

SKIN CARE IN AYURVEDA

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ABSTRACT

Skin is the best organ of the body interacting with the environmental agents like physical, chemical and biological agent. Interaction with these factors result in specific reaction pattern producing characteristic skin lesions in different parts of the body. The prevalence of skin disease becoming more due to the following factors- faulty diet and life style, excessive and improper use of chemicals-cosmetics, soap, shampoo, diodorants and excessive use of antibiotics and steroids. Ayurveda has discussed of all skin disease under the name of Kushtha, and in other words it can be known as "Ayurveda Dermatology". Kushtha are mainly divided into seven types of Maha Kushtha and eleven types of Kshudra Kushtha. Generally differential diagnosis and identification of a Particular Kushtha is very difficult as there are no clear tools presented in original Ayurveda texts. Disease of skin account for a great deal of Misery, suffering, incapacity and economic loss, including the genetic causes the diet, climate, sunlight mental factors and allergy etc., have been proved as aetiological factors beyond doubts. Natural herbs seem to be more promising in the field of dermatology as already described in ancient Ayurvedic texts.

KEYWORDS: Skin, Twacha, Kushtha, Herbs, Ayurveda.

INTRODUCTION

The skin covers external surface of the body and is largest organ of body. It provides protection to the body.^[1] It provides protection to the body in various ways from Microbes, abrasion, heat and chemicals.^[2] Skin also contributes to thermoregulation of the body.^[3] In Ayurveda, Twacha word is used for skin and derived from "tvac" dhatu, which means to 'cover'.^[4] The origin of the twacha is due to the combination of sukra (sperm) shonita (Ovum) in intra uterine life just like a cream on the surface of milk after boiling of the milk.^[5] According to the Astang Hardyam skin originated from rakta dhatu in 6th month of embryo.^[6] Just like a cream on the surface of milk after boiling.^[7] According to Ayurvedic concept every dravya is Panchbhootic in this world so twacha is also panchbhootic but it is considered as Prithivi and Vayu Mahabhuta dominant Panchbhootic organ.

Skincare is the range of Practices that support skin integrity, enhance its appearance and relieve skin conditions. They can include nutrition, avoidance of excessive sun exposure and appropriate use of emollients.

Concept Of Skin In Ayurveda

According to Ayurveda, twacha (Skin) is a seat of sparshaendriya. It's considered as a gyanyandriya i.e. sense

organ. The development of skin occurs in third month of intra uterine life. The formation of skin results from heat generated in the process of union of sperm (Sukra) and ovum (Shonita) and formation of other body elements (dhatus) in foetal body. The Layers of skin according to Ayurveda are.^[8]

1. Avabhasini
2. Tamra
3. Mansadhara
4. Lohita
5. Vedita
6. Shweta
7. Rohini

According to Ayurveda, twacha means skin which is related to vayu element (vatadosha). And bhrajakapitta situated in skin gives colour to skin. Presence of sweat (swada) is essential for maintaining the health of skin.^[9]

Skin Layers According To Ayurveda.

	EPIDERMIS	DERMIS
1	Hornelayer-Avabhasini	Malphagian layer-Tamra
2	Stratum lucidum-Lohita	Papillary layer-vedini
3	Stratum granulosum-shweta	Reticular layer-Rohini

The layers of the skin are Epidermis and dermis.

Epidermis: The epidermis is the outermost layer.^[11] The epidermis layer provides a barrier to infection from environmental pathogens and regulates the amount of water released from the body into the atmosphere through transepidermal water loss. The epidermis is composed of multiple layers of flattened cells that overlie a base layer (Stratum basale) composed of columnar cells arranged perpendicularly.

Dermis: The dermis, the skin's next layer is a thick layer about 0.3 to 0.4 mm^[12] of fibrous and elastic tissue (made mostly of collagen) that gives the skin its flexibility and

strength. The dermis contains nerveendings, sweatglands, hair follicles and blood vessels.

Skin Care Through Ayurveda

Modern research trends mainly revolve around principles of anti-aging activity described in Ayurveda. The function of ayurvedic herbs is to purify skin and eliminats vitiated Tridoshas from the body as they are mainly responsible for skin disorders and other diseases. Several herbs have been mentioned in Ayurveda which can be used to obtain healthy skin and glowing complexion. Specific measurement for the enhancement of different aspect of beauty and disease conditions in relation to skin are mentioned in ancient Ayurvedic texts, they are described in brief.

Properties	Ayurvedic drugs /herbs
1. Vayasthapanā (Agedefying activity)	Amrutha, Abhaya, Dhatri, Mukta, Jivanti, Mandukparni, Punarnava
2. Varnya (Complex Promotars)	Chandana, Tunga, Padmaka, Ushura Madhuka, Manjista, Sariva, Payasya, Sita,lata.
3. Sandhaniya (healing and regenerative)	Yestimadhu, Guduchi, Mochrasa, Dhatki lodhra, Priyangu
4. Vranropana (Deep healing)	Sallaki, Laksha, Madhuk, Arjuna Udumber
5. Tvachya (Nurturing)	Patola, Khadir, Arjuna, Karanja
6. Shothahara (Anti inflammatory)	Chandana, Ashwagandha, Divdaru Yestimadhu, lodhra
7. Tvagrasayana (Skin Promotors)	Amalaki

Anti-aging treatment includes two types of therapies urjaskara (Promotive) and vyadhihara (Curative). For vata skin, skin care products that can nourish and rehydrate the skin should be used. For Piita skin, good skin oils and lepa should be used daily. For Kapha skin, a daily warm oil massage and cleansing of skin with specials types of medicated drugs and special lepa (Paste) should be performed.

