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## CONCEPT OF TVACA (SKIN) W.S.R SKIN DISORDER – A CRITICAL REVIEW

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### ABSTRACT:

*Skin is the largest organ of the body by which touch, temperature, pain, sensations are perceived. Skin is formed after fertilization just like the cream on the surface of the milk when it is boiled. Although it is Panchbhautic in nature, predominantly VayuMahabhuta is present in skin. According to Sushrut it consists of seven layers & accordingly diseases are described. Dosha, Dhatu, & Mala which are structural & functional unit of body are closely related with them. In pathogenesis of Skin disorder Vitiated Doshas fuse with Dusya (Dhatu/Mala) along with Tvaca (Skin). Due to excessive accumulation of endotoxin within cells, there will be obstruction to metabolic channels (Srothorodha) leading to cell death (KoshaNasha) & accumulation of fluid in the dermis. So for the prevention of these skin disorder one should follows the Dincharya (daily regimen), & Rutucharya (seasonal regimen) described by Ayurveda.*

**KEYWORDS:** *Dosha, Dhatu, Mala, Panchmabhuta, Skin, Tvaca.*

### INTRODUCTION

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*Ayurveda* is an ancient medicine science which emphasize moreover on the prevention of health. *Ayurveda* is emerged from *Veda*. According to *Panchmahabhuta* concept every entity of the universe is composed of *Panchmahabhuta*. *Indriya* (Sensory organ) are not exception to it. *Tvaca* (Skin) is one of them. In today's

modern era many people spend much time & money to restore *Tvaca* (Skin) to more normal for youthful appearance. *Tvaca* (Skin) is important factor in context to the personality. *Tvaca* (Skin) is way between biological & social communication to the external world. So everybody is very cautious about his/ her *Tvaca* (Skin). In today's speedy life each & everyone are exposed to the pollutions in one or the other way. The toxic elements being in environment, food items or through occupation, human beings are affected. Along with today's lifestyle, undisciplined dietary ethics, & exposure to chemicals *Tvaca* (Skin) disease are nowadays very common. About 40 percent of individuals over age of 60 years have significant dermatological problem.<sup>1</sup> In Ayurveda reference of dermatology is available in *KusthaRoga*, *Visrapa*, *Vatashonita*, *Kshudraroga*, *Shiroroga* & *Vishchikitsa*. Skin diseases are believed to be the curse for the society due to which sufferers had to face hatred from the surrounding & become a tough challenge for them to continue to live. Accurate diagnosis is required for the evidence based clinical result. When Skin is structurally or functionally fails to restore their structure or function skin disorder develop. Therefore before diagnosing the

*Tvaca* (Skin) disorders it is essential to know the *Bhrunavigyan* (embryology), *ShareerRachana* (Anatomy), & *KriyaSharir* (Physiology) of the skin. So for that *Tvaca* (Skin) critical review topic is selected & to educate the people about structure & function of skin & keep it free from any type of organism.

## I. EMBRYOLOGY OF SKIN

*Tvaca* or *Charma* is word which is used for the skin in Ayurveda. It is derived from '*Tvache- SamvarneDhatu*' meaning of this is covering of the body. It is essential factor in the development of fetus which is described in *MatrujBhava* (Maternal factor)<sup>2</sup>. According to *Kashyap Samhita* *Tvaca* (Skin) is not considered as *MatrujBhava* (Maternal factor). Modern sciences describes nails, hairs are the appendages of the skin<sup>3</sup>. But *Kashyap* explained these appendages under the *Pitruj Bhava* (Paternal Factor)<sup>4</sup>. In context to formation of *Tvaca* (Skin) *Susruta* stated that after fertilization *Tvaca* (Skin) is formed just like cream on the surface of the milk<sup>5</sup>. While *Vagbhat* explained that in body seven skin layers are produced during the metabolic heat activity of *Rakta* (blood) by its own *Agni* (*Raktadhatwagni*) just as scum during the cooking of milk<sup>6</sup>.

## II. RACHANA SHAREER OF TVACA. (ANATOMY OF THE SKIN)

## CONCEPT OF TVACA (SKIN) W.S.R SKIN DISORDER

There are some different opinions regarding in the number of layer of Tvaca (Skin) among the ancient *Acharya's*. According to *Charak Tvaca* (Skin) is composed of six layers while *Sushrut & Vagbhat* mentioned seven layers of the skin.

