



Role of *Agni* in Maintenance of *Twacha*: An *Ayurvedic* Review with Modern Correlation

Sharadkumar R. Maurya^{*1}, Pranita Joshi, Sayali S. Saoji³

1. Assistant Professor, Department of Kriya Sharir, SNKD Trust's Nallasopara Ayurved Medical College, Taluka - Vasai, Dist. Palghar-401209, Maharashtra, India.
2. Professor & HOD Department of Kriya Sharir, Sumatibhai Shah Ayurved Mahavidyalaya, Hadapsar, Pune, Maharashtra, India.
3. Assistant Professor, Department of Rachana Sharir, SNKD Trust's Nallasopara Ayurved Medical College, Taluka - Vasai, Dist. Palghar-401209, Maharashtra, India.

***Corresponding Author:** **Sharadkumar R. Maurya**, Assistant Professor, Department of Kriya Sharir, SNKD Trust's Nallasopara Ayurved Medical College, Taluka - Vasai, Dist. Palghar-401209, Maharashtra, India.

Mobile No- 8433890965; **Email id-** sharad07maurya@gmail.com

ABSTRACT

Agni is the central pillar of *Ayurvedic* physiology and governs digestion, metabolism, transformation, and nourishment at all levels of the body. *Twacha* (skin), being the largest organ and an important indicator of internal health, is directly influenced by the status of *Agni*. Proper functioning of *Jatharagni*, *Bhutagni*, and *Dhatvagni* ensures adequate formation of *Rasa* and *Rakta Dhatu*, which are responsible for nourishment, complexion, immunity, and integrity of *Twacha*. Disturbance of *Agni* results in

Ama formation, leading to obstruction of *Srotas* and manifestation of various *Twacha Vikara* such as *Kushtha*, *Kandu*, *Vaivarnya*, *Mukhadushika*, and premature aging. Modern science also supports the concept that digestion, metabolism, immunity, and gut health play a crucial role in skin health. This review study aims to analyze the classical *Ayurvedic* concept of *Agni* in relation to *Twacha* and establish its correlation with modern dermatological understanding.

KEYWORDS: *Agni*, *Twacha*, *Dhatu*, *Kushtha*, Skin

INTRODUCTION

Ayurveda considers *Agni* as the foundation of life and health. All physiological processes including digestion, absorption, assimilation, tissue formation, and immunity are governed by *Agni*. According to *Acharya Charaka*, the state of *Agni* determines strength, complexion, enthusiasm, longevity, and resistance to disease. *Twacha*, described as the seat of *Sparshanendriya*, is not merely an external covering but a dynamic organ reflecting the internal metabolic and nutritional status of the body.^[1] Healthy *Twacha* is characterized by normal *Varna* (complexion), *Prabha* (luster), *Snigdhata* (moisture), and resistance against infections. Since *Twacha* is nourished by *Rasa* and *Rakta Dhatus*, and these *Dhatus* are formed only after proper digestion of food, *Agni* plays a vital role in maintaining skin health. In the present era, faulty dietary habits, sedentary lifestyle, stress, and irregular routines have led to *Agni Dushti*, resulting in a rising incidence of skin disorders. Hence, understanding the role of *Agni* in *Twacha* maintenance is highly relevant.^[2]

AIMS AND OBJECTIVES

Aim

To Study and Review the role of *Agni* in the maintenance of *Twacha* according to Ayurvedic Principles and to establish its correlation with modern dermatological concepts.

Objectives

1. To understand the concept of *Agni* as described in classical *Ayurvedic* texts.
2. To analyze the role of *Jatharagni*, *Bhutagni* and *Dhatwagni* in

nourishment and maintenance of *Twacha*.

3. To highlight the importance of maintaining *Agni* for prevention and management of skin diseases.

MATERIALS AND METHODS

This review study is based on classical *Ayurvedic* texts including *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, and *Bhavaprakasha*. Relevant Sanskrit references describing *Agni*, *Twacha*, and their interrelationship were collected and critically analyzed. Modern dermatology textbooks and published research articles were also reviewed to establish conceptual correlation. The collected information was systematically compiled and presented to highlight the role of *Agni* in *Twacha* maintenance.

Concept of *Agni* in Ayurveda

Agni is responsible for all metabolic and transformative activities in the body. Ayurveda classifies *Agni* into three main categories:

Jatharagni – The principal digestive fire responsible for digestion of food.

Bhutagni – Responsible for processing Panchabhautika components of food.

