

A critical review of *twak* according to *ayurvedic* compendia w. s. r. to preventive aspects of skin disease

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ABSTRACT

Now a days, people are comparatively much more conscious about their skin care as it's a compulsory part of their personality building for this purpose people are using a number of products prepared chemically, which ultimately harms their skin *cosmeceuticals* are one of such product So, it is better to follow the herbal care for the skin, most herbal skin care product don't have any side effects. Moreover herbal skin care drugs can be easily made at home, hence making them even more attractive, so herbal skin care is the way to go⁴. Hence, study of *Ayurvedic* drugs and the preventive aspects which describe skin care in *Ayurvedic* compendia is necessitated, which will help in curing various skin problems¹.

KEYWORDS

Twak (skin); preventive aspects

INTRODUCTION

Twak (Skin) is one of the most important body part and sensory organ. *Twak* is considered as *Updhatu* of *Mansa dhatu*. *Twak* is one among 5 *Gyanendriya*³.

Ayurvedic literature describes over 200 herbs, number and fats to maintain and enhance the health and beauty of the skin¹. Skin is the mirror of inner health. *Ayurvedic* cosmetics are in use and practice since 1000 of years in India. Without any side effects and are well proven and documented¹. *Charak samhita* classified as cosmetics for enhancing the appearance of facial Skin, cosmetics for skin care (for acne, pimples etc...) and shampoo, soaps, powders, and perfumery etc...This ancient knowledge is of great help to identify the phytochemicals for skin and body care preparations¹. Necessary efforts are required to associate to modern cosmetology with bioactive ingredients based on our traditional system of medicine leading to the emergence of Novel *cosmeceuticals* for skin care. *Ayurvedic* procedures for caring the skin safe solutions, no side effects, use of natural herbs, long lasting impacts².

AIM

- To critical study of *Twak* in *Ayurvedic* compendia w. s. r. to preventive aspects of skin disease.

OBJECTIVE

- To study the literature of *Ayurveda* and other ancient text and other contemporary methods regarding skin care and prevention of skin disease.

AYURVEDIC CONCEPT OF TWAK (SKIN)

According to *Ayurveda* *Twak* is the *Adhishtan* of *Sparshanendriya*. It is a *Jnanendriya* (Sense organ). It is expressed as a *Matruja Avayava* (organ derived from mother's genetics). The development of *Twak* (skin) occurs in 3rd month of intrauterine life. The formation of skin results from heat generated in the process of union of sperm (*shukra*) and ovum (*shonit*) and formation of other body elements. (*Dhātu's* in fetal body) *Twak* (skin), the sense of touch is establishment by the skin with the help of *vata*. *Bhrajaka pitta* situated in skin gives color to skin, quality of skin is directly the reflection of quality of *rasa* and *raktadhatu's* i.e. why *Rassarapurush* is also called as *Twaksara*. Presence of *sweda* (sweat) is essential for maintaining the health of skin².

TWAK (SKIN) AND PITTA DOSHA

Among 5 types of *pitta dosha*, *Bhrajak pitta* is responsible for skin quality and complexion. According to *Ayurveda* *pitta dosha* is responsible for the color, texture and temperature of our *Twak*. As well as its luster and glow; it governs the functions of sweating process. Everything that we apply externally to the skin (lotions, soaps, medications, oils etc...) absorbed by special type of *pitta* which is called *Bhrajak pitta*. So, balancing *pitta dosha* systematically can

go a long way toward supporting healthy skins⁴.

SKIN TYPES (ACCORDING TO PRAKRITI)

Ayurvedic concept of *Twak* (skin) diseases are based on the *Tridosha* i.e. *vata*, *pitta*, *kapha*. Any one *Dosha* leads to various types of skin i.e. *vata Twak*, *pitta Twak*, *kapha Twak* and combination *Twak*.

-*Vata Twak* (skin): Dry, Thin, Fine Pored, delicate and cool to touch, it easily gets dehydrate, and is very vulnerable to the influence of any weather. It tends to develop wrinkles earlier than the other skin types.