1. As per *Charak Samhita Tvaca* (Skin) is consist of six layers among them first two layers are named as *PrathmaUdakadhara* which is considered as outer layer & second is *Asrigadhara*. Remaining layers have been described in the terms of the disease. Third layer is known as *SidhmakilasSambhavaAdhistan*, fourth layer is *DadrukusthaSambhavadhithana*,

fifth layer is *AlagividhradhiSambhavadhithana* & sixth layer is if this layer is injured the subjects feeling darkness in front of his eyes. Modern sciences also described the six layers of skin. Probably first four layers of the skin according to Ayurveda, may be included under the epidermis & rest of two may be consider as part of dermis.

2. *Susrut* described *Tvaca* (Skin) in details. He described the *Tvaca* (Skin) is composed of seven layers along with he also stated the specific name, thickness & disease may occur in that disease.

**Table No. 1 LAYERS OF SKIN**

Sr. No	Name of layer	Thickness in vreehi	Disease
1	<i>Avabhasini</i>	1/18 of vreehi	<i>SiddmaPadmakantaka</i>
2	<i>Lohita</i>	1/16 of vreehi	<i>Tilkala, nyachachha</i>
3	<i>Shewta</i>	1/12 of vreehi	<i>Charmadala, ajagallika, masaka</i>
4	<i>Tamra</i>	1/8 of vreehi	<i>Kilasa &amp; Kustha</i>
5	<i>Vedini</i>	1/5 of vreehi	<i>Kustha &amp; Visarpa</i>
6	<i>Rohini</i>	1 vreehi	<i>Granthi Apachi, Arbuda, Slipada, Galganda</i>
7	<i>Mamsadhara</i>	2 vreehi	<i>Bhagandara, Vidradhi, Arsas.</i>

*Vreehi* (*Yav*) is considered as one of the *Shukha Dhanya* especially like the *Tandul* (Rice). In present context one

*Vreehi* means thickness of one *Tandul* (Rice) is equal to 0.24 cm<sup>7</sup>.

3. *Vagbhata* mentioned seven layers of *Tvaca* (Skin) similar to *Susruta*. *Sharangdhara* also described seven layers of *Tvaca* (Skin) along with their disease. The names of first six layers are same as mentioned by *Susruta* but seventh last one is named as 'Sthula' which is site of *Vidradhi*<sup>8</sup>

### III. KRIYA SHARIR OF TVACA (PHYSIOLOGY OF SKIN)

*Dosha, Dhātu & Mala* are the basic components of the body. These entities are closely related with *Tvaca* (Skin)

#### 1. TRIDOSHA & TVACA (SKIN)

The three *Sharir Dosha* i.e. *Vata, Pitta, & Kapha* present in body & maintain homeostasis. These humours are situated in specific place of the body that places are known as *Sthana* (Site) of *Dosha*. According to *Ayurvedic* treatise *Tvaca* (Skin) is one of the main organ at which *Vatta & Pitta Dosha* are located<sup>9</sup>.

#### A. *Tvaca* (Skin) & *Vata Dosha*:

According to *Acharya Charak* *Tvaca* (Skin) is *Spahrshendriya Adhithana*. *Sparsh* i.e touch sense is subject of *Sparsh* which is performed by *Vatadosha*<sup>10</sup>.

#### B. *Tvaca* (Skin) & *Pitta Dosha*:

There are five types of *Pitta Dosha*. *Brajak Pitta* is one of them which is situated in *Tvaca* & also known as *Brajakagni* & responsible for the lustre of the skin.

#### C. *Tvaca* (Skin) & *Kapha Dosha*

The attributes of *Kapha Dosha* are *Snigdha* (unctous), *Siita* (Cold), *Slakhna*, *Mrudu* (Soft) & these are related with *Tvaca* (Skin).

### DHATU & TVACA (SKIN)

#### A. *Tvaca* (Skin) & *Rasa Dhātu*:

At many places in *Ayurvedic* treatise *Tvaca* (Skin) is used as a synonyms of *Rasadhatu*. While describing the symptoms of *Sarata*, *Charak* used *Tvaca Sara* word instead of *Rasasara*.

Commentator of *Chraksamhita*,

*Chakrapani* described six layers of *Tvaca* (Skin) among them first one is *Udakadhara* who maintain the water content of the body. *Rasa Dhātu* is predominantly *Aapya* in nature & it also maintain of water content of body.

