</i>	<i>Vedini</i>	5 th
6 th	<i>Rohini</i>	<i>Rohini</i>	<i>Rohini</i>	6 th
	<i>Mamsadhara</i>	<i>Stula</i>	<i>Stula</i>	

Tvacha and Dhatu***Rasa Dhatu***

Dryness of skin is caused due to the loss in *Rasa* contents of the body.^[15]

Rakta Dhatu

As per *Astang Hridhya* red colouration of skin is due to *Rakta Dhatu Vridhi*.^[16]

Dryness of skin is caused due to the loss in *Rakta* contents in the body.^[17]

Mamsa Dhatu

According to *Charak Samhita Chikitsasthana Tvak* is developed from *Mamsa Dhatu*.^[18]

Tvacha and Dosha***Vata Dosha***

Vayu is predominant in *Sparshanendriya* which again is located in skin.^[19]

Pitta Dosha

Bharajaka Pitta is located in the *Tvacha* which help in exhibition of colour and complexion.^[20]

Kapha Dosha

Kapha Dosha is responsible for the *Snigdhatva* of the skin.^[21]

Tvacha and Mala

Snigdhatva of skin is the *Mala* of *Sukhra Dhatu*.^[22]

DISCUSSION

In different texts of *Ayurveda*, there are some different opinions regarding numbers of layers of *Tvacha*. In human body *Tvacha* is the first visible and largest organ in the human body. *Tvacha* protects the human body from outer atmosphere. According to modern science Skin acquires 1.5-2.0 square area of the human body. *Tvak* is also a seat of senses. In *Charak Samhita* mentioned that five seats of senses such as *Tvak* (skin), tongue, nose, eyes and ears. Five sense organs such as tactile, gustatory, olfactory, visual and auditory. *Vayu* is predominant in *Sparshanendriya* which again is located in skin. The maintenance of complexion (colour of skin) is the function of *Udana Vayu*. *Bharajaka Pitta* is located in the *Tvacha* which help in exhibition of color and complexion. *Kapha Dosha* is responsible for the *Snigdhatva* of the skin. *Acharya Charak* have mentioned six layers of *Tvacha* but given the nomenclature of only first two layers. *Acharya Sushruta* have given name of all seven layers. But when study in details the seat of diseases in different layers of *Tvacha* are nearly same in different *Ayurvedic* texts. *Vayu* is predominant in *Sparshanendriya* which again is located in skin. The maintenance of complexion (colour of skin) is the function of *Udana Vayu*. *Bharajaka Pitta* is located in the *Tvacha* which help in exhibition of color and complexion. *Kapha Dosha* is responsible for the *Snigdhatva* of the skin.

CONCLUSION

After detailed study of *Tvacha* from different *Ayurvedic* texts, we can say that *Tvacha* is very important tool in clinical examination, diagnostic and prognosis aspect in the modern science. This study is an effort to remove doubtful concept about *Tvacha*.

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