



Adhyayan of Tvak Sharir W.S.R. to preventive aspects of Tvak Vikara through Ayurveda.

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ABSTRACT:

Tvak(skin) is the largest organ of the body and one among the *panchagyanendriya*. The primary function of this organ is touch sensation i.e. *sparsha dnyana*. It also has a great cosmetic value.

Now a day most of the people are suffering from one or more skin diseases. Improper life style, use of chemical cosmetic products, pollution, busy & stressful life are the causes for skin diseases. It may affect people of all age groups i.e. from neonates to elderly person.

Dinacharya, Rutucharya, Sadvritta, Viruddha aahara are some of the unique measures mentioned by ancient *aacharyas* for prevention as well as cure of skin diseases.

For e.g: - *Abhyanga*-By application of oil daily *twak prasadana* occurs at the same time it provides relief from the diseases occur due to dry skin.

Literature review of the above concepts was taken from Brihat trayee & measures for prevention of skin diseases were studied.

KEYWORD: *Tvak sharir, Dinacharya Rutucharya, Sadvritta, Viruddha Aahar*

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INTRODUCTION:

Ayurveda is the Traditional Hindu System of Medicine incorporated in *Atharva Veda*, the last of the four *Vedas* which is based on the idea of balance of bodily system and uses Diet, Herbal treatment etc. The main *prayojana* of this *Shastra* is ‘*Swasthasya swasthya Rakshanam Aaturasya Vikara Prashamanam Cha.*’¹

Tvak (Skin) is one among the *Panchagyanendriya* and Largest organ of the body. Its primary function is *sparsha dnyana*. It has a great cosmetic value. In this competitive world most of the people are suffering from one or more skin diseases due to changing life style, pollution, excessive stress, use of chemical cosmetic products etc. All these factors cause changes in skin composition and plays major role in producing variety of skin diseases which is described under the term *Kushtha* or *Kshudra rogas* by *aacharyas*. Skin is supposed to be a mirror image of proper working of body system as any ailment in skin is significant as it is visible to all.

For e.g.: - Excessive dehydration produces wrinkles on skin, Improper digestion produces pimples on face and many more. It may affect socioeconomic status of an individual so there is need of efforts to

minimize skin diseases. It can be prevented by following *Dinacharya*, *Rutucharya*, *Sadvrutta* and Rules of dietary regimen mentioned in *Samhita*'s.

Materials and Methods: -

Only textual materials are consulted for present study and from which the relevant references have been collected. The principal *ayurvedic* texts referred in this study are *Charaka Samhita*, *Sushruta Samhita* and *Ashtanga Hridaya*.

Review of Literature: -

‘*Tvak Samvarane*’ means the one which protect and covers the whole body. Such a skin is developed by combination of *shukra* and *shonita* while processed by heat give rise to the formation of seven layers of skin just like formation of cream when milk is boiled as said by *Aacharya Sushruta* in *Sharir sthana*.² *Aacharya Vagbhata* described the formation of *Tvak* due to *paka of rakta dhatu* by its *dhatvagni* in the foetus.³ It gets developed in the 6th month of intrauterine life.

Tvak is the *upadhatu of mamsa dhatu* and *Moolasthan* of *Mamsavaha Srotas*. It is a seat of *Bhrajaka pitta*. It is *panchabhautika* with predominance of *Vayu mahabhuta*. Touch is well perceived by this organ. *Aacharya Sushruta* has explained 7 layer whereas *Aacharya Charak* has explained 6 layers.⁴ The

thickness is same all over the body as opined by *Aacharya Charak*⁶ whereas according to *Aacharya Sushruta* it is three and half *vrihi* in total.

Layers of Skin: -

Layers of skin has been described by various *aacharyas* but *aacharya*

sushruta has given very significant description. Dr. Ghanekar has correlated layers of skin as follows and diseases at the level of each layer as mentioned by *Aacharya Sushruta* with the latest anatomy of skin⁷.

SR.NO.	LAYERS OF SKIN (SUSHRUTA)	LAYERS OF SKIN(MODERN)	DISEASES
1.	<i>Avabhasini</i>	Stratum corneum	<i>Sidhma</i>
			<i>Padmakantaka</i>
2.	<i>Lohita</i>	Stratum lucidum	<i>Tilakalaka</i>
			<i>Nyachccha</i>
			<i>Vyanga</i>
3.	<i>Shweta</i>	Stratum granulosum	<i>Charmadala</i>
			<i>Mashaka</i>
			<i>Ajagallika</i>
4.	<i>Tamra</i>	Malpighian layer	<i>Kilas</i>
			<i>Kushta</i>
5.	<i>Vedini</i>	Papillary layer	<i>Kushtha</i>
			<i>Visarpa</i>
6.	<i>Rohini</i>	Reticular layer	<i>Granthi</i>
			<i>Arbuda</i>
			<i>Apachi</i>
7.	<i>Mamsadhara</i>	Subcutaneous Tissue & Muscular layer	<i>Bhagandar</i>
			<i>Vidradhi</i>
			<i>Arsha</i>

In day to day practice we see patient is suffering from fungal infection like *Dadru*, *Vicharchika* etc., *Shvitra*,

Tarunyapitika and Psoriasis etc. Eating of junk food, improper diet timing, condition such as Excessive heat, Excessive cold,

Improper raining give rise to many skin problems.