-*Pitta Twak* (skin) : Fair, Soft, Warm and medium thickness. It tends to be more prone to freckles and moles than the other skin types. It is photo sensitive and has least tolerance to sun and is most likely to accumulate sun damage over the years.

-*Kapha Twak* (skin): Thick, Oily, Soft and cool to touch; tends to develop wrinkles much later in life than *vata* and *pitta* type but because of its thickness and oiliness, is more prone to accumulate *Ama* (toxins) under the skin. It has dull complexion, enlarged pores, excessive oil, blackheads, and pimples, moist types of eczema and water retention.

-Combination *Twak* (skin) : Combination of two types of skin. *Vata – pitta Twak* (skin) : which is both dry and sensitive. *Kapha – pitta Twak* (skin) : oily and sensitive. *Vata – kapha Twak* (skin) : generally dry with some oily zones³.

FACTOR DETERMINING SKIN HEALTH

Proper moisture balance (*kapha* in balance and *rasa dhātu* excellence). Effective metabolism that coordinate all the various chemical and hormonal

reactions of the body (*pitta* in balance). Effective flow of nutrients to the different layers of skin (*vata* in balance)⁴.

CAUSES OF POOR SKIN HEALTH OR SKIN DISEASES

There are many functions of the body that if not working properly, can contribute to poor skin, these may include. Improper elimination of toxins or metabolic waste via the digestive tract or the liver. Reduce immunity and inflammation. Physical and mental stress. Sluggish circulation and lymphatic flow. Unhealthy dietary habits. Improper personal hygiene Hormonal fluctuations (

e.g. skin condition that worsen pre-menstrual)⁴.

SOME AYURVEDIC MEDICINES TO ENHANCE THE COMPLEXION

*Haridrakhandrasayana, Drakshasavam, Tiktaghrita, Triphalachurna, Muktabhasma, Nalikerasavam, Shankhabhasma, Saraswatarishta, Gandhakrasayana, Pravalbhasma...*⁴

NUMBER OF LAYERS OF TWAK IN DIFFERENT TEXT

Charak samhita – 6; *Sushrut samhita* – 7; *Ashtang hriday* – 7; *Ashtang sangrah* – 6; *Sharangdhar samhita* – 7; *Bhavprakash* – 7; *Kashyap samhita* -6; Modern science – 7

PREVENTIVE ASPECTS OF TWAK

DINCHARYA : Daily routine module for skin care^{6,8}

Sr. no.	procedure	Method	Benefit
1	<i>Mukhaprakshalan</i>	Cold water, <i>panchvalkal kashay</i> .	Reduce hyper pigmentation, maintain skin tone.
2	<i>Ushapan</i>	Drink 2 3 glass of water	Rejuvenator, skin becomes wrinkle free.
3	<i>Pratimarsh nasya</i>	<i>Anu taila, katu taila</i>	Skin becomes wrinkle free
4	<i>Gandusha</i>	<i>Tila taila</i>	Prevent lip cracking and dryness.
5	<i>Abhyanga</i> and <i>padabhyanga</i>	<i>Katu taila</i>	Softness of skin, enhance complexion nourishes skin.
6	<i>Vyayam</i>	<i>Balardh</i>	Removing body toxins from skin.
7	<i>Udvartan</i>	Herbal powders	Dilation of blood vessel, improve skin complexion.
8	<i>utsadan</i>	With oil	Dry skin
9	<i>udgharshan</i>	Without oil	Oily skin
10	<i>Snana</i>	Warm water, cold water	Increase blood circulation to get rid of the accumulated sweat and other wastes.
11	<i>Anulepan</i>	<i>Vata kapha</i> type <i>twak</i> (<i>aguru, kumkum</i> , etc....) <i>pitta</i> type <i>twak</i> (<i>chandan, Kapoor</i> , etc..)	Improve skin complexion.
12	<i>Vastradharn</i>	<i>Vata twak shukla</i> (white cloth) which are neither warm nor cool) <i>Pitta twak kashay</i> (saffron) clothes. <i>Kapha twak</i> (dark color, woolen).	Prevent various skin disorders
13	<i>Nidra</i>	6-8 hours	Reduce puffiness, dark circles around eye.

RITUCHARYA : Seasonal routine skin care module⁷.

