

A Review: “Skincare” Through “Trisutra Concept”

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Abstract:

Ayurveda is life science caring for both healthy and unhealthy individual; the science is based on three principles as key for knowledge i.e “Trisutra Ayurved ”

- 1) Hetu- (cause of health and disease)
- 2) Linga – (Symptoms of health and disease)
- 3) Aushadh- (Medicine as both a preventive and curative) skin is largest protective organ responsible for the representation of “Overall wellness”. Skin is adhithana of “Bhrajaka Pitta” and constituted with panchamahabhuta with “Vayumahabhutadhikya”. In order to achieve a healthy skin in both preventive and curative aspect Ayurveda suggests precious and unique concept; one of such is **Trisutra**. “Trisutra Ayurved” is the best formula achieve a solution for the “Skin care” at a glance.

Key Words:

Skin, Trisutra Ayurveda, Hetu, Linga, Aushadh

Introduction:

Ayurveda considers skin as “Sparshanendriya” and upadhuta of “Mansadhatu”. Skin develops by combination of Panchamahabhuta along with dominance of “Vayumahabhuta”. Skin represents the individual in society and protects body organs from external barriers. In polite society, “A well maintained skin is one of life’s greatest success” Ayurveda – A treasure medicine suggest many regimen for skin. “Trisutra Ayurveda” is the base of Ayurveda in order to understand health as well as disease. Trisutra Ayurveda includes three components viz Hetu i.e positive factors i.e factors responsible for the healthy and for the diseased. Ling i.e symptoms of health and symptoms of diseased. Aushadh i.e medicine in maintaining the healthy skin i.e (prevention) and treating a disease i.e cure¹.

Aims and Objectives:

To study about skin and “Skin Care” according to Trisutra and its remedies from Ayurveda Samhita granthas.

Materials and Methods

Charak Samhita, Sushrut Samhita, Ashtang Hridaya and other Samhita (Sharangdhar, Bhavaprakash). Modern medicine books. Internet, articles on skin and skincare.

Methods:

1) Hetu Sutra (Causative Factors)

Healthy Skin

- ✓ Matravat Aahar (Balanced diet – including all the six Rasas)
- ✓ Rutucharya Palan (Following seasonal regimens) in ayurveda
- ✓ Dinacharya Palan (Following daily regimens in samhitas)
- ✓ Samadosh (Maintaining the equilibrium of Doshas)
- ✓ Samagni (Proper appetite and digestion)
- ✓ Samdhatu (equilibrium state of Dhatus)
- ✓ Malakriya (Properly excretion of stool, urine, sweat etc i.e waste products and toxins from body)
- ✓ Prasanna Aatmanendriya (Equilibrium state of mental, social and spiritual health)

Diseased Skin

- ✓ Gramya Aahar Seven ² (junk food, candies, chips, juice, sodas, margarine etc)
 - ✓ Viruddha Aahar ³ (Incompatible diets and habits.)
- Ex fish+ milk, Fruit salad, Cold and dry consumption in winter, honey + ghee, bread + Jam etc
- ✓ Drava, Snigdha, Guru Aahar ³ (oily heavy food)

Ex burger, margarine, milk shakes, Samosa, fatty diet

- ✓ Aatap, Santap sevan ³ (sunburn, heat i.e thermal burns)
- ✓ Shita Ushna Kramen sevan ³ (Alternate cold and hot exposure) Eg. Exit from AC room to sunny environment and vice versa
- ✓ Langhana ⁴ (Starvation, fasting, dehydration)
- ✓ Sweda, Shrama, Bhayapaschat Sitambu sevan ³ (drinking of cold water immediately after sweating, fear, exertion)
- ✓ Ajirna and Adhyashan ³ (Indigestion and improper consumption portion of food)
- ✓ Frequent consumption of new grain, Dadhi, Fish, salt Aamla, rasa ³
- ✓ Increased and frequent consumption of carbohydrates, Guda milk, till etc
- ✓ Bhuktopschat vyayam ³ (workout and exercise after food immediately)
- ✓ Suppression of urges ³ (vomiting, stool, etc)
- ✓ Acute and chronic stage of Vrana i.e infected wounds ³.

