

TWAKSHARIR W.S.R TO PREVENTIVE ASPECTS OF TWAKVIKARA THROUGH AYURVEDA

*Dr. Basanti Garnayak, **Dr. Sunil Kumar

*2nd yr P.G scholar, **Prof.& H.O.D Deptt. of Rachana Sharir, NIA Jaipur

ABSTRACT

Twak (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 Gyana. It has great cosmetic value. Now a day most of the people are suffering from one or more skin diseases & skin disease has great role in Saundarya (Beauty). Improper life style, use of 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 Acharya for prevention as well as cure of skin diseases. For examples Abhyanga – by application of oil daily twak prasadana occurs at the same time it provides relief from the skin disease occur due to dry skin, it also help to maintain the glow of the skin.

KEY WORDS: Twak sharir, Dinacharya, Rutucharya, Sadvritta, Viruddha Aahar

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 As per the Ayurveda human body is the composite of *Dosha*, *Dhatu*, *Upadhatu* & *Mala*. Twak (Skin) is one among the *Panchagyanendriya* and Largest organ of the body. Its primary function is *sparshgyana*. 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 *Twakvikara* (skin diseases) which is described under the term *Kushtha* or *Kshudrarogas* by *Acharyas*. 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*, *Sadvritta* 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: -

'*Twak 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 *Acharya Sushruta* in *Sharirsthana*². *Acharya Vagbhat* described the formation of *Twak* due to paka of *raktadhatu* by its *dhatvagni* in the foetus³. It gets developed in the

6th month of intrauterine life. *Twak* is the *upadhatu* of *mamsadhatu* and *Moolasthana* of *MamsavahaSrotas*. It is a seat of *Bhrajakapitta*. It is panchabhautika with predominance of *Viayu mahabhuta*. Touch is well perceived by this organ. *AcharyaSushruta* has explained 7 layer whereas *AcharyaCharak* has explained 6 layers⁴. The thickness is same all over the body as opined by *AcharyaCharak*⁶ whereas according to *AcharyaSushruta* it is three and half *vrihi* in total. Layers of Skin: -Layers of skin has been described by various *Acharyas* but *Acharyasushruta* 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 *AcharyaSushruta* with the latest anatomy of skin⁷.

LAYERS OF SKIN(SUSHRUTA), LAYERS OF SKIN(MODERN)&Disease

1. *Avabhasini* -Stratum corneum –
Sidhma, Padmakantaka
2. *Lohita* -Stratum lucidum –
Tilakalaka, Nyachcha, Vyanga
3. *Shweta*- Stratum granulosum –
Charmadala, Mashaka, Ajagallika
4. *Tamra*- Malpighian layer-*Kilas, Kushta*
5. *Vedini*-Papillary layer-*Kushtha, Visarpa*
6. *Rohini*- Reticular layer- *Granthi, Arbuda, Apachi*
7. *Mamsadhara*-Subcutaneous Tissue & Muscular layer-*Bhagandar, Vidradhi, Arsha*

In day to day practice we see patient is suffering from fungal infection like *Dadru, Vicharchika* etc., *Shvitra, Darunyapitika* 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 *Acharyas* explain the art of living through *Dinacharya, Rutucharya, Sadvrutta* and dietary regimen etc.

Dinacharya:

1. *Abhyanga*⁸ -

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 *uttamatwachya* as *twacha* is a seat of *vata* mainly and *tila taila* has *uttamavatashamana* property. *Taila* is best for *vataprasamana*.

2. *SharirMarjana*⁹ -

Body made clean by rubbing with cloth is known as *Sharir Marjana*. It helps to remove foul smell, itching, and *sharirmala*. *AcharyaChakradatta* has implied *Udvardana* by the word *Parimarjana*.

3. *Udvardana*¹⁰ -

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

4. *Snana*¹¹ -

One should bath daily with hot water over body. It helps to remove dirt, itching, sweat and burning sensation & remove foul smell. It increases strength, lustre. According to *Samhita* it also increase the intellectual power.

