



Number of 'Twacha' and its clinical interpretation according to Ayurved and modern texts

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ABSTRACT:

Ayurveda is God's gift for wellbeing of human kind. Today wholeworld is looking towards ayurveda as a best therapeutic option for worst skin disorders. Skin is the largest and first site visible organ of body acquiring two square meter of surface area & accounting 16-20% of body weight.1 InAyurvediyaSamhitas skin is described as *Twacha* various opinion regarding *Twachauttapati*, *Twachastara*& associated disorders are mentioned.*Twacha* is described in samhitas as a protective layer of body. *Sushrutacharya* and *Charakacharya* have described various layers of 'Twak' or skin, 7 & 6 layers respectively, and the diseases specific to them. When life induced by union of Sperm (*Shukra*) and ovum (*Shonita*) in uterus (*garbhashaya*) it undergoes rapid transformation and formation and seven layers of skin form during embryonic period in third and fifth month of fetal age Modern science has also explained skin and diseases occuring in skin. This paper deals with disease occuring in different layers of *twacha* (skin), as per Ayurved& Modern science.

KEYWORD: *Twacha*, comparative study, disesases as per ayurveda and modern science.

INTRODUCTION:

The approach of Ayurveda is essentially philosophic, holistic and humanistic. Ayurveda advocates a complete promotive, preventive, and curative system of medicine. In the sharir, if someone wants to learn exact clinical condition, he must know about 'Twak' from superficial to deep. Pollution, global warming, adulteration of food, and irregular lifestyle have accounted to a step rise in the incidence of skin disease which is almost 30% of total disease in recent times.

Adhishthan- sparshnendriya

Mahabhut- panchmahabhut

Dosha- vatadosha and brajak pitta

Skin the organ which covers the external surface of the body. Largest organ of the body, Sensory organ responding to reflex, protective system, perceiving sensation excretory functions.

Skin has three layers:

- The epidermis, the outermost layer of skin, provides a waterproof barrier and creates our skin tone

- The dermis, beneath the epidermis, contains tough connective tissue, hair follicles, and sweat glands.

- The deeper subcutaneous tissue (hypodermis) is made of fat and connective tissue.

AIM AND OBJECTIVE :-

- 1) To Correlate different Layer of Skin according to Ayurvedic and Modern Text.
- 2) To Compare Diseases occurring in different layers of *twacha* (skin), as per Ayurved & Modern science. So that it can be easy for us to Diagnose the disease and treat as well.

MATERIAL AND METHODS :-

Number Of 'Twak' According to different Samhitas:-

- 1) *Sushrut Samhita* - 7 *Twacha*. (Su.Sha.4/3,4)¹
- 2) *Charak Samhit* - 6 *Twacha*. (Cha.Sha.7/4)²
- 3) *Astang Hridaya* - 6 *Twacha* (Ashr.Sha.3/7)³
- 4) *Astang Sangraha* - 7 *Twacha* (As.Sha.5/16)⁴
- 5) *Bhel Samhita* - 6 *Twacha* (Bhel Samhita Sha.7)⁵
- 6) *Kashyap Samhita* - 6 *Twacha*

DETAILS ABOUT TWAK AS EXPLAINED IN DIFFERENT SAMHITAS:-

Sr No.	CHARAK	SUSHRUT	VAGBHATA	SARANGDHARA	BHAVPRAKASH
1	Udakdhara	Avabhasini	Udakdhara	Avabhasini	Avabhasini
2	Asrukdharma	Lohita	Asrukdharma	Lohita	Lohita
3	Sidhma, kilasa	Shweta	Sidhma, Kilasa	Shweta	Shweta
4	Dadru,	Tamra	Sarva	Tamra	Tamra

	Kushtha		Kushtha		
5	Alaji, Vidradhi	Vedini	Alaji, Vidradhi	Vedini	Vedini
6	On cutting One feels blindness	Rohini	Pranadhara	Rohini	Rohini
7	Mamsadhara	Sthoola	Sthoola

THICKNESS OF TWAK:-

TWACHA	SUSHRUTA	THICKNESS IN MM	DALHANA	THICKNESS IN MM
Avabhasini	1/18	0.055	18/20	0.90
Lohita	1/16	0.062	16/20	0.80
Shweta	1/12	0.083	12/20	0.60
Tamra	1/8	0.125	8/20	0.40
Vedini	1/5	0.200	5/20	0.20
Ronini	1	1	1	1

TYPES OF LAYERWISE DISTRIBUTION OF SKIN DISEASES:-

Sr.n o.	Charaka	Sushruta	Vagbhata	Sharangdhara
1	-----	Sidhma, Padmakantaka	-----	Sidhma
2	-----	Tilakalaka, Nyacha, Vyanga	-----	Tilakalaka
3	Sidhma, Kilasa	Charmadala, Ajgallika, Mashaka	Sidhma, Kilasa	Charmadala
4	Dadru, Kushta	Kilasa, Kushtha	Sarva, Kushtha	Kilasa, Shwitra
5	Alaji, Vidradhi	Kushtha, Visarpa	Alaji, Vidradhi	Sarva Kushtha
6	Blindness	Granthi, Apachi, Arbud,etc	Blindness	Granthi, Apachi
7	-----	Bhagandara, Arsha, Vidradhi	-----	Vidradhi

