

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

Sharadkumar R. Maurya\*<sup>1</sup>, Pranita Joshi-Deshmiukh<sup>2</sup>, Sayali S. Saoji<sup>3</sup>

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: Mobile No- 8433890965

Email id- [sharad07maurya@gmail.com](mailto: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.<sup>[1]</sup> Healthy *Twacha* is characterized by normal Varna (complexion), *Prabha* (luster), *Snigdhatata* (moisture), and resistance against infections. Since *Twacha* is nourished by *Rasa* and *Rakta Dhatu*, and these *Dhatu*s 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.<sup>[2]</sup>

## 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.

*Dhatvagni* – 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 अग्निनाशे 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*, *Vaivarnya*, *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.<sup>[6]</sup>

### 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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