5. *Chatradharan*¹² -

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

Rutucharya: -

1. *Hemanta & ShishiraRutu*¹³ - In this *rutu* there is excessive cold. so one should do *Abhyanga* with *vataghnataila*. Local application of *Agarulepa*. One should wear thick and warm clothes. Avoid *diwaswap*. All these measures help to pacify accumulated *kapha*.

2. *VasantaRutu*¹⁴ -

During *vasantarutukaphaprakopa* takes place. *Tikshna vama* commonly known as *VasantikaVamana* is beneficial. Avoid *diwaswap*. One should do *udvardana*, *snana* with *sukhambu*, and *lepa* with *Chandana* and *Agaru*.

3. *GrishmaRutu*¹⁵ –

In this *Rutuvata* 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. *VarshaRutu*¹⁶ –

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

5. *SharadRutu*¹⁷ –

In this *rutu* *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 *sutrasthana* 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* (SKIN DISEASE specially vitiligo).

*ViruddhaAahar*¹⁸:-

According to *Aacharya Vagbhata* the food substances which dislodge 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 *Viruddhaaahar*. Substances having *viruddhaviryai* 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 simultaneously. Intake of Guda and Milk together produces skin diseases because milk is of *sheetavirya* and guda is of *ushnavirya*. The combination is totally opposite. One should avoid above factors which vitiate *doshas* and produce skin diseases.

CONCLUSION: -

Skin is one of the major organ representing physical, mental, and social state of an individual. From cosmetic point of view skin plays a major role. So from the above references we can fulfill the adaptation of *Dinacharya*, *Rutuicharya* for Maintenance of general health.

REFERENCES: -

1. Vd.Y.G. Joshi, editor. *Charak Samhita*, Vaidyamitra Publication; 2009. P.412
2. Prof. K. R. Shrikantha Murthy, Translator. *Sushruta Samhita*. Varanasi: Chowkhambha Orientalia; 2008. P.51
3. Dr. Ganesh Garde, editor. *Sartha Vagbhata*. Varanasi: Chowkhambha surbharati
4. Vd.Y.G. Joshi, editor. *Charak Samhita* Vaidyamitra Publication; 2009. P.721
5. Prof. K. R. Shrikantha Murthy, Translator. *Sushruta Samhita*. Varanasi: Chowkhambha Orientalia; 2008. P.51
6. Vd.Y.G. Joshi, editor. *Charak Samhita* Vaidyamitra Publication; 2009. P.721
7. Dr. Ghanekar, Commentator. *Sushruta Samhita Sharirsthana*. New Delhi: Maehchand Lachmandas publication; 2013. P.107
8. Dr. Ganesh Garde, editor. *Sartha Vagbhata*. Varanasi: Chowkhambha surbharati Publication; 2009. P.9

9. Vd.Y.G. Joshi, editor. *CharakSamhita*
Vaidyamitra Publication; 2009. P.94
10. Dr. Ganesh Garde, editor. Sartha Vagbhata.
Varanasi: Chowkhambha surbharati Publication;
2009.P.9
11. Ganesh Garde, editor. Sartha Vagbhata.
:Chowkhambha surbharati Publication; 2009.P.9
12. Y.G. Joshi, editor. *CharakSamhita* Vaidyamitra
Publication; 2009. P.95.
13. Vd.Y.G. Joshi, editor. *CharakSamhita*
Vaidyamitra Publication; 2009. P.100
14. Vd.Y.G. Joshi, editor. *CharakSamhita*
Vaidyamitra Publication; 2009. P.102
15. Vd.Y.G. Joshi, editor. *Charaksamhita*
Vaidyamitra Publication; 2009. P.103
16. Vd.Y.G. Joshi, editor. *CharakSamhita*
Vaidyamitra Publication; 2009. P.104
17. Vd.Y.G. Joshi, editor. *CharakSamhita*
Vaidyamitra Publication; 2009. P.105
18. Ganesh Garde, editor. SarthaVagbhata.
Varanasi:Chowkhambha surbharatiPublication;
2009.P.44