2) Linga/Lakshanas

Healthy Skin

Dalhana- An ancient aacharya says : Rasasarata represents Twalcasarata and are same

- ✓ So lakshanas of healthy skin are
- ✓ Snigdha : - (Skin absorbing Sneha i.e oleation Slowly)
- ✓ Shlakshanata : - (Smooth in touch like talcum powder)
- ✓ Mrudu : - (Delicate skin feeling like silk on touch)
- ✓ Prassana :- (Attractive, fresh,

- ✓ lustrous, well hydrated skin)
- ✓ Sukshma- Alpa- Gambhir Sukumar Loma :- (Less no of Lomas)
- ✓ Saprabha : - (Lustrous , shiny skin)
- ✓ Aaryogya :- (Un-diseased skin leading to health)

Diseased skin

- ✓ Skin disease involved under “Kushtha”
- ✓ Vyang (Hyper pigmentation)
- ✓ Shvitra (Hypo pigmentation, vitiligo, albinism)
- ✓ Mukhdushika, Tarunyapitika (Acne Vulgaris)
- ✓ Atisveda (Increased sweating leading to bad odour)
- ✓ Asveda (Decreased sweating leading to dryness)
- ✓ Kandu (Itching)
- ✓ Tilakalak, Nayaccha, (Moles,warts)
- ✓ Vali-palit (Premature aging)
- ✓ Scars

3) Aushadha

- 1) Aahar (diet), 2) Vihar (routine), Aushadh (Medicine)

Aahar (Diet for both healthy and diseased skin)

*Matravat and Shadarasatmak aahar (balanced diet),

largely vegetarian diet, milk (Godugdh) butter (Navneet), Ghee (Ghruta), Tail (Natimatra) ⁴

Rasayana Sevan ⁵ :- Haritaki, Aamalki, Triphala, Chyavanprash, etc

Vihar and panchkarma (For healthy skin maintenance and treatment of diseased skin)

- Pratimarsha Nasya (Anutail- through nasal route)
- Dhumapana
- Tailaabhyang (Massage using til tail) ⁶
- Virechana (Purgation) ⁷
- Raktamokshana (Blood Letting)

Aushadh

- ✓ Skin disease involved under “kushtha” may be treated using yogas mentioned for kushthas in classical texts
- ✓ Vyanga (Hyper-pigmentation) – use of complex promoting drugs like Manjishtha, Sariva, keshar (Kumkum), Rodhradi lepa, varnya mahakashay ⁸
- ✓ Shvitra (Hypo pigmentation, vitiligo) – use of drugs like
- ✓ Rasakalpa : - Aarogyavardhini, Bakuchibijchurna,etc
- ✓ Panchakarma :- Vaman (Emesis)

Virechan (Purgation)

Raktmokshan

Sanstran

- ✓ Mukhadushika :- Kapha-Medanashak Chikitsa Vamana karma, raktashodhak drugs (Astringents Kashay Rasa)
- ✓ Atisveda :- Use of Pittashamak Aahar- Vihar

Use of drugs like ushir , Chandan etc

- ✓ Asveda :- use of svedopag and sveda janan drugs

- ✓ Kandu :- Use of decoction of Raktchanda, Ushir, Aaragvadna, Latakaranj, Neem, Kutaj, Sarshap, Yashtimadhu, Daruharidra, Musta.

Use of Karanj, Jayanti Etc ⁹

Conclusion

- ✓ Skin is the vital and largest part of body responsible for the beauty and confidence of an individual which is a source of joy
- ✓ Healthy individual following dietary regimen, daily routine regimen, seasonal regimen, consuming Rasayana can have a healthy skin
- ✓ Trisutra is a solution for every disease in order to treat according to Ayurveda
- ✓ Trisuta Ayurveda i.e Hetu, Ling, Aushadh is very helpful for preserving healthy skin and motivate the diseased skin to become healthy
- ✓ The various yogas (Drugs) and panchkarmas with Abhyantar and Bahyachikitsa are the best promoters for the diseased skin to become healthy
- ✓ So if one follows the classical text guidelines for skin, day, night and seasonal regimens properly with control over mind and deeds then any one will definitely get a fresh, shiny, healthy, disease-free skin.

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