



SKIN PROBLEMS AND THEIR MANAGEMENT THROUGH AYURVEDA

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ABSTRACT

Skin problems are increase in present era because increasing pollution, increasing use of chemical and disturbed food habits or life style. Ayurveda have rich knowledge of skin and skin diseases. Ayurvedic doctor can provide relief in this situation through ancient wisdom of Ayurveda science. This article is a review article about skin.

KEYWORDS:

Skin problems, Twaksar, Updhatu, skin, skin disease.

INTRODUCTION

Skin is the seat of sense organ. The senses of touch, pain, temperature, pressure are felt by it. It is a *Matruj Avyava* i.e. derived from mother or having maternal origin. It gives external covering to the whole body.

The seven layers of skin get their nutrition from *Mansa Dhatu* (Muscle tissue). It is known as an *Updhatu* (Secondary tissue product) of the *Mansa Dhatu* (Muscle tissue), because it only mimics the *Dhatus* in beholding the body. It does not do *Poshan Karma* i.e. do not give nutrition to the other *Dhatus* (blood) and the *Rasa Dhatu* (body's plasma tissue). Hence it is a common saying that "Glowing skin is the result of good quality of *Rasa* and *Rakta*."

Characteristics of person with ideal skin (Twakasara):

- People with ideal skin have soft, oily, thin, smooth and lustrous skin.
- They have soft, thin, scanty, oily, black and deep rooted hairs.
- Eye-Brows and Eye lashes are black and smooth
- Mouth, Lips, Palate and tongue are unctuous and oily.
- They are intelligent and learned.
- They enjoy their long, healthy and happy life.

Types of Skin according to body types:

Vata Skin:

Is in generally dry, thin, delicate and cool to touch, easily gets dehydrated and is very vulnerable to the influence of dry and windy weather. Vata skin may age faster and tends to be dry, rough and flaky when out of balance.

Pitta Skin:

ype tends to be fair, sensitive, soft, warm and of medium thickness, less tolerance to hot food, less tolerance to fineness in temperament. Pitta skin type tends to be more prone to freckles and moles than the other skin types.

Kapha Skin: tends to have all the qualities of water and earth. It can be oily, thick, pale, soft, cool and more tolerant of the sun. Kapha skin tends to age slower and form less wrinkles than the other two types. Kapha skin types may struggle with dull skin complexion, enlarged pores, excessive oil, blackheads, pimples, moist types of eczema and water retention.

Combination-Skin: Can be Vata-Pitta, skin that is both dry and sensitive. Kapha-Pitta skin is oily and sensitive and Vata-Kapha skin that is generally dry with some oily zones.

Vata Skin Care:

- Vata Skin types for instance will want to eat more warm, unctuous food and favour the sweet, sour, salty tastes to balance the dry, rough, moving Vata Dosha.

- Provide added nourishment to Vata skin types by including organic milk, whole grains and green leafy vegetables in diet.
- Drink lots of lukewarm water every day for internal hydration.
- Eat plenty of sweet, juicy fruits, they help to cleanse the body and provide hydration as well.
- Include ghee or olive oil in your diet for added lubrication.
- A warm oil massage is beneficial for keeping skin lubricated.
- Use gentle, natural moisturiser to keep facial skin hydrated.
- Give plenty of rest so your mind as well as your body have the opportunity to recharge.

Pitta Skin Care:

- Pitta Skin type needs both cooling and nurturing. Use skin care products that help to enhance resistance to the skin.
- Avoid tanning treatments and therapies that expose your delicate, sensitive skin to steam for extended periods of time.
- For Pitta skin type you will thrive on sweet, bitter and astringent tastes as found in sweet, juicy fruits, rose petals preserve and cooked
- Stay away from harsh, synthetic cosmetics They can damage your sensitive skin and cause breakouts.
- Avoid hot spicy foods and an excess of deep fried foods.
- Eat lots of sweet, juicy fruits and rose petal jam in cool milk every day. Rose is considered as cooling for mind, body and emotions.
- Use cooling oil such as coconut oil, for daily massage.
- Cook food with cooling spices such as fennel, licorice, coriander seed powder.
- Take extra care to protect your skin when you go out in the sun.
- Use gentle, natural skin care products for cleaning and moisturising.

Kapha Skin Care:

- People with Kapha skin need to do detoxification on regular basis both internal and external to flush toxins from the skin.
- Scrubbing the skin with gentle exfoliating clay can help external cleansing

- Diet for Kapha type skin should be warm, lighter, less oily, free of heavy, hard to digest food.
- Eating more bitter, astringent, and pungent tastes help to stimulate digestion and balance Kapha skin.
- Avoid too much sweet foods or deep fried food.
- Exercise everyday to improve circulation.
- Daily warm oil massage can help circulation.
- Cleanse your skin twice daily.
- Cook food with warm spices like ginger and black pepper to stake the digestive fire and inhibit the accumulation of Ama inside the body.