Discussion: -

Ayurveda is the science of life. *Ancient aacharyas* explain the art of living through *Dinacharya*, *Rutucharya*, *Sadvrutta* and dietary regimen etc.

Dinacharya:

1.Abhyanga⁸-

One should do *abhyanga* daily with *tila taila*. It delays old age, destroys exhaustion and *vata*, gives strength, increases luster of skin. It is supposed to be *uttama tvachya* as *tvacha* is a seat of *vata* mainly and *tila taila* has *uttama vatashamana* property.

2.Sharir Marjana⁹ –

Body made clean by rubbing with cloth is known as *Sharir Marjana*.It helps to remove foul smell, itching, and *sharir mala*. *Aacharya Chakradatta* has implied *Udvartana* by the word *Parimarjana*.

3.Udvartana¹⁰ –

Application of medicated powder over body is known as *Udvartana*. It helps to reduce *kapha* and *meda*, makes body firm and achieves *tvak prasadana*.

4.Snan¹¹ –

One should bath daily with hot water over body. It helps to remove dirt,

itching, sweat and burning. It increases strength, lustre.

5.Chatradharan¹² –

There is also an indication about use of umbrella alleviates natural calamities, guards against the sun, wind, dust and rain.

Rutucharya: -

1.Hemanta and Shishira Ritu¹³ –

In this *ritu* there is excessive cold.so one should do *abhyanga* with *vataghna taila*; Local application of *Agaru lepa*. One should wear thick and warm clothes. Avoid *diwa swap*. All this measures helps to pacify accumulated *kapha*.

2.Vasanta Ritu¹⁴ –

During *vasanta ritu kapha prakopa* takes place. *Tikshna vamana* commonly known as *Vasantika Vamana* is beneficial. Avoid *diwa swap*. One should do *udvartana*, *snan* with *sukhambu*, and *lepa* with *chandana* and *agaru*.

3.Grishma Ritu¹⁵ –

In this *ritu vata* gets started accumulating in body. One should stay in cold room during day time and in moonlight at night on the top of the mansion with abundant air having pasted *chandana* on body.

4. *Varsha Ritu*¹⁶ –

Vata accumulated in *grishma* gets aggravated in this *ritu*. One should take honey in appropriate quantity because it acts as *vataghna* and *yogavahi*. Administer *basti* which helps to reduce *vata*. One should take boil water as in this season water gets vitiated. Should not walk with bare foot and wear fomented cloth. Take bath regularly.

5. *Sharad Ritu*¹⁷ –

In this *ritu* *pitta* gets aggravated hence *virechana* and *raktamokshana* is advisable. One should take *Hamsodaka* i.e. water heated in sunlight and made cold in moonlight during rising of *agasti* star. It should be used for bathing and drinking purpose.

***Sadvrutta*: -**

This are the code of conduct for health. *Aacharya Vagbhata* has explained *Dashavidha Paap Karma* i.e. *Himsa*, *Satya*, *Asteya*, *Anyathakama*, false and irrelevant talk, anger etc. *Aacharya Charak* has explained it in *sutra sthana* 8th *adhyay*. One should follow good conduct and avoid bad one to prevent skin diseases. For e.g. *Aacharya Vagbhat* has stated insulting elder and respectable persons, stealing others valuable things, sins of this birth and previous birth are the causes of *Kushtha*.

***Viruddha Aahar*¹⁸ :-**

According to *Aacharya Vagbhata* the food substances which dislodges the vitiated *doshas* from their places and unable to expel them out of the body and acts as antagonistic to the tissues are known as *Viruddha Aahar*.

Substances having *viruddha virya* i.e. *sheeta* and *ushna* when taken together *kledotpatti* takes place which lead to skin diseases. E.g.: Milk + Fish, Milk + Fruit, Milk + *Chapatti* these causes are seen in many patient suffering with psoriasis, *shvitra* etc. skin diseases.

Avoid intake of excessive cold and excessive hot substances one after the other. E.g.: Hot food + Ice cream.

Intake of sweet and heavy substances at the end of meal.

Intake of excessive water, drinking water in early morning leads to *agnidushti*.

Avoid drinking hot and cold water one after the other.

Intake of *Guda* and Milk produces skin diseases because milk is of *sheeta virya* and *guda* is of *ushna virya*. The combination is totally opposite.

One should avoid above factors which vitiates *doshas* and produces skin diseases.

Conclusion: -

Skin is one of the major organ representing physical, mental, and

social state of an individual. From the above references we can fulfill the main *prayojana* of our *Shastra*. Adaption of *Dinacharya, Rutucharya*; Maintenance of *sadvrutta* and avoidance of *viruddha aahara* definitely help to prevent skin diseases.

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