

Skin Anatomy and Physiology

The skin is the largest organ of the human body and plays a crucial role in protecting the body from external environmental factors such as bacteria, pollution, and harmful UV rays.

Structure of Skin

The skin consists of three major layers:

1. Epidermis

The outermost layer that protects the body from infection and water loss.

2. Dermis

The middle layer containing blood vessels, nerves, sweat glands, and hair follicles.

3. Hypodermis

The deepest layer made of fat and connective tissues that helps regulate body temperature.

Functions of Skin

- Protection from infections
- Regulation of body temperature
- Sensory perception
- Production of Vitamin D
- Maintaining hydration and moisture balance
- Skin Disorders (Modern Medical Perspective)

1. Acne

Acne is a common skin condition that occurs when hair follicles become clogged with oil and dead skin cells.

Causes

- Excess oil production
- Hormonal imbalance
- Bacterial infection
- Stress
- Poor diet

Symptoms

- Pimples
- Blackheads
- Whiteheads
- Red inflamed bumps

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Investigation

- Dermatological examination
- Hormonal testing (if required)
- Skin assessment

2. Melasma

Melasma is a condition characterized by dark patches on the skin, usually on the face.

Causes

- Sun exposure
- Hormonal changes
- Pregnancy
- Genetic factors
- Certain medications

Symptoms

- Brown or grey patches on face
- Usually on cheeks, forehead, and nose

Investigation

- Clinical examination
- Wood lamp examination

3. Vitiligo

Vitiligo is a condition where skin loses its natural pigment due to destruction of pigment-producing cells.

Causes

- Autoimmune disorders
- Genetic factors
- Stress
- Environmental triggers


Symptoms

- White patches on skin
- Gradual spreading of patches

Investigation

- Skin examination
- Wood lamp test
- Blood tests

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4. Psoriasis

Psoriasis is a chronic skin condition characterized by red patches covered with thick silvery scales.

Causes

- Immune system dysfunction
- Genetic predisposition
- Stress
- Infections

Symptoms

- Red patches with scales
- Itching
- Skin dryness
- Cracking of skin

Investigation

- Dermatological examination
- Skin biopsy (in some cases)

5. Eczema

Eczema is an inflammatory skin condition that causes itchy, dry, and irritated skin.

Causes

- Allergies
- Genetic factors
- Irritants
- Environmental triggers

Symptoms

- Dry skin
- Severe itching
- Red patches
- Skin inflammation

Investigation

- Skin examination
- Allergy testing

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6. Urticaria (Hives)



Urticaria is a skin reaction that causes itchy raised welts on the skin.

Causes

- Allergic reactions
- Certain foods
- Infections
- Medications
- Stress

Symptoms

- Red raised itchy patches
- Sudden swelling
- Burning sensation

Investigation

- Allergy testing
- Blood tests
- Medical history evaluation

Ayurveda and Twacha (Skin in Ayurveda)

In Ayurveda, skin is known as “Twacha.”

Healthy skin depends on the balance of three doshas:

- Vata
- Pitta
- Kapha

When these doshas become imbalanced, it may lead to various skin disorders.

Ayurveda considers skin health closely related to:

- Blood purity (Rakta Dhatu)
- Digestive health (Agni)
- Lifestyle habits
- Diet and nutrition

Twacha Vikara (Skin Disorders According to Ayurveda)

Ayurveda describes several skin diseases known as Kushta or Twacha Vikara.

1. Tarunyapitaka (Acne)

- Caused due to Pitta and Kapha imbalance
- Leads to pimples and inflammation

2. Vyang (Melasma / Pigmentation)

- Caused by Pitta imbalance
- Appears as dark patches on the face

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3. Vicharchika (Eczema)

- Associated with Kapha and Pitta imbalance
- Causes itching, dryness, and skin inflammation

4. Switra (Vitiligo)

- Caused due to imbalance in Pitta and Rakta Dhatu
- Results in white patches on skin

5. Kitibha Kushta (Psoriasis)

- Caused by Vata and Kapha imbalance
- Produces rough, dry, scaly skin patches

6. Shitapitta (Urticaria)

- Caused due to Vata and Pitta imbalance
- Produces itchy rashes and swelling

Ayurveda and Twacha Vikara Chikitsa (Skin Treatment)

Ayurvedic treatment focuses on internal detoxification and external skin nourishment.

Twacha Panchakarma

Panchakarma therapies help detoxify the body and purify the blood.

Common therapies include:

- **Virechana** – Detox therapy for blood purification
- **Raktamokshana** – Blood purification therapy
- **Basti** – Detoxification therapy
- **Abhyanga** – Herbal oil massage

These therapies help improve skin health and reduce chronic skin disorders.

Local Skin Therapies

Local Ayurvedic therapies include:

- Herbal face packs
- Medicated oils and creams
- Herbal pastes
- Steam therapy
- Skin cleansing therapies

These treatments help reduce:

- Skin inflammation
- Pigmentation
- Acne and scars

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Ayurveda and Skin Diet (Twacha Ahar)

Diet plays an important role in maintaining healthy skin.

Recommended Foods

- Fresh fruits and vegetables
- Green leafy vegetables
- Whole grains
- Nuts and seeds
- Plenty of water

Foods to Avoid

- Junk food
- Oily and fried foods
- Excess sugar
- Processed foods

A healthy diet supports glowing skin and prevents skin disorders.

Skin disorders are common but can be effectively managed with proper diagnosis, treatment, and lifestyle modifications.

Ayurveda offers a holistic approach that addresses the root cause of skin diseases and supports long-term skin health naturally.

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