Dhatwagni – Present in each *Dhatu* and responsible for tissue-level metabolism and nourishment.^[3]

Balanced *Agni* ensures proper digestion, formation of *Dhatus*, and maintenance of health, whereas impaired *Agni* leads to disease.

“अग्निमूलं बलं पुंसां अग्निमूलं जीवनम्।
अग्निमूलं वर्णमोजश्च अग्निनाशो विनश्यति ॥”

Agni is the root of strength, life, complexion, and *Ojas*. When *Agni* is

destroyed, all these are destroyed. This clearly establishes the direct role of Agni in maintaining Varna and *Twacha* health. [4]

Concept of *Twacha* in Ayurveda

Twacha is described as an *Upadhatu* of *Mamsa Dhatu* and is the seat of touch sensation. *Acharya Sushruta* has elaborately described seven layers of *Twacha*, each with specific functions and disease susceptibility:

Avabhasini

Lohita

Shweta

Tamra

Vedini

Rohini

Mamsadhara

Proper nourishment of these layers depends on the quality of *Rasa* and *Rakta Dhatu*, which are formed only when Agni functions normally.

“त्वक् मांसस्योपधातुश्च”

Impaired Agni leads to improper *Dhatu* formation, resulting in *Twacha Shosha*, *Vaivarna*, *Kandu*, and chronic skin disorders. [5]

METHODOLOGY

Role of Agni in Maintenance of *Twacha*

Balanced Agni ensures proper digestion of food and formation of *Ahara Rasa*, which nourishes *Rasa* and *Rakta Dhatu*. These *Dhatus* are responsible for skin hydration, color, elasticity, immunity, and wound healing. *Samagni* maintains healthy skin texture and glow.

Mandagni leads to *Ama* formation, resulting in acne, pigmentation, itching, eczema, and *Kustha*.

Tikshnagni causes excessive dryness, inflammation, burning sensation, and premature aging.

Thus, Agni is directly responsible for both structural and functional integrity of *Twacha*.

Flowchart: Role of Agni in *Twacha* Health
Balanced Agni → Proper Digestion (*Ahara Paka*) → Formation of *Ahara Rasa* → Proper *Rasa* & *Rakta Dhatu* → Nourishment of *Twacha* Layers → Healthy, Glowing, Disease-Free Skin
Impaired Agni → *Ama* Formation → *Srotorodha* → *Dhatu Dushti* → *Twacha Vikara* (Acne, Pigmentation, *Kustha*, Dryness)

Modern Correlation

Modern medicine recognizes the role of digestion, metabolism, immunity, and gut microbiota in maintaining skin health. Poor digestion leads to nutritional deficiencies and accumulation of metabolic toxins, which manifest as inflammatory and chronic skin conditions. The *Ayurvedic* concept of Agni can be correlated with digestive enzymes, metabolic activity, cellular turnover, and immune regulation. *Ama* can be correlated with toxins, free radicals, and inflammatory mediators. The modern concept of the gut–skin axis strongly supports the *Ayurvedic* view that impaired digestion and metabolism directly affect skin health. [6]

DISCUSSION

Ayurvedic texts clearly indicate that most *Twacha Vikara* originate from *Agni Dushti*. Disorders such as *Kustha*, *Vicharchika*, *Mukhadushika*, and *Shwitra* involve *Mandagni* and *Ama* formation. Therefore, treatment principles emphasize *Deepana*, *Pachana*, *Shodhana*, and *Rasayana* therapies rather than only local

applications. This holistic approach corrects the root cause of disease. Modern dermatology is also shifting towards internal correction through diet regulation, probiotics, antioxidants, and lifestyle modifications, which aligns with *Ayurvedic* principles.

CONCLUSION

Agni plays a fundamental role in the maintenance of *Twacha*. Proper functioning of *Agni* ensures healthy digestion, proper *Dhatu* nourishment, strong immunity, and radiant skin. Disturbance of *Agni* leads to various *Twacha* disorders. Understanding the role of *Agni* provides a holistic and preventive approach to skin health. Hence, maintaining *Agni* through proper *Ahara*, *Vihara*, and *Ayurvedic* therapeutic measures is essential for healthy *Twacha*.

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Conflict of Interest : Non

Source of funding: Nil

Cite this Article

Sharadkumar R. Maurya, Pranita Joshi, Sayali S. Saoji

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Ayurline: International Journal of Research In Indian Medicine: 2026 10(02)