Nourishment of skin:

- With following the diet for your skin type some foods supplements are also helpful to protect the skin from damage.
- Leafy green vegetables, easily digested proteins such as Paneer, Milk, Sunflower seeds, Foods high in zinc and beta-carotene rich food such as carrots and sweet cherries.
- Almonds and Walnuts support the skin with their protein and lubricating fat content.
- Some skin friendly spices like turmeric nourishes the layers of skin.
- Cumin helps to get rid the body from Ama.
- Black Pepper cleanses the channels.
- Fennel balances the transformational ability of the skin.
- All anti-oxidant rich fruits and vegetables such as pomegranate, apple, pear and bitter green vegetables are also excellent for the skin.
- Stay away from packaged, canned, frozen, processed food.
- Eat only fresh, whole and organic foods.

Effect of stress on skin:

There are three types of stress and these stress impact the skin in different ways.

Mental Stress :

Starts a chain reaction that ends in drying out the moisture of the skin. Thinning, dryness and shrinking of Strotas (Micro-channels) that carry nutritive fluid to the skin results in wrinkles and stress lines.

Emotional Stress :

Also affects the skin. Anger or embracement can turn your face red. This shows connection between emotions and skin. If emotional stress becomes chronic they results in acne, photosensitivity and other Pitta based problems.

Physical Stress :

Exercising too much working, too much straining the body over a period of time causes physical stress and causes drying out of skin moisturiser, so the skin become rough and aged skin. To balance the mental stress maintains Vata pacifying diet and daily routine. For physical stress try to limit exercise or walk as per your physical stamina.

Precaution and Prevention to keep skin problems away:

- Avoid spicy and oily food.
- Avoid pitta aggravating beverages.
- Keep your skin dry.
- Drink lots of fluids.
- Eat fresh food .
- Avoid alcohol based skin cleansers.
- Use cool herbs.

Treatments of skin disease in ayurveda.

- Holistic management of health problems in ayurveda comprises the three fold scientific approach towards disease through diet, lifestyle and medicine.
- Ayurveda stated that skin diseases occur primarily due to sluggish liver function which leads Pitta and Kapha Dosha dysfunction when toxins

- build up and the liver is overwhelmed then the impurities show up in break outs and other skin problems.
- Vital factor that contributes in healthy appearance is clean bowel which can be done through mild laxative like Trifla powder and also light diet is also advisable.
 - Scientifically treatments have been classified as shodhan and shamana.
 - Shodhana Chikitsa: When doshas are vitiated in large quantity and disease is chronic then shodhana chikitsa should be applied first i.e Basti, Vaman, Virechana, Raktamokshana and Nasya.
 - Shamana Chikitsa: When doshas are minimally imbalanced and the body is weak Shaman treatment should be applied.
 - Ayurveda has said that for all skin diseases “Khadira” is the best as oral medicine and” Argwadh” is best for local application..Shirish, Lammajjak, Nagkeshar and Lodhra are useful for hyperhydrosis and as an anti sweating agent
 - Charak has mentioned a group of 10 groups which are promoters of complexion. They are known as” Varnya Dravya”Chandan, Lal Nagkeshar, Padmaka, Ushir, Madhuka, Manjishtha, Payasa, Shita and Lata.
 - Shatdhout Ghrita(100 times washed ghrita) Traditional Ayurvedic Skin Cream: It is completely natural and chemical free. Very useful for achieving radiant and glowing skin. It has calming effect on reddish or burned skin and on eczema.

Some Home Remedies in Ayurveda for Skin- Problems

Removing root cause is the main line of treatment in Ayurveda. Therefore eliminating all the foods and activities that increase pitta is the main treatment.

- Powder of Amla, Haridra and Neem leaves in equal quantity can be given orally twice daily.
- Wash affected area with Neem boiled water.
- Aloe-Vera is also beneficial for skin diseases as it purifies the blood.

Some common problems and hoime remedies

Acne Vulgaris

- Follow detoxification to remove Ama from the body.
- Helpful herbs are Trifala,Neem,Manjistha,Shatavari and Neem
- External application of paste with sandalwood and rose helps to reduce acne to a greater extent.
- Take Aloe Vera juice three times daily.
- Regular Massage of face with pitta pacifying hebs followed by steaming of the face.

Sun tanning

The process by which the skin gets darkened to exposure to ultra-violet radiant from the sun is called Natural Sun Tan.Our skin can also get tanned from artificial sources of UV Rays.

- Cucumber and lemon juice
- Aloe-Vera juice and gel.
- Gram flour amd rose water mixture.
- Almond and milk.
- Saffron and milk.

Dry Skin & Wrinkles

- Dry skin is more prone to premature aging when compare to normal or oily skin. Dry skin generally lacks moisture and hence the skin loses its smoothness and tends to develop lines and wrinkles. Dry skin generally looks dehydrated and shows signs of cracking.
- Some Ayurvedic Remedies for Dry skin and Wrinkles are:
- Rose water and honey take in ratio of ½:1 and apply on face and rinse after 10 minutes with lukewarm water.
- Aloe Vera gel is excellent soothing, moisturising and healing for dry skin and also removes dead skin.
- Drink plenty of water and fruit juices.
- Do Yoga and meditation.
- Try to remain calm and cheerful.
- Take minimum 7-8 hrs sleep daily.

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