

CONCEPT AND APPLIED ASPECT OF DINACHARYA ENHANCING THE SKIN HEALTH

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ABSTRACT

The word "Twacha" means skin, derived from the word "Twachasamvarane" i.e. the skin is defined as the organ which covers the body from outside. In Ayurveda there are different types of layer among which Avabhasini is the first and outer most layer of the skin which is responsible for the Varnya and Prabha. This is maintained by pitta which resides in tvacha is known as Brajakapitta which is responsible for normal and abnormal colour of the body. Bahirparimarja chikitsa like udwarthana or abhyanga which is used as Dinacharya as explained by our Acharyas specially by Acharya Vagbhata in Ashtanga Hridaya to be adopt once in a day or once in a two day or according to Prakruti, Dosha. So the Aim and Objective is to highlight the importance of Abhyanga, udwartana etc by using the drugs which is mentioned as Varnya kara in classics as Dinacharya as to maintain and enhancing the Tvacha prabha, Parnya, Prasadana.

Key words: Brajakapitta, Dinacharya, Varnya dravyas.

INTRODUCTION

According to *Ayurveda*, to maintain health and prevent disease, one should follow *Dinacharya* and *Ritu charya*. *Abhyanga*, which is one among the *Dinacharya*, done to ensure prevention of aging, avoid diseases and maintain proper health. According to modern there are 3 layer of skin were the outer most layer is epidermis which contains 2 types of cells keratonocytes and melanocytes were melanocyte is responsible and maintenance of colour similarly in *Ayurveda* there are different types of layer among which *Avabhasini* is the first and outer most layer of the skin which is responsible for the *Varnya* and *Prabha*.

WHAT DO YOU MEAN BY SKIN HEALTH?

- Skin health is a routine practise that supports skin integrity, enhances its appearance and relieves skin conditions.

HOW SKIN HEALTH IS IMPORTANT?

- Skin is largest organ of the body accounting 16% of your body weight.
- Healthy skin protects from many viruses, bacteria and ultra violet rays.
- Healthy skin produces VitD, which is important for many body functions.

- It maintains body temperature at constant level.

BASIC ASPECTS IN SAMHITHA

DOSHA WHICH RESIDES IN TWACHA

- ❖ Vata¹ – *Vayu bhahulyatha* is present in *sparshanendriya* and is the *tvacha ashrayi* which resides in *tvacha*. *TVacha* which covers the *meda*, *shonita* and all other *dhatus* of the body and gets spread all over the body.
- ❖ Pitta – उष्णोमात्रामात्रत्वंवर्णभेदोचत्वगतस्यभ्राजकस्य ।

Brajaka pitta is responsible for the regulation of *shareerastha prakruth* or *vikruth ushma* and *varna*

- ❖ Kapha – *snigdha Guna of kapha*, *snigdha* nature of *twacha* is maintained.

LAYER OF TWACHA

*Avabhasini*² or *Udakavaha* is the first and an outer most layer of *twacha*.

तासांप्रथमावभासिनीनाम, यासर्वन्वर्णनिवभासयतिपञ्चविधांछायांप्रकाशयति।

Prabha, *Varna*, *Chaya*, *Kanthi*, *Chavi* are few adjectives used to signify beauty in *Ayurveda*.

Prabha-

वर्णदीप्ति, शरिरकन्तिस्तेजः प्रभातुवर्णप्रकाशयतिपरंविप्रकर्षाद (केवमं)

Chaya-

छायावर्णमाक्रमतिआसन्नचलक्ष्यतेपञ्चभूतात्मिकाच।

HOW TO MAINTAIN SKIN HEALTH??

Twacha prasadhana can be adopted by



WHAT TO ACHIEVE??

TWAKA SARA GUNA

तत्रसिग्धश्लक्ष्णमृदुप्रसन्नसूक्ष्मअल्पगम्भीरसुकुमारलोमासप्रभेचत्वकत्वक्साराणाम्।³

- * Individual having the excellence of *tvacha* (skin) are characterized by unctuous, smooth, soft, clear, fine, less numerous, deep rooted and tender hair and lustrous skin.
- * The treatment to enhance or maintain the above *lakshana* of *tvacha* depends not only on the type of food intake or physical activities, but also adopting *Abhyanga, udwarthana, Alepana, Lepana, Prakshalana, Sharira parimarjana, Samvahana* as *Dinacharya* procedures regularly.

HOW TO ACHIEVE??

यत्तुत्वचिपित्तं तस्मिन्भ्राजको अग्निरिति संज्ञासो अभ्यङ्गपरिषेक आवगाह आलेपनादीनां क्रियाद्रव्याणां पक्ताच्छायानां च प्रकाशकः।⁴



WHY TO ADOPT DINACHARYA ONLY??

Abhyanga⁵ -

अभ्यङ्गो मारदवकरः कफवातनिरोधनः । धातूनां पुष्टिजननो मृजावर्णबलप्रदः ॥३०॥

Abhyanga makes the body soft, control kapha and vata aggravation, bestows nourishment to the tissue, good complexion / colour and strength to the body.

It is also important to maintain health of all the layers of the skin.

