

Simple Remedies for Common Skin Problems W.S.R. To Ayurveda

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ABSTRACT

There is the biggest problem for the topical countries to protect or keep away our skin from different ailments different problems. In the Grishma Rhotu and after Grishma (early rainy season) there is lot of perspiration which leads to more more dehydration in turn to the undo dryness to the skin as well as due to sweating there is growth of different bacteria, fungi other pathogenic organism in the skin. As Ayurveda always says that prevention is better than cure, in Ayurveda's objectives it suggest that, "Swasthasy Swastha Rakshanam Aaturasy Vikaara Prashamanam Cha" which has been explained in Charak Sutras 30/26. It means restore the healthy state of life of healthy one, one who afflicted to any disease it can be treated by curative therapy by giving medicine. For restoring healthy state of life, there are several measures has been explained in Ayurveda, to perform physical exercise is the one of them. As the management point of view Ayurveda suggest different effective remedies on of different ailment of the skin which will be discussed in detail as here.

Keywords: *Ayurveda Remedies, Different Ailments, Twacha (Skin) Types etc.*

INTRODUCTION

Twak Utpatti (Formation of Skin)

- 1) According to Vagbhata Twak is formed by the essence of Rakta just like creamy layer is formed from boiled milk.
- 2) According to Sushruta; during the Paka of the Shukra and Shonita by Agni or Pitta Dosha, seven types of Twacha appear on the surface of the body of Garbha just like while heating milk, cream appears on its surface.
- 3) Acharya Charaka has described that every structure of the body develops from the Shadbhavas in that twacha is Matruja Bhava. Acharya Vagbhata stated that Twacha develops from Vayu Mahabhuta.

Numbers of Twacha (Types of Skin)

There is a great controversy among various Ayurvedic classics regarding the numbers of twacha. Charaka, Vrudhavabhata,

Bhela, and Kashyapa have stated six types of Twacha. The Acharya Sushruta, Bhavaprakasha has stated seven numbers of Twacha.

SKIN ACCORDING TO AYURVEDA

According to Charaka

Udakadhara

It is outermost layer of Twacha. As per the name it holds the Rasadhātu and Lasika inside the body and prevents their loss from the body.

Asrukadhara

It is the layer next to Udakadhara which has supplied by numerous blood vessels it holds the blood inside the body itself. Acharya Charaka has given names only to first two layers of Twacha. He described next layers of Twacha. He described next layers of Twacha on the basis of diseases occurring in them.

The **Trutiya** (third layer): is seat of manifestation of Sidhma and Kilasa.

The **Chaturthi** (fourth layer): is the seat of manifestation of Dadru and Kushtha.

The **Panchami** (fifth layer): is the seat of manifestation of Alaji and Vidradhi.

The **Shashti** (sixth layer): it is one on its excision causes loss of consciousness.

ACCORDING TO SUSHRUTA

In Garbha-Vyakarana Adhyaya of Sharirasthana; seven types of Twacha are mentioned.

These are as follow:

Avabhasani: it is first type of Twacha thickness measuring about 1/18th

Dalhan- 18/20th) Vrihi Bhaga (vrihi-rice grain); reflects all sort of complexions also brighten pancha chaya. It is the seat of Sidhma Padmakantaka.

Lohita: it is second layer of Twacha having the 1/16th (Dalhan-16/20th) Vrihi Bhaga (vrihi-rice grain) measurement it is the seat of Tilkalaka, Nyacha Vyanga.

Shweta: it is third type of Twacha having thickness of 1/12th (Dalhan-12/20th) Vrihi Bhaga (vrihi-rice grain), it is the seat of Charmadala Ajagalika Mashaka.

Tamra: it is fourth type of Twacha, having thickness of 1/8th (Dalhan-8/20th) Vrihi Bhaga (vrihi -rice grain)

Vedini: it is the fifth type of Twacha having thickness of 1/5th (Dalhan-5/20th) Vrihi Bhaga (vrihi-rice grain) which is the seat of Kushtha Vishrpa.

Rohini: it is the sixth type of Twacha measuring thickness about one Vrihi Bhaga (Dalhan- 1) (vrihi-rice grain) which is the seat for Granthi, Apache, Arbud, Shlipada, Galaganda *etc.*

Mamsadhara: it is the seventh type of Twacha having thickness about two vrihi bhaga (Dalhan-2) (vrihi-rice grain) it is the seat for Bhagandar, Vidradhi Arsha.

DIFFEERENT SKIN AILMENTS AYURVEDIC REMEDIES

Eczema

- 1) Pure mustard oil 150 ml, heat in an iron pot, add 50 gms of green chilly to

it till becomes black, then add 50 gms garlic stir it till gets black. Repeat the process with 50 gms of black cumin; smash the mixture collect in a glass bottle once it got cool. Apply the paste over the affected part.

