



Role of Rasa Vaha Srotas Dushti in Tvak Vikruti

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ABSTRACT :

Ayurveda is the science which provides preventive measures in healthy person and provides wholesome management of disease states which include diet, habit and medicine for total reversal of disease. Skin is the largest part of the body which is the protective covering as well as reflection of the internal system. In *Ayurveda* various dermatological diseases discussed with its *etiopathogenesis*, classification and management and also described the wide range of etiological factors for Skin diseases including dietary habits and psychosocial factors. *Tvak* is the reflection of rasa dhatu sarata, hence any derangement in rasa dhatu function directly implies vitiation of quality of skin. The review is to unveil the importance of *rasa dhatu dushti* assessment in *tvak roga* which can help in both treatment aspects i.e. *nidana parivarjana* and *samprapti vighattana*.

Keywords : rasa, tvak, chinta , stress, *nidana parivarjana*, *samprapti vighattana*

INTRODUCTION

The skin is the largest organ of the body, hence is more easily more exposed to infection, disease and injury. It reflects the emotions and reveals aspects of both normal physiology and the

pathological state of an individual. Many factors affect the appearance and health of the skin such as nutrition, hygiene, age, immunity, genetic traits, psychological state, and drugs etc. Skin disorders are perceived by Ayurveda in a broader spectrum through vitiation of srotas. The review is on the role of assessment of rasavaha srotas dushti in tvacha vikar.

AIM : To study the role of rasavaha srotas dushti in tvak vikara.

MATERIALS & METHODS:

1) Survey of literature to study about rasavaha srotas dushti and tvak vikar. 2) Search on the internet on tvak vikar with rasadushti nidana as etiology. 3) Analysis of rasadushti nidana in detail.

TVAK

The word "Tvacha" is derived from "Tvach-Samvarne" dhatu, meaning the covering of the body. (1) It is Jnanendriya which is responsible for Sparsha Gyan (touch Sensation). The Shadanga remain covered by the Twacha. (2)

Tvak Prakruti

1. UTPATTI

Twak is the matruja bhava formed during dhatu parinama in the foetus. (3) It is primarily the

result of transformation from rakta to mamsa.(4)The embryonic development of twak starts by the third month and gets completed by the sixth month of foetal life. It is formed in seven layers.Acharya Vagbhata states that the development of Twacha occurs due to paka of Rakta dhatu by dhatu agni(5).

2. RACHANA

As per Acharya Sushruta Twacha has seven layers:(6)

1.Avabhasini - Sidhma, Padmakantaka 2. Lohita - Tilakalaka,Nyachchha,Vyanga 3. Shweta

-Charmadala, Mashaka,Ajagallika 4. Tamra - Kilasa, Kushtha 5. Vedini -Kushtha, Visarpa 6. Rohini

-Granthi, Arbuda, Apachi,Shleepada,Galaganda 7. Mamsadhara-Bhagandara, Vidradhi,Arsha Layers of the skin and disease Charaka described six layers of skin

1) Prathama - Udakadhara, which consider as Bahya-Tvak 2) Dvitiya -Asrigdhara 3) Tritiya - Sidhma,

Kilas Sambhavadhishthana 4) Chaturtha -Dadru, Kushtha Sambhavadhishthana 5) Panchami - Alaji, Vidradhi Sambhavadhishthana 6) Shashthi – By the injury of this layer individual gets trembling and enters into darkness(7)

3. KRIYA-DOSHA,DHATU,MALA VIVECHAN

Panchabhautiktwa Of Twacha:- Stula, Stira and Murtimant Guna is due to Prithvi Mahābhuta. Mrudu, Snigha Twacha is due to Apya Mahabhuta. Teja Mahabhuta is responsible for Varna of skin.

Vayu Mahabhuta is responsible for sensation of pain, temperature and pressure. The Pores of Lomaand Swedavaha Strotas are due to Aakash Mahabhuta. (8)

Relation of Twacha with Dosha - Dhatu - MalaDOSHA :

1)Twacha is one of the sites of Vata Dosha.(Sparshnendriya Adhishthana.)(9)

2) Varna of Twacha is the function of Udan Vayu.(10)

3) Transport and excretion of sweat is under control of Samana and Vyana Vayu respectively (11)

4) is one of the sites of Pitta dosha(Bhrajak Pitta) which gives colour and luster to the skin. (12)5)Udaka karma of Kledaka Kapha(adequate moisture) in Twacha. (13)

DHATU :

1. Rasa is Apya. Person with Uttam Rasa Sarata (Twak Sarata) has the best quality of Twacha and Loma.(14)
2. Varna Prasadana function is performed by Rakta Dhatu.(15)
3. Mulasthan of Mamsavaha Strotas is Twacha and also Upadhatu of Mamsa Dhatu is Twacha. (16)