Udwarthana⁶ -

उद्वर्तनवातहरं कफमेदो विलापनम् ॥५१॥ स्थिरीकरणमङ्गानां त्वक्प्रसादकरं परम् ।

Specially in *Mamsala, medura* person by *Rooksha udwartana* mitigates *kapha* and *meda* in turn leading *sthiratha* of *Anga* and *tvak prasada*

Alepana⁷ -

मुखालेपाददं चक्षुः पीनगण्डं तथा अननम् । अव्यङ्गपिडकं कान्तं भवत्यम्बुजसन्निभम् ॥

By *Alepana*, makes the face free from *vyanga* and *pidika* and maintain the *kanti*.

Samvahana⁸-

प्रीतिनिद्राकरं वृष्यं कफवातश्रमापहम् ॥ संवाहनं मांसरक्तत्वक्प्रसादकरं सुखम् ॥

By samvahana, it nourishes the *dhatu*s like *mamsa*, *rakta*, *twak*.

Prakshalana⁹-

तथैवामकस्यवा । प्रक्षालयेन्मुखं नेत्रे स्वस्थः

शीतोदकेनवा ॥ नीलिकां मुखशोषं च पिडकां व्यङ्गमेव च ॥ रक्तपित्तकृतारोगान् सध्यविनाशयेत् ॥

Regular adopting *shitodaka* or *shita jala* prakshalana of mukha especially in morning after getting up from bed prevents the person from vyanga, pidika.

SELECTION OF DRAVYA IN SKIN HEALTH

- ▶ चन्दनतुङ्गपद्मकोशीरमधुकमञ्जिष्टासारिवापयस्यासितालताइतिदशेमानिवर्णनिभवन्ति ॥¹⁰

Chandana, *tunga*, *padmaka*, *usira*, *madhuka*, *manjistha*, *sariva*, *payasya*, *sita*, *lata* these drugs are complexion promoters.

DISCUSSION

IMPORTANCE OF ENHANCING THE PRABHA

Generally, adolescent age group are very conscious about their complexion and skin health. Hence *Dinacharya* should be mandatory followed, especially in *Yauvana avastha* to enhance the skin health and complexion.

PREVENTION OF TWACHA VIKRUT

तत्र, गण्डपिडकालज्यपचीर्चमकीलाधिमांसमषककुष्ठव्यङ्गादयो विकारा बहिर्गर्जाश्च ॥¹¹

AS A CURATIVE

Which is caused due to?

- ❖ Due to Gatatva of dosha

त्वग्रूक्षास्फुटितासुप्ताकृशाकृशाकृष्णाचतुद्दयते ।

आतन्यते सरागाचपर्वरुक्त्वस्थिते अनिल ॥ ३० ॥¹²

If *vayu* aggravated in the skin and showing the above lakshana, then specially *abhyanga* and *avagaha* are useful to cure the disease.

- ❖ Due to Twacha vikruti as kshudra roga

महत्वमेषामुत्तरोत्तरधात्वनुप्रवेशात् । धात्वन्तरप्रवेशोऽप्येषां बहुबहुलदोषारम्भात् । अतएव क्रियामहती महाकुष्ठे, क्षुद्रे पुनरत्पा ॥¹³

It means in kshudra roga, the involvement of Alpa Dosh, na utara utara dhatu pravesha of dosha and also the will not spread all over the body, so by regular adopting *dinacharya* it may cure the kshudra rogas like vyanga, mukhadushika, Vrakshana kachuka, kotha.

WHEN TO ADOPT CHIKITSA?

दोषाः क्षीणाबृंहयितव्याः, कुपिताः प्रशमयितव्याः, वृध्दानिर्हर्तव्याः समाः परिपाल्याइतिसिध्दान्तः ॥३॥¹⁴

Dinacharya can be adopted as for *sama paripalana*(maintainence)of *doshas*.

युक्तिव्यपाश्र्यं – पुनराहारौषद्रव्याणांयोजना (cha.su.11 /54)

Hence, proper administration of *Abhyanga, Udwartana, Alepa, Avagaha, Samvahana* and *Prakshalana* based on *yukthi* always's stands at the top than the mere knowledge of drugs.

TIME OF ADMINISTRATION

नित्यग्रहणंचोपलक्षणार्थम्।

एकद्वित्रिदिनान्तरमपियथोदितमाचरतोनदोषः ।¹⁵

Abhyanga, udwarthana can advised to practice once in a day or once in two days or once in three days regularly as it does not vitiate any *Dosha*. *Prakshalana, Alepana, Avagaha, samvahana* can be regularly adopt.

MODE OF ACTION ¹⁶

- Out of 4 *Teeryak dhamani*, each divides gradually hundred and thousand times and thus become innumerable.



These cover the body like network and their opening are attached to *Rooma koopa*.



Through these only *veerya* of *abhyangadi dravya* by the *udgharshana* there will be dilatation of *tiryakgata siras* which are present in *twacha* and this stimulates the *Bhrajaka pitta*



Enter into the body after undergoing *paka* with *Bhrajaka pitta* which is present in *Avabhasini* layer and show its action.

CONCLUSION

- Skin is our life long companion, due to its natural renewal processes, the top layer of skin today isn't same we had when we were 5 years old or even a month ago. Skin changes as you grow, from soft sensitive baby skin to adolescent oiliness to drier skin of later years.
- Hence it is important to protect our skin through practise of *Dinacharya*, as it protect us through out.

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