#### B. *Tvaca* (Skin) & *Rakta Dhātu*:

*Acharya Susrut* explained the function of *RaktaDhatu* i.e. it brings the lustre to colour of skin & nourishes the *MamsaDhatu* & keeps the individual alive<sup>11</sup>. In *ShareerSthana* (section) *Susrut* stated that *RaktaDhatu* brings the colour to skin & it is also responsible for the sensation of touch<sup>12</sup>.

#### C. *Tvaca* (Skin) & *Mamsa Dhātu*:

There is strong link between *Tvaca* (Skin) & *Mamsa Dhātu* because *Tvaca* (Skin) is *Updhatu* of *Mamsa*.

#### D. *Tvaca* (Skin) & *Meda Dhātu*:

*Acharya Charak* explained the characteristics of *MedaSara Purusha*

(individuals). He stated that Skin (*Varna*) of *Meda Sara Purusha* (individuals) is specifically unctuous in nature.

### MALA & TVACA (SKIN)

During the metabolism *Annamala* (*Purisha*, *Sweda*, *Mutra*) are excretory substances produced which should be expelled out to maintain the

homeostasis. *Sweda* is Mala of *Meda Dhatu* which is excreted through *Swedavahi Strotas* whose *Mula Sthana* (principle organ) are *Meda Dhatu* & hair follicle which are deeply embedded in the *Tvaca* (Skin). *Sweda* maintain lustre & humidity of *Tvaca* (Skin). *Tvakagata Sneha* is Mala of *Majjadhatu*.

### DISCUSSION

Skin is the largest organ of the body. Embryological view of the skin shows that skin is derived from three diverse components i.e. epidermis, melanoblasts & dermis. The epidermis is derived from surface ectoderm. By proliferation it gives rise to typical stratified squamous epithelium. Many of the superficial layers are shed off. These get mixed up the secretions of sebaceous glands to form a whitish sticky substance which covers the skin of newborn infant. The melanoblasts of epidermis are derived from the neural crest. The dermis is formed by condensation & differentiation of mesenchyme underlying the surface ectoderm. It is organ through which unwanted substances are expelled out from the body in the form of sweating, urine, toxic substances & maintain the homeostasis. *Tvaca* (Skin) is sensory organ in which '*Vayu Mahabhut*' is predominantly present. Due to predominance of *Vayu Mahabhut* touch, pain, sensations are perceived. *Tvaca*

(Skin) secretes sweat through sweat gland & water balance, temperature is maintained. Skin forms the covering of all organs of the body & protects these organs from bacteria & toxic substances. It also absorbs the ultraviolet rays. *Tvaca Sara Purusha* (individuals) are characterized by fine, deeply embedded the hair on the skin, the hairs are few in numbers & possess unctuous property. *Tvaca* & *Kala* are two different entities, but they are seven in numbers. *Kala* is entity which is present in between *Dhatu* & *Aashya*. *Tvaca* (Skin) is the organ which is easily inspected & more prone to infection, injury & develops the disease. Changes in the skin rather than normal indicate the disturbances in the homeostasis. The abnormal skin structure is called as dysplasia. Dysplasia may be part of maldevelopment of various ectodermal derivatives. Cyanosis is the condition which is characterized by bluish discoloration of the skin when oxygen supply to cell is inadequate. *Acharya Charak* also explained the prognostic

condition of diseases in term of colour of the skin.

### CONCLUSION

*Tvaca* (Skin) plays vital role in maintain the homeostasis & developing the skin disorder. *Tvaca* (Skin) is the organ which is directly related to basic components of the body (*Dosha, Dhatu, Mala*). If any disturbances in these components its reflection seen over *Tvaca* (Skin). In most of the disease *Tvaca* (Skin) is in the role of *Dusya*. When vitiated *Dosha* comes in contact with *Dusya* like *Tvaca* (Skin) skin disorder see in the body. In the pathogenesis of *Kustha* (Skin disorder) *Tvaca* (Skin) is one of the important *Dusya*. *Kustha* (skin disorder) involves

morbidity of seven *Dravyas* i.e. *Tridosha, Rasa, Rakta, Mamsadhatu & Tvaca* (Skin). So skin is the important organ of the body which keeps the internal environment constant. Due to modern life style & dietary habits *Dosha Dusya Dooshti* is commonly seen in the form of Skin disorders. So for the prevention of these skin disorder one should follows the *Dincharya* (daily regimen), & *Rutucharya* (seasonal regimen) described by Ayurveda which keeps the *Dosha & Dushya* in balance condition.

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## CONCEPT OF TVACA (SKIN) W.S.R SKIN DISORDER

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