MALA:

Sweda is Mala of Meda Dhatu which is excreted by Twacha.(17) Sweda maintains the luster and humidity of Twacha. Twakgat Sneha is the Mala of Majja Dhatu.(18)

4. TVAK VIKRUTI

In Ayurveda, almost all skin diseases are taken under the generalized term “Kushtha ”. The word ‘Kushtha’ is a broad term which includes almost all skin diseases. It means ‘to destroy’, ‘to scrap out’ or ‘to deform’. (19)According to Arun Datta teeka, Kushtha is the disease which causes vitiation and discoloration of the skin. Many dermatological disorders make mentally upset oneself. and have a negative impact on life. Kushtha is produced by the vitiation of the seven factors i.e. 3 Doshas and 4 Dushyas, Vata, Pitta, Kapha, Tvacha, Rakta, Mansa and Ambu/Lasika, which are responsible for manifestation of dermatological disorders.(20)They are classified into two major groups Maha Kushtha & Kshudra Kushtha. which are further divided into seven types and eleven types respectively.Some of the dermatological disorders are also described under the Kushtarog. Kshudra Roga means minor diseases. Ayurveda described a wide range of etiological factors for dermatological

disorders including its psychosocial aspect.

RASAVAHA SROTO DUSHTI REFLECTED AS TWACHA VIKRUTI

The poshanamsha of twak is derived from rasa dhatu and hence rasa dushti directly influences the twak. This is why rasa kshaya results in dryness of twak and rasa dushti due to stress (chintyaanam cha ati chintanaat)] is a main exacerbating factor in many skin disorders.

NIDANA & SAMPRAPTI

1.GURU,SHEETA,ATI SNIGDHA AHARA(21)

-Excess of guru, snigdha(heavy and unctuous food) ahara causes manda,sthira guna vridhhi of kapha dosha,causing the stagnation in srotas,leading to srotorodha.When the person continue with the habits of use of guru,ati snigdha,atimatra ahara,that leads to agnimandya,since prithvi,jala mahabhuta vridhi is opposite to agni mahabhuta.When agnimandya is persistent,with srotorodha and snigdha,guru sevana in atimatra,that leads to kleda adhikya in rasa vaha srotas leading to ama utpatti.The saama kapha can lead to the vitiated lakshanas as kandu and kotha.

2. ATIMATRA AHARA

When a person consumes food more than the quantity that is needed,it leads to tridosha dushti,which explains the reason for broad spectrum rasa dudhti lakshanas.This has a direct impact in tvak,which is the first site of vitiation,as it is bahya roga marga.

3. CHINTYAANAM CHA ATI CHINTANAAT:

Life is the complex union of Satva, Atma and Sharir. Thus mind and body influence each other. Connection between mind and skin has been documented since ancient periods.Twacha is considered as 'Chetah Samvayi' i.e the skin has an eternal relationship with Mana.

Ati chinta,bhaya and shoka causes vata vridhhi with prakruta kapha kshaya ie,ojokshaya.Ojus and rasa vaha srotas is enrouted to hrdaya,the chetana sthana.Ojus is the seat of all the essence of all the dhatus which is the reason for keeping the body unaffected from any external invasion and keeping internal dynamic equilibrium intact..Therefore ojakshaya lead to deficiency or defective immune system that can lead to

spectrum of immune deficient and autoimmune conditions.

The most common skin conditions where there is evidence of kapha vata

dusti,ojakshaya,agnimandya,saama avastha due to rasa dushti are enlisted as follows -

- 1)Eka kushta 2)Vicharchika 3)Dadru
- 4)Indralupta 5)Mukha dushika6)Kitibha
- 7)Khalitya 8)Padma Kantaka9)Sheeta pitta

10)Udarda EKAKUSHTA

Ekakushta is defined as one variety of Ashtadasha (18 types of skin diseases) kushta which is characterized by Aswedana, Mahavastu and Matsya Shakalavat Twacha.(22)



VICHARCHIKA

Vicharchika is one of the Kshudra Kustha runs a chronic course generally considered difficult to cure & even if it is cured relapses are common; it is characterized with symptoms, namely Kandu (itching), Srava (discharge), Pidika (vesicles), and Shyava vrana (discolouration).(23)



DADRU



As per its definition, the reddish coloured Pidika in the form of Mandala with elevated borders anditching is known as Dadru. Dadru is kapha

pittaja pradhan vyadhi(.24)

INDRALUPTA

Indralupta is a specific condition characterized by hair loss in the form of patches in some scalp areas by the vitiation of tridosha and rakta dhatu.(25)

