

Ayurvedic Research on Simple Treatments for Common Skin Issues

Dr. R. H. Singh¹, Dharmendra Parikh²

Professor¹, Student²

Department of Kriya Sharir

Lasante Ayurvedic College

Corresponding Author's Email: - dharmendraparikh5@gmail.com²

Abstract

The main issue for topical countries is to protect or maintain our skin away from various disorders and issues. There is a lot of perspiration during Grishma Rhotu and after Grishma (early rainy season), which leads to dehydration and undue dryness of the skin. Sweating also promotes the growth of various bacteria, fungus, and other harmful organisms in the skin. As Ayurveda constantly maintains that prevention is better than treatment, the aims of Ayurveda imply that "Swasthasy Swastha Rakshanam Aaturasy Vikaara Prashamanam Cha," as mentioned in Charak Sutrasthana 30/26. It is restoring a healthy condition of life to someone who is suffering with an illness that may be treated with curative therapy by delivering drugs. Ayurveda has outlined numerous ways for restoring a healthy condition of life, one of them is to undertake physical activity. From a management standpoint, Ayurveda suggests many efficient therapies for various skin ailments, which will be explored in depth below.

Keywords:- Skin Problems, Charak Sutrasthana, Skin Ailments, Vikaara Prashamanam

INTRODUCTION

Twak Utpatti (Formation of Skin)

1. According to Vagbhata, Twak is generated by the essence of Rakta in

the same way as a creamy layer is formed by boiling milk.

2. According to Sshuruta, seven forms of Twacha arise on the surface of the

body of Garbha during the Paka of the Shukra and Shonita by Agni or Pitta Dosha, much as cream appears on the surface of heated milk.

3. According to Acharya Charaka, every structure of the body emerges from the Shadbhavas in that twacha, which is Matruja Bhava. Twacha, according to Acharya Vagbhata, evolves from Vayu Mahabhuta.

Numbers of Twacha (Types of Skin) The number of twacha is a point of contention among many Ayurvedic texts. Charaka, Vrudhavabhata,

Twacha is classified into six categories, according to Bhela and Kashyapa. The Acharya Sushruta, Bhavaprakasha, has mentioned seven Twacha numbers.

SKIN ACCORDING TO AYURVEDA

According to Charaka

Udakadhara

It is Twacha's outermost layer. According to the term, it keeps Rasadhatu and Lasika inside the body and prevents them from leaving.

Asrukdhara

It is the layer adjacent to the Udakadhara that is fed by numerous blood arteries and

keeps the blood within the body. Acharya Charaka only named the first two strata of Twacha. Twacha's subsequent levels were detailed by him. He characterised the next levels of Twacha based on illnesses that occurred in them.

The **Trutiya** (third layer) is the place where Sidhma and Kilasa appear.

The **Chaturthi** (fourth layer) is the place where Dadru and Kushtha appear.

The **Panchami** (fifth layer) is where Alaji and Vidradhi manifest.

The **Shashti** (sixth layer): its removal causes loss of consciousness.

ACCORDING TO SUSHRUTA

Sharirasthana's Garbha-Vyakarana Adhyaya mentions seven varieties of Twacha.

These are as follow:

Avabhasani: is the first form of Twacha thickness, measuring approximately 1/18th.

Dalhan- (18/20th) Vrihi Bhaga (vrihi-rice grain); reflects all skin tones and brightens pancha chaya. It is Sidhma Padmakantaka's seat.

Lohita: is the second stratum of Twacha, measuring 1/16th (Dalhan-16/20th) Vrihi Bhaga (vrihi-rice grain). It is the seat of Tilkalaka, Nyacha Vyanga.

Shweta: is the third form of Twacha, with a thickness of 1/12th (Dalhan-12/20th). Charmadala Ajagalika Mashaka's seat is Vrihi Bhaga (vrihi-rice grain).

Tamra: is the fourth kind of Twacha, with a thickness of 1/8th (Dalhan-8/20th). Bhaga Vrihi (vrihi -rice grain)

Vedini: it is the fifth type of Twacha having thickness of 1/5th (Dalhan-5/20th) Vrihi Bhaga (vrihi-rice grain) which is the seat of Kushtha Vishrpa.

Rohini: is the sixth variety of Twacha, measuring around one Vrihi Bhaga (Dalhan-1) (vrihi-rice grain) in thickness, and is the seat for Granthi, Apache, Arbud, Shlipada, Galaganda, and other tribes.

Mamsadhara: the seventh form of Twacha, with a thickness of around two vrihi bhaga (Dalhan-2) (vrihi-rice grain), is the seat of Bhagandar and Vidradhi Arsha.

DIFFEERENT SKIN AILMENTS AYURVEDIC REMEDIES

Eczema

1. Pure mustard oil 150 ml, heat in an iron pot, add 50 gms of green chilly to it till becomes black, then add 50 gms garlic stir it till gets black. Repeat the process with 50 gms of black cumin; smash the mixture collect in a glass bottle once it got cool. Apply the paste over the affected part.
2. Paste of tender leaves of Argwadha plant sour kanjee apply over the affected parts of the body.

Tinea Infection (Ringworm)

1. Apply equal parts Manashila paste and Sesame oil Ark Kshira to the afflicted areas of the body for 7 days.
2. Apply an equal amount of Sarjarasa, Tankan Kshara, and Gandhaka Alum paste to the afflicted areas of the body for 7 days.