Sr. no.	season	Indications		contraindications	
		Ahara	Vihara	Ahara	Vihara
1	Hemant and shishir	Rasa : madhur, amla, lavan Guna : snigdha, ushna, guru.	Vyayam, udvartan, aatap sevan, abhyanga(katu taila), vastradharana (silk, printed, dark color, woolen), Lepan : (aguru, kumkum) kateri, black til, daruhaldi, barley.	Shit, laghu, vatvardhak	Divashayan, pravata (tivra vayusevan)
2	Ras : katu, kashay, guna : laghu, ruksha, ushna, ushnodak.	Vyayam, udgharshana, lepana : dabh,chandan, khas, shiris, saunf.	Vyayam, udgharshana, lepana : dabh,chandan, khas, shiris, saunf.	Madhura, amla, lavan, snigdha, guru.	Divashayan
3	Grishma	Ras : madhur, guna : snigdha, shit, laghu, drava.	Divashayan, anulepan (chandan) kumud, utpal, khas, durva, yashtimadhu, chandan, chatadharan.	Katu, amla, lavan.	Aatap sevan, vyayam.
4	Varsha	Rasa : amla, lavan, guna : snigdha, laghu	Lepan : kaliyak, til, khas, jatamansi, tagar, padmak, udgharshan: padtrandharan, chhatradharan, vastradharan (light, clean, appeal)	Katu, kashay, ruksha, guru.	Divashayan (humid place)
5	Sharad	Rasa : madhur, tikta, kashay. Guna : shita, laghu	Lepan : tallish, etkat, pundarik, mulethi, khas, tagar, agru, vastradharan (amber varna)	Amla, lavan, ushna, ruksha, kshara.	Pragvat (easterly wind)

SOME AYURVEDIC MEDICINAL PLANTS COMMONLY USED IN SKIN HEALTH⁴.

LATIN NAME	USE
Acorus calamus (<i>Vacha</i>) Aromatic	dusting powders
Aloe vera (<i>kumari</i>)	Moisturizer, sun screen
Azadiracta indica (<i>nimba</i>)	Antiseptic, reduce dark spots, antibacterial.
Curcuma longa (<i>Haridra</i>)	Antiseptic, antibacterial, improves complexion.

TWAK (SKIN) DISEASE PREVENTION THROUGH AYURVED IN DIFFERENT CLASSICAL TEXT
Charaka Samhita

- There are references of ten drug as Varnya mahakashaya (complexion

promoting)- in Sutrasthan viz. Chandana (Santalum album), Punnaga (Calophyllum inophyllum), Pmadaka (Prunus cerasoides), Usher (Vetiveria zizanioides), Madhuka (Glycyrrhiza glabra), Manjistha (Rubia cordifolia), Sariva (Hamidesmus indicus), Paysya (Ipomoea digitata), Sita (white variety of

Cynodon dactylon), *Lata* (black variety of *C. dactylon*)⁵

Sushruta Samhita

- In the *Kshudra roga chikitsa* (treatment of minor disease) many of the skin care treatments are documented *Arumsika* (Eczema of face and scalp)- Blood should be let out and the lesion are washed with decoction of *Nimba* (*Azadirachta indica*) then applied paste of *Hartal* (Orpiment), *Haldi* (*Curcuma longa*), *Patola patra* (*Trichosanthes dioica* leaves), paste of *Mulethi* (*Glycyrrhiza glabra*), *Nilotpala* (*Nymphaea nouchali*), *Erand* (*Ricinus communis*) and *Bhringaraj* (*Eclipta alba*) paste. *Vyanga* (black spot), *Nilika* (Naevus) - puncturing of the vein is done in the forehead and rubbed roughly with *Samudra Phena* (Cuttle fish bone) and applied the paste of bark of *kshira-vriksha* (plant containing sap) or paste of *Bala* (*Sida cordifolia*), *Atibala* (*Abutilon indicum*) *Yastimadhu* (*Glycyrrhiza glabra*), *Haldi* (*Curcuma longa*) or of *Arkpuppi* (*Holostemma rheedie*), *Aguru* (*Aquilaria agallocha*), *Kaliyaka* (*Colchicum fenestratum*) and *Gairika* (*Haematite*). *Yauvana Pidika* (pimples/acne)- Applying the Paste of *Vacha* (*Acorus calamus*), *Lodhra* (*Symplocos racemosa*), *Sendha* (Rock-salt) and *Sarso* (*Brassica campestris*) or paste of *Dhanyaka* (*Coriandrum sativum*), *Vacha*, *Lodhra* and *Kuth* (*Saussurea lappa*)⁹.