In charak Samhita Chikitsa sthana and also sutra sthana,^[13] explained of ten drugs as varnya (Complexion promoting) viz chandana (Santalum album), Punnaga

(Calophyllum inophyllum), Padmaka (Prunus cerasoides), useer (Vetiveria zizanioides), Madhuka (glycyrrhiza glabra), Manjistha (Rubia Cardifolia), Sariva (Hamidesmus indicus). Paysya (ipomoea digitata), Sita (white variety of cynodon dactylon), Lata (black variety of C.dactylon). In susrutha samhitha in the kshudra roga Chikitsa (treatment of minor diseases) many of the skin care treatments are documented.^[14]

Arumsika (Eczema of face and scalp) - Washed with decoction of Nimba (Azadirachta Indica) than applies paste of Hartal (orpiment), Haldi (curcuma-longa), Paste

of mulethi (*glycyrrhiza glabra*), Erand (*Ricinus communis*) and Bhingaraj (*eclipta alba*) Paste.

Vyanga (Black spot) and Nilika (Naevus) - Applied the paste of bark of kshira - vriksha (plant containing sap) or paste of Bala (*sida cardifolia*), Atibala (*Abutilon indicum*), yestimadhu (*glycyrrhiza glabra*), and Garika (*Haematite*).

Yauvana Pidika (Pimples/acne) - Applying the paste of.

Vacha -(*Acorus calamus*)

Lodhra (*symplocos racemosa*)

Sendhav (Rock-salt)

Dhanyaka (*coriandrum sativum*)

Kuth (*saussurea lappa*)

Astang Hridayam - Vagbhatta mentioned the benefits of mukhlepa as “Mukhalepanashilanam dridam bhavati darshanam, vadanam chaprimlanam shlakshanam tamrasopamam (22/22). The person who are habitual to application of paste of drug over face, the vision become keen, the face never dull and glows like lotus flower. Mode of application of paste over face, duration and precaution were also elaborately mentioned according to season.

Grishma (Summer) -	Kumud (<i>Nymphaea nouchali</i>) Khas (<i>Vetiveria zizanioidis</i>) Utpal (<i>Nymphaeaceae</i>) Chandana (<i>Santalum album</i>)
Varsha (Rainy season) -	Kaliyaka (<i>Coscinium fenestratum</i>) Til (<i>Sesamum indicum</i>) Khas (<i>Vetiveria zizanioidis</i>) Padmak (<i>Nelumbo nucifera</i>)
Sharat (Autumn) -	Pundarik (<i>Nelumbo nucifera</i>) Mulethi (<i>glycyrrhiza glabra</i>) Khas (<i>Vetiveria zizanioidis</i>) Agru (<i>Aquilaria agallocha</i>)
Hemant (Fall winter) -	Vasaka Root (<i>Adhatoda vasica</i>) Ber (<i>Ziziphus Jujuba</i>) lodhra (<i>Symplocos racemosa</i>) Sarson (<i>Brassica campestris</i>)
Shishir (winter) -	Kateri root (<i>Solanum surattense</i>) Bark of daru haridra (<i>Berberis aristata</i>) Barly (<i>Hordeum vulgare</i>)
Basant (spring) -	Chandan (<i>Santalum album</i>) Khas (<i>Vetiveria zizanioidis</i>) Shiris (<i>Albizia lebeck</i>) Saunt (<i>Foeniculum vulgare</i>)

Astang samgraha^[15] Mukhdusika chikitsa (Acne) - Application of warm paste of lodhra and Tugarika.

Lancchana (Patches on the face), Vyanga (hyper Pigmentation) and nilika (naevus) chikitsa. The affected area covered with the paste of bark of tree having milky sap or that of Madhuka (*glycyrrhiza glabra*), Bala (*sida cardifolia*), Atibala (*Abutilon indicum*). Tender fruit of kapittha (*Feronia limonia*) Tinduka (*Diospyros Peregrina*) and Rajani (*Curcuma Longa*) and root of Amaliki (*Tamarindus indica*).

Other than some internal routine for glowing skin

Diet -

Vegetarian Diet.

Avoid- Fatty, Fried, Processed foods, Salt, Sugar seafood and red meat. Which is already mentioned in Ayurvedic texts i.e. - virrudh Aahara.

Sleep and Exercise :-

Exercise promotes sweatings, increase circulation, and calms the mind. Sleep and increase stimulate growth hormones which promote more production of collagen and elastin to keep your skin taut.

Yoga -

It helps circulate the lymph and blood, tones the muscles cause proper ojas, vitality and glow.

DISCUSSION AND CONCLUSION

Skin is one of the important presentable organ of the body. It has a definite role in ones personality. Hence skin diseases (twacha rog) affect not only on somatic level but also on a psychological level. Ayurveda ensure that the skin care therapies are effective from within the system by rebalancing the dosha derangements and cleanse the Rakta dhatu (blood) which nurtures the skin, by eradicating the impurities. Thoughtfully chosen ancient recipes and skin care rituals from the age old wisdom of Ayurveda help in combating the most commonly found skin issues of today.

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