KHALITYA

As per acharya Sushruta, Vitiated pitta along with vata reaches romakooopa and causes hairfall and thereafter shleshma along with shonita obstructs the romakooopa which leads to the stoppage of regeneration of hair and this condition is known as khalitya(.26)



MUKHA DUSHIKA



The Shalmali thorn-like eruptions on the face of adults due to vitiation of Kapha, Vata and Rakta are known as “Yuvanpidika” or “Mukhadushika(.27)

KITIBHA

Kitibha is one of the Kshudra kushta having the Lakshanas like Shyava, Kina, Khara sparsha, Parusha. Ruksha pidika and Kandu. Kitibha kushta has the involvement of Vata and Kapha dosha.(28)



PADMA KANTAKA

The padma kantaka like lesions of kapha vata

dushti with severe kandu.



SHEETA PITTA

Kapha vata pradhana varati dashtavat
shotha,kandu,daha.

UDARDA.



MODERN VIEW OF ETIOLOGY - EATING HABITS

ACNE -more recent research has provided strong support for diet as a potential cause of acne. Research has substantiated the role of specific foods, such as dairy products, as well as dietary patterns, including the high glycemic load diet. Foods with a high glycemic index, such as sugar, white bread, and white rice, are rapidly absorbed, leading to higher serum glucose levels and corresponding elevated levels of insulin. Insulin and IGF-1 have been shown to augment sebum production, stimulate adrenal androgen synthesis, and increase androgen bioavailability, all of which play a role in the pathogenesis of acne.(29)

AGING - Rhytides, sagging of skin, and loss of elasticity are all related to changes in the

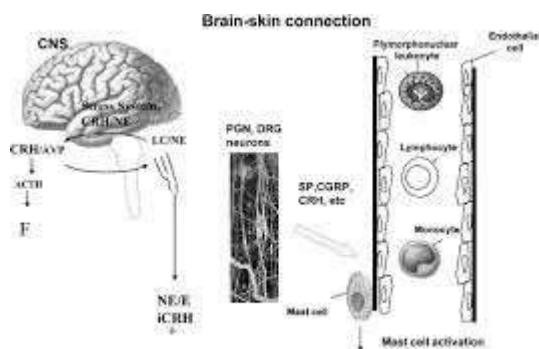
collagen and elastic fibers of the skin, which are themselves impacted by diet. Ingestion of sugar, in particular, can accelerate these signs of aging, as it promotes cross-linking of collagen fibers. Once established, the body is unable to repair these cross-links. With accumulation of AGEs, structural changes in the skin can occur, resulting in increased stiffness and reduced elasticity.(30)

PSORIASIS-It has been well-demonstrated that patients with psoriasis have a higher prevalence of comorbidities that act to increase the risk of CVD. These include obesity, diabetes, hypertension, and dyslipidemia. Dietary intervention is a foundation of therapy for diabetes, hypertension, and hypercholesterolemia. (31).

MODERN VIEW OF ETIOLOGY-STRESS

Embryologically, both the skin and brain are derived from the ectoderm.

“brain-skin connection”-The stressed brain (CNS) exerts its effects on the skin through the stress and sensory afferent systems through endocrine and neural pathways. .1) The effects of the circulating hormones of the HPA axis and sympathetic system, respectively, cortisol (F, corticosterone in rodents) and the catecholamines norepinephrine (NE) and epinephrine (E) on skin cells including mast cells and other immunocytes.2) The stress system also influences skin targets through the terminals of the postganglionic neurons (PGN) emanating from the sympathetic ganglia secreting norepinephrine and a variety of other mediators, including several neuropeptides, such as CRH.3) The sensory afferent system influences the skin through peripheral nerve fibers emanating from the dorsal root ganglia (DRG), also secreting a variety of mediators such as substance P (SP).(32)



Emotion	Skin Reaction
Extreme anger or anxiety	Hives, allergic reaction, itching, inflammation
Anxiety	Redness and rashes
Increased stress	Eczema or psoriasis flare-up; acne
Traumatic event	Rashes and inflammation
High emotion of most any kind	Redness, rosacea, flushing
Chronic, long-term stress	Sensitivity, dehydration, dryness
Depression, sadness	Dryness, flakiness, dullness
Suppressed or unacknowledged anger	Dry skin

On the one hand psychological factors (stress, negative emotions) can influence the generation and aggravation of skin disorders (urticaria, atopic dermatitis, vitiligo), on the other hand psychological disorders can result in some skin diseases (psoriasis, atopic dermatitis).