NAMES OF 'TWAK' VYADHI MENTIONED IN SUSHRUT SAMHITA AND ITS CORRELATION:-

No. of Twacha	AYURVED	MODERN
1 ST	1. Sidhma 2. Padma	I. Pityriasisversicolor II. Papilloma or Malignant tumour
2 ND	1. Tilkalak 2. Nayach 3. Vyang	I. Flat nevi II. Naeves III. Hyperpigmentation of face
3 rd	1. Charmadala 2. Ajgallika 3. Mashak 4. Charmkeela	I. Dyshidrosis II. Papules III. Elevated nevi IV. Skin tags/ acrochordon
4 th	1. Kilas 2. Kushtha	I. leucoderma II. Skin disease
5 th	1. Kushtha 2. Visarp	I. Skin disease II. Herpes zoster/shingles
6 th	1. Granthi 2. Apachi 3. Arbud 4. Galagand	I. Cyst II. Scrofula/ lymphadenopathy III. Tumour/neoplasm/cancer IV. Goitre
7 th	1. Bhagandar 2. Vidardhi 3. Arsha	I. Fistula II. Abscess III. piles

SYMPTOMS OF TWAK VYADHI AND ITS CLINICAL INTERPRETATION:-

1ST TWACHA

Sidhma तनुवऊर्ध्वकाये वेदनारहितकंडुयुक्त श्वेतवर्ण	Trunk, neck, arm Painless and mild itchy Pallor or coppery brown
Padmakantak पद्मिनीकंटकप्रख्यैः वृत्तं	Cauliflower like projection Pedunculated or sessile

2ND TWACHA



Tilkalak कृष्णानि नीरूजानि Nyaccha श्यामं, सहजं Vyang तनुकं सहसामुखमागत्य मंडलं, श्यावं	Brown or black in colour Not painful Any coloured growth/birth mark Diffuse or focal Mainly affected face and back of the hand Darkening of skin
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3RD TWACHA

Charmdala	
कंडूव्यथनौषचोषास्तलेषु	Itchy blisters on the palm of the hand and bottom of the feet May be painful
Ajagallika	Brown, purple, pink or red in color
स्निग्धा, सवर्णा	Solid elevation of skin
ग्रथिता, मुद्गसन्निभा	Fixed
Mashak	Brown or black in colour
अवेदनं, स्थिरं	Painless benign skin growth
माषवतकृष्णउत्सेध	Soft balloons of hanging skin or flesh coloured
Charmakeel	
निष्तोद, ग्रंथीत्वं	
सवर्णत्वंग्रथित्वं	



4TH TWACHA

Kilas	Localised loss of pigmentation of skin May caused after burn, cut or ulcers
त्वग्गत्मेव अंतेजातरक्तरोम असाध्यं अग्निदग्धम्	
Kustha	Leprosy
त्वग्गतविकार	

5TH TWACHA

Visarp	
मूर्छा, विदाह, अरति, तोद, पाक	Painful skin rash with blisters in limited area Restlessness Pricking Nerve pain

6TH TWACHA

Granthi	Circular
वृत्तोन्नत	Raised
उन्नत	Knotted
विग्रथित	
Apachi	Painless swelling of lymph nodes in the neck
हनुअस्थि, कक्षा, बाहुसंधिमन्यागलेषु	Sores
सावन्तिस्थिर, वृत्तम, आयाम, स्निग्ध	Fixed, circular, extensive, smooth
Arbud	Broad based
अनल्पमूलं	Slowly growing
चिरवृद्धि	
Galgand	Throat tightness ,cough and hoarseness
जंतो: गलेअनुशब्दं	Dysphasia
अरोचकं	Difficulty in breathing
कृच्छ्राउच्छ्वास	

7TH TWACHA



Bhagandar	Constant pain, throbbing pain ,itching
कटिकपालवेदनं कंडुदाहशोफ	Skin irritation around anus include swelling redness tenderness
तोद, सूचीभिरिवनिस्तुद्यते	Pus and blood discharge
	Constipation
	Fever
Vidradhi	Redness
अरुणवर्ण, पक्कोदुंबरसंकाशम्	Pain
अत्यर्थवेदना	Warmth
दाहवान्	Swelling
उत्थान	Loss of function
प्रपाक	Fever
ज्वर	Chills

DISCUSSION:-

-Classical texts and modern texts have different opinion about skin. But they both describe the layers, pigments, and

thickness of skin. More over classical text describes the diseases which occurred in particular layer of skin. Brain storming deep study has been done in above project. This explains various opinions of classical

and modern text as well about skin. Its function, its formation and its structure.

CONCLUSION:-

The layer wise distribution of *twak* described in ayurvedic science seems to have close resemblance with skin layers described by the modern science. Layer wise diseases of skin stands to be more perfect for diagnosis of skin diseases described in the ayurvedic science many year before as compared to modern sciences. Understanding the skin diseases with this type of detailed study about 'twak' sharir in (Anatomy and physiology) of skin from both ayurvedic and modern science is significantly resourcefull.

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