- 2) Paste of tender leaves of Argwadha plant sour kanjee apply over the affected parts of the body.

Tinea Infection (Ringworm)

- 1) Paste of Manashila, Sesame oil Ark Kshira in equal quantity applies over the affected parts of the body for 7 days.
- 2) Paste of Sarjarasa, Tankan Kshara, Gandhaka Alum in equal quantity apply over the affected parts of the body for 7 days.

Kunakha (Paronychia)

- 1) Borax powder (Tankan Kshara) lemon juice Qs applied over the affected parts or nails.
- 2) Preparing a hole in lemon insert the affected nail in to the lemon whole keep in it for 5-10 minutes once per day for three days cures the Paronychia.
- 3) Application of Calotropis milk (Arka Ksheera) over the affected nails for 4-5 days.
- 4) In case of severe pain in the nail; tie a piece of clean cloth over the affected nail soaked in sour curd the pain will reduce within 2-3 minutes.

An Itchy Skin Eruption with Large Size Pimples

- 1) Keep both the leg of patient in Neem leaf decoction (Nimbi Patra Quath) wait till the patient feels the bitter taste in tongue. Then take out the legs of patient apply paste of sandal wood mixed with Karpooa all over the body followed by paste of raw turmeric, Durva Swarasa mustard oil in equal quantity after sun cooked (Surya Paka).

Scabies (Kacchu)

- 1) **Externally:** Sesame oil or Karanja oil 150 ml should be heated on fire in a container. Once fumes started coming, add 21 numbers of oleander leaves (Karaveera Patra) to it till it get black. Again add another 21 number of leaves till it get black. Repeat the procedure further two times. Once the procedure over smash the leaves with the help of an iron spatula thoroughly. Filter the mixture in to a clean glass container use the same over the scabies externally.
- 2) **Internally:** 10 gms of raw turmeric paste with equal quantity of brown sugar in empty stomach every morning for 11 days.

Cracks in Feet (Padadari)

- 1) Paste of tamarind fruit relieves cracks in feet.
- 2) Sun cooked paste of Sarjarasa triturate with old cow's ghee applies over the affected parts relieves cracks in feet.
- 3) Opium, borax powder, lead-oxide, Sarjarasa in equal quantity paste with mustard oil applies over the affected parts for 3-7 days.

Prickly Heat

- 1) 300 ml boiled water mixed with 20gms of cotten sulphate (Shodhitha Tuttha) applies over the affected parts of body.
- 2) Pure cooked coconut oil applies over the affected part of the body relieves prickly heat.

Burns due to Fire, Acids, Hot lime Gun Powder

- 1) Potato paste smear over the affected parts prevents the bristle pain.
- 2) Pure coconut oil or sesame oil with equal quantity of lime water applies over the affected parts for 2-3 times per day prevents bristle pain as well.
- 3) Pulp of Aloe Vera (Gritakumari) applies over the affected parts prevents pain bristles.

- 4) Application of the mixture of pure honey common salt prevents the bristle pain in case of burns.

DISCUSSION

Topic is tried to explore, up to the requirement of the common general people. Skin (Twacha) as per the ayurveda is explained as the basic knowledge for the common people. While explaining it; Twacha Utpati (formation of skin) as per ayurveda as well as the types of Twacha (skin) according Acharya Charak, is the father of Ayurveda Medicine Sushruta father of the surgery is explained.

The Acharya Charaka says there are six types of Twacha; where he also mentioned the manifestation of particular diseases likewise; 'Trutiya (third layer)' is seat of manifestation of Sidhma Kilasa. Similarly Acharya Sushruta has also mentioned there is different disease could be borne out in the different type of Twacha (skin). He mentioned seven type of Twacha (skin) likewise; 'Mamsadhara' it is the seventh type of Twacha having thickness about two Vrihi Bhaga (Dalhan- 2) (vrihi-rice grain) it is the seat for Bhagandar, Vidradhi Arsha.

There is many more solution over the skin problems which have been explained in Ayurveda; few of the pastes (external applications) which are useful in the common skin diseases are explained over here. So it will become helpful to the common people with low price. As India comes under tropical countries, in 365 days (one year) near around 40% days will have moderate temperature (more than moderate also) leads to many skin diseases.

CONCLUSION

There is common skin diseases appear repeatedly again. If someone takes care of skin by proper nourishment cleaning it frequently; by applying above said external applications; growth of different

germs certainly will be avoided. Moto or goal is to reach this 'Ayurveda' information to the common or general locality at the remote or civilized area (each corner) as much as possible; once they will get aware of it.

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