Kunakha (Paronychia)

1. Apply Borax powder (Tankan Kshara) and lemon juice Qs to the afflicted areas or nails.
2. Make a hole in a lemon and place the infected nail into it for 5-10 minutes

once a day for three days to treat the Paronychia.

3. Apply Calotropis milk (Arka Ksheera) on damaged nails for 4-5 days.
4. In case of acute nail pain, place a clean towel soaked in sour curd over the damaged nail; the pain will subside in 2-3 minutes.

An Itchy Skin Eruption with Large Size Pimples

1. Soak both of the patient's legs in Neem leaf decoction (Nimbi Patra Quath) and wait till the patient experiences a bitter taste on his mouth. After removing the patient's legs, apply a paste of sandal wood mixed with Karpoora all over the body, followed by a paste of raw turmeric and Durva Swarasa mustard oil in equal parts after sun cooking (Surya Paka).

Scabies (Kacchu)

1. Externally, 150 mL of sesame or karanja oil should be cooked on fire in a jar. When the vapours begin, add 21 oleander leaves (Karaveera Patra) till it becomes black. Add additional 21 leaves until it is completely dark. Repeat the technique two more times. Once the technique is complete, thoroughly smash the leaves with an

iron spatula. Filter the liquid into a clean glass bottle and apply it externally on the scabies.

2. Take 10 gms of raw turmeric paste with an equal amount of brown sugar in the morning on an empty stomach for 11 days.

Cracks in Feet (Padadari)

1. Tamarind fruit paste heals foot cracks.
2. Applying a sun-cooked paste of Sarjarasa triturate with old cow's ghee to the afflicted areas cures cracks in the foot.
3. Make a paste of opium, borax powder, lead oxide, and Sarjarasa in equal parts with mustard oil and apply it to the afflicted areas for 3-7 days.

Prickly Heat

1. Apply 300 mL of heated water mixed with 20gms of cotter sulphate (Shodhitha Tuttha) to the afflicted areas of the body.
2. Applying pure cooked coconut oil to the afflicted area of the body soothes prickly heat.

Burns due to Fire, Acids, Hot lime Gun Powder

1. Applying potato paste to the afflicted areas relieves bristle discomfort.
2. Applying pure coconut oil or sesame oil with an equal amount of lime water here to problematic areas 2-3 times each day also helps to avoid bristle discomfort.
3. Applying Aloe Vera pulp (Gritakumari) on the afflicted areas reduces pain bristles.

In case of burns, apply a mixture of pure honey and ordinary salt to relieve the discomfort.

DISCUSSION

The topic is attempted to be explored, up to the requirements of the broad public. According to Ayurveda, skin (Twacha) is the primary knowledge for the ordinary people. Twacha Utpati (skin creation) according to Ayurveda as well as the types of Twacha (skin) according to Acharya Charak, is the father of Ayurveda Medicine Sushruta father of surgery is described.

According to the Acharya Charaka, there are six sorts of Twacha; he also noted the

manifestation of certain ailments; 'Trutiya (third layer)' is the seat of manifestation of Sidhma Kilasa. Similarly, Acharya Sushruta has stated that different diseases might be shown in different types of Twacha (skin). He specified seven types of Twacha (skin); 'Mamsadhara' is the seventh form of Twacha with a thickness of roughly two Vrihi Bhaga (Dalhan- 2) (vrihi-rice grain) and serves as the seat for Bhagandar, Vidradhi Arsha.

There are many more solutions to skin disorders given in Ayurveda; a few pastes (external applications) that are effective in common skin illnesses are explained below. As a result, it will be beneficial to the general public at a minimal cost. Because India is classified as a tropical country, over 40% of the days (365 days) would have moderate temperatures (or higher), which causes a variety of skin ailments.

CONCLUSION

There are frequent skin ailments that reoccur. If someone takes care of their skin by properly nourishing it, cleansing it often, and using the aforementioned exterior products, the growth of various bacteria will be greatly reduced. The moto or purpose is to get this 'Ayurveda' knowledge to as many people as possible

in the rural or civilised region (every corner) once they are aware of it.

Because India is classified as a tropical country, about 40% of the days in a year (365 days) would have mild temperatures, leading to a variety of skin ailments. Because India is classified as a tropical country, about 40% of the days in a year (365 days) would have mild temperatures, leading to a variety of skin ailments. Ayurveda's expansion is unquestionably possible. More study is required to have a better understanding of this subject.

REFERENCES

1. Astang Hrudaya (English commentary) Prof K R Shrikanth Murthy, Chaukhamba Orientale, K 37/118, Gokul Bhavan , Gopal Mandir Lane, Varanashi – 221001, India.
2. Charak samhita (English Commentary) Dr Ramkrishna Sharma, Chaukhamba Sanskrit Series Office, K 37/99, Gopal Mandir Lane, Varanashi – 221001, India.
3. Astang Hrudaya (English Commentary) Dr. Shri S Kumar, Department Harisree Hospital, Mannuthy P.O., Thrissur Dist. Kerala State – 680651.
4. Charak Samhita (Hindi Commentary) Pandit. Kashinath Pandye Chaukhamba Bharati academy, K 37/109, Gopal Mandir Lane, Varanashi – 221001, India.
5. Astang Samgraha (English Commentary) Prof K R Srikanth Murthy, Chaukhamba Orientale, K 37/109, Gokul Bhavan , Gopal Mandir Lane, Varanashi – 221001, India.
6. Susruta Samhita (English Commentary) P.V. Sharma, Chaukhamba Visva Bharati, K 37/109, Gopal Mandir Lane, Varanashi – 221001, India.