1) psychophysiologic disorders caused by skin diseases triggering different emotional states (stress), but not directly combined with mental disorders (psoriasis, eczema); 2) primary psychiatric disorders responsible for self-induced skin disorders (trichotillomania); and 3) secondary psychiatric disorders caused by disfiguring skin (ichthyosis, acne conglobata, vitiligo), which can lead to states of fear, depression or suicidal thoughts.(33).

ALOPECIA AERATA

Patients with alopecia areata are considered by some authors to lack symbolic or language schemes of representation for experiences of separation and loss, which affects personality and creates a devoid-of-affect impression. Alopecia areata patients have high rates of alexithymia and avoidant behavior that could reduce the ability to cope with stress.. Old stressful situations are reported more often, revealing a chronic stress.(34)

PSORIASIS

Family stress influences the psychological well being more than other types of daily stress events in patients with psoriasis. There are studies mentioning that up to one third of patients could have the very first lesions even since childhood., which can increase the psychological distress during the formative years. Negative traumatic experiences could influence the onset of psoriasis both in early childhood and adulthood.(35)

LICHEN PLANUS

Lichen planus has a direct relation with stress. Oral lesions, chronic hyper pruritic lesions have much relation with stress.

ACNE

The skin, especially the pilo-sebaceous unit, could be seen as an endocrine organ, being a

target for hormones, synthesizing hormonal substances and expressing diverse hormone receptors. Recently, neurogenic factors were considered involved in acne pathogenesis. The effects of neuropeptides on the morphology of sebaceous glands were studied. The substance P that could be increased in stressful situations induces the proliferation and differentiation at the sebaceous gland. At the level of acne-involved skin there is an over-expression of CRH system, activating inflammatory and immunological processes with an exacerbation of acne lesion during stressful situations.(36)

ATOPIC DERMATITIS

. Patients with atopic dermatitis have a hyporesponsive hypothalamo-pituitary-adrenal axis, with a concurrent over reactivity of sympathetic adrenomedullary system.. Psychological stress has different immunologic effects in patients with atopic dermatitis including a shift in immunity toward a T helper type 2 cell/allergic response. Neuropeptides released in the skin may also mediate neurogenic inflammation, including mast cell degranulation.(37).

URTICARIA

Family disputes, financial problems, sexual problems, illness of a family member, getting married or engaged, trouble at work could also be involved. Posttraumatic stress was associated with chronic idiopathic urticaria through alexithymia and defensive attitude.. Perceived stress is also important in the evolution of chronic urticaria[Insomnia could be an important predisposing factor for urticaria.(38)

MANAGEMENT

The management aims at

- 1) Nidana Parivarjan
 - 2) Samprapti Vighatana Nidana Parivarjana :
- 1) The patient should be convinced to avoid guru, sheeta, ati snigdha, atimatra ahara.
- 2) Proper counselling to avoid the habit of atichinta.

B. Samprapti Vighatana :

The Tvak vikruti with rasa dushti is of kapha,vata predominance with pitta anubandha, since rasa and Tvak abode pitta. So there should be pacification of prakupita dosha without vitiating sthani dosha.As seen in samprapti,persistent agnimandya, ojakshaya,ama and kleda adhikya with vishaada bhava of rogi is evident in such cases.Ama pachana,upavasa,and pathya ahara vihara will itself break the samprapti in mild dosha kopa

In madhyama dosha kopa, along with the pachana,upavasa,shamana oushadhi is to reverse the condition.in prabhuta dosha vridhi, shodhana is to be done followed by apunarbhava chikitsa with shamana and rasayana

Proper care to gain the self confidence of the patient to tackle the condition, since depression and negativity is a hallmark in rasa dushti janya Tvak vikruti.

DISCUSSION-

Tvak is the reflection of rasa dhatu sarata.When the first dhatu is formed,it is the immediate translation of food into a shaareerika bhava of the body.So,the impact of type of food, quality of food,way of intake,time of intake,and the mental equilibrium are the determinant factors for proper assimilation of the food into first dhatu,ie rasa. Any adverse changes;acute or chronic can be persistent with the changes in the quality of rasa dhatu,the immediate reflection being manifested on the tvak. As the pathological pathway is analyzed, the role of dietary factors in a number of skin diseases underscores an important point about dietary interventions.

Ayurveda has scientific guidelines for proper and adequate nutrition in healthy and diseased state.Matra and Guna of ahara are the determinant factors of ahara, which is used in treatment and prevention.

As the psychological stress factors can be triggering causes for skin ailments, proper concern to the issue is to be done through treatment and counselling.

CONCLUSION

Many common skin manifestations have rasa dushti as the aetiological factor.Ayurveda underlines the significance of psychological well being and dietary practices in terms of quality and quantity to prevent and treat skin disorders.

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