



ISSN: 0975-833X

Available online at <http://www.journalcra.com>

International Journal of Current Research
Vol. 10, Issue, 03, pp.67035-67036, March, 2018

INTERNATIONAL JOURNAL
OF CURRENT RESEARCH

RESEARCH ARTICLE

STUDY OF SKIN THROUGH AYURVEDA

Dr. Madhusudhan Gupta, Dr. N. Margade and *Dr. Smita Kukudkar

India

ARTICLE INFO

Article History:

Received 29th December, 2017

Received in revised form

09th January, 2018

Accepted 20th February, 2018

Published online 30th March, 2018

ABSTRACT

Ayurveda is a science of life. In ayurveda twacha is included under “panchdnyanedriya addhistan”. In ayurveda twacha is described as outermost protective layer of body. Acharya charak and acharya sushruta very minutely described the layers of twacha according to their function & diseases which are related to those layers. Acharya Sushruta had described the process of formation of twacha in the developing feotus. Acharya charak described twacha as a matrujbhava which is one of the six bhavas essential in the development of feotus.

Key words:

Twacha,
Layer,
Twak.

Copyright © 2018, Setare Nassiri et al. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Citation: Setare Nassiri, Mohammad Vakili, Hamide Gholami and Setare Akhavan, 2018. “Study of skin through Ayurveda”, *International Journal of Current Research*, 10, (03), 67035-67036.

INTRODUCTION

In Ayurveda the word twacha is used for skin. Twacha is derived from twak- samverne dhatu meaning the covering of body. Twacha, nose, Jivha, karne, akshi, these are the panchadyanendriya. Dyanendriya means those organ which receives the knowledge through there addhistan. Twacha is one of the dyanendriya which helps to determine the touch sensation and covers whole body and it is also a location of sweat hair hair pits. Acharya charak, sushrut and vaghbhat described the layers of twacha. Acharya sushrut described the 7 layers of skin acharya charak and waghbhat described 6 layers of skin. In ayurveda skin is a updhatu of mamsadhatu.

Synonyms of Skin: twak, chavi, chadani, Asrugdhara

Aim & Objective

To study the concept of skin through ayurveda
To study the different layers of skin according to charak, shushrut, vaghbhat

MATERIALS AND METHODS

References has been collected and relevant matter is compiled from charaksamhita sushrutsamhita and vambhatsamhita.

*Corresponding author: Dr. Smita Kukudkar,
India.

Formation of twacha

According to shushrut when life induced by union of shukra and shonit in uterus it undergoes rapid transformation and formation of 7 layers of skin. Acharya charak described twacha as matrujabhava which is one of the 6 bhavas essential in the development of feotus. Vaghbhat had described the formation of twacha due to pak of raktdhatu by rakta dhatvagni in developing feotus. Charak has explained four normal colour of skin which are krishna, shama, shamavdata, avdata. Acharya charak has stated that the person with atikrishna and atigaura are nindit. touch senssession and circulation is related to vyan vayu, brajak pitta related for giving luster and colour. Excess vayu represents by darkness, excess pitta by yellowness while excess cough represents whiteness of the skin. Pachabhautikatva of twacha- Acharya Charak Says that all the organs are the modification of pachmahabhut. Twacha has been counted in prithavi and vayu dominant organ. pachamahabhut constitution of skin as- Twacha has been considered as updhatu of mansdhatu that shows it is stable due to prithvi mahabhut. Due to the presence of jalmahabhut twacha is snighdha and firm. Twacha has the specific varn and luster which are due to agnimahabhuta. Twacha is the adhishtan of spershnendriya hence vayu mahabhuta having specific role. Presence of some micro channels of sweda is indicative of the presence of akash mahabhut.

Lyers of Skin with different opinion

There is different opinion about number of skin layers. In sushrut samhita 7 layers of twacha star is mentioned while in

charak samhita and vaghbhat samhita 6 layers of twacha is mentioned. Acharya sushrut called outermost twacha star as "avabhasini" having thikness about 1/18th of vrihi and it is twakroga adhishthan of siddhma and padmakanthak, acharya charak and vriddha vaghbhat named first and outermost layer of twacha as "udakdhara" as name itself suggest it holds the udak dhatu. Acharya sushrut named second twacha star as lohita having thikness of 1/16th of vrihi and it is twak roga adhishthan of tilkalak,vyanga, acharya charak and vriddha vaghbhat called second twacha star asrukdhara. Acharya shushrat named third twacha star as shweta it seems two shwet varniya in appearance having thikness of 1/12 of vrihi and it twak roga adhishthan of charmadal ajgallika. Acharya charak and vriddha vaghbhat mentioned third twacha star as prime location of sidhma and killas, ashthang hridya discribed 3rd twacha star as a site of sidhma shivas adhishthan. Acharya shushrut decribed the 4th layer of twacha as tambra. It lies beneath the shweta and having the thikness of 1/8 of vrihi it is twak rog adhishthan of kushta and killas. Charak mentioned 4 twacha star as dadrukushth adhishthan. In ashthang sangrah and ridhya 4 layer is stated as sight for serve kushte adhishthan. Sushrut decribed 5th layer as vedini. As names suggest it is concerned with the perception of touch, pain, heat and cold. It is about 1/5 of vrihi in thikness and it is twak roga addhishthan of kushta and visarpa. Charak and Vaghbhat described twacha star as site for alaji and vidradhi addhishthan. Sushrut named 6 layer of twacha as rohini which is equal to 1 vrihi in thikness it is twak roga adhishthan of granthi, apachi ,galganda ,shlipath ,arbudh. Charak named this twacha star as arunshi adhishthan. acharya vagbhat called 6th twacha star as "prandhra".

Acharya shushrut named 7th twacha star as Masdhara. It is thickest layer measuring about 2 vrihi. It is the twak roga adhishthan of bhagandhar, arsh, vidhradhi.

Conclusion

Twacha is one of the impotant presentable organ of the body. It has a impotant role in personality of human. To get a proper idea of disorders of skin one must know the normal texture of the skin.

REFERENCES

- Vaidya Tripathi charak samhita part-i Chowkhamba prakashan,sanskrit pratishtan delhi edition year 2003.
 Bhramhanand tripathi charak samhita volume ii varanasi chowkhamba subhrati prakashan 2011.
 Bhramhanand tripathi charak samhita volume i varanasi chowkhamba subharti prakashan 2013.
 Anant ram Sharma shushrut samhita , varanasi chowkhamba subharti prakashan 2006.
 V T Editor 8th AD Sushrutsahita vidhansathan varanasi chowkhamba orantaliya.
 Ashthang sangrah Indu Commentari Shahshi lekha by Dr. Shivprasad Sharma Chowkhamba Sanskrit series Varanasi reprinted edition sharirsthan 2006
 Ashthang hridya with arundhat commentri sarvang sunder and hemandri commentri ayurved rasayan by hari sadashiv shashtri reprinted sharirsthan 2007.
 Ashthang hriudya Nirmal Commentari by Dr. Bharmhanand Tripathi Repinted A H sutrsthan 2003.