Astang Sangraha

- *Mukhadusika chikitsa* (Acne)- In *Mukhadusika*, application of warm paste of *Lodhra* and *Tuvarika* (*Hydnocarpus laurifolia*) or leaves of *Vata* (*Ficus bengalensis*) and *narikela shukti* (coconut shell) or of *Saindhava*, *Vacha*,

Aksibhesaja (*Sabar lodhra* -*Symplocos racemosa* or *paniculata*) and *Sidharthaka* (*Brassica compestris*) are prescribed. *Lancchana* (Patches on the face), *vyanga* (hyper pigmentation) and *nilika* (Naevus) *chikitsa*- In this group of diseases, the nearest vein should be cut and the area covered with the paste of bark of trees having milky sap or that of *Bala* (*Sida cordifolia*), *Atibala* (*Abutilon indicum*), *Madhuka* (*Glycyrrhiza glabra*) and *Haridra* or of *Madhuka*, *Aguru*, *Payasya* (*Ipomoea digitata*) and *kaliyaka* (*Coscinium fenestratum*) Tender fruit of *Kapittha* (*Feronia limonia*), *Tinduka* (*Diospyros peregrine*) and *Rajani* (*Curcuma longa*), root of *Amalika* (*Tamarindus indica*) and *Sukaradamstra* (teeth of pig) are also added with honey and ghee¹¹.

Ashtang Hridayam

- There are three type of *Mukhlepa* (formulation applied on face) viz. for removal of *dosha*, for removal of poison and *varnyakara* (complexion promoting). Mode of application of paste over face, duration and precaution were also elaborately mentioned. Furthermore application of paste varies according to the *Rutu* (season). *Vagbhatta* mentioned the benefits of *Mukhalepa* as-

‘Mukhalepanashilanam dridam bhavati darshanam, Vadanam chaprimlanam shlakshanam tamrasopamam’.(22/22)

which signifies that the persons who are habitual to application of paste of drug over face, the vision become keen, the face never dull and glows like lotus flower¹⁰.

Saragadhar Samhita

There are three kinds of *lepa* viz. *dosaghna* (pacify the polluted humor), *visaghna* (pacify the poisonous

substance) and *varnya* (cosmetic application for complexion).

Complexion promoting-*Rakta chandana* (*Pterocarpus santalinus*) *Manjistha* (*Rubia cordifolia*), *Lodhra* (*Symplocos racemosa*), *kustha* (*Saussurea lappa*), *Priyangu* (*Callicarpa macrophylla*) and *Masura* (*Lense culinaris*) have complexion promoting properties .

YauvanaPidika (pimples/acne)- Ripened leaves of *Vata* (*F. bengalensis*), *Malati*, *Rakta chandan* (*Pterocarpus santalinus*), *Kustha* (*Saussurea lappa*), *kaliyaka* (*Coscinium fenestratum*) and *Lodhra* (*Symplocos racemosa*) are made into paste and applied externally to remove pimples, black spot and patches on the face. *Arumsika*- A paste of bark of *Khadira* (*Acacia catechu*), *Aristha* (*Sapindus trifoliatu*), *Jambu* (*Syzygium cumini*), *Kutaj* (*Holarrhena antidysentrica*) and *Saindhav* (rock salt) processed in cow's urine which cures *arumsika*^{12,13}.

Yogaratanakar

In *kshudra rog* (minor diseases), *nidan chikitsa prakaran* (chapter dealing with diagnosis and prognosis) there are 44 types of minor diseases of which some are related to skin care.

Conclusion

Our skin is a natural gift and it's our duty to take its care in a natural way only. Artificial products can only provide artificial or temporary shine & glow, So give Ayurveda care to your body and skin.

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