

AYURVEDIC DERMATOLOGY: A FRONTIER OF SKIN CARE

Abstract

Skin is the medium for perception of beauty of the person which is the keen pleasure to the senses especially that of sight or which charms the intellectual of moral faculties. The word beautiful as an adjective qualifying the human beings refers to the physical beauty only. Skin illnesses are becoming a big threat to mental health as well as physical health because they disrupt aesthetic harmony. Improper food habits, lack of sleep, stress, and environment pollution all contribute to the disruption in the body, particularly on the skin as well as contribute to the ongoing need for effective skincare practices. The answer of all skin care practices either preventive or therapeutics hidden under the science of *veda* called *Ayurveda*. Currently new area of skin care is developing under the umbrella of Ayurveda called as Ayurveda dermatology. It focuses on using natural remedies, holistic approaches, and lifestyle changes to address skin-related issues and promote overall skin health. It can be by taking good nutrition, healthy practices like following daily regimen which are prescribed and appropriate use of medicines. The in-depth understanding of *ayurvedic* dermatology helps in future research and development in the area of skin care.

Keywords: Ayurveda, Dermatology, Skin Care, Beauty.

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I. INTRODUCTION

Skin is the medium for perception of beauty of the person which is the keen pleasure to the senses especially that of sight or which charms the intellectual of moral faculties. It means it has physical aspect as well as mental and spiritual aspect. The word beautiful as an adjective qualifying the human beings refers to the physical beauty only. Skin illnesses are becoming a big threat to mental health as well as physical health because they disrupt aesthetic harmony. Skin discloses the normal and pathological state of individual by changing its normal physiology and anatomy.

Humans are confronted with a range of ailments in the twenty-first century, due to machine-like routine, quick food, and a fast-paced living in a scientifically advanced environment. Improper food habits, lack of sleep, stress, and environment pollution all contribute to the disruption in the body, particularly on the skin as well as contribute to the ongoing need for effective skincare practices. The answer of all skin care practices either preventive or therapeutics hidden under the science of *veda* called *Ayurveda*. *Ayurveda* defined anatomical and functional description of skin under the heading of *Twacha*. Currently new area of skin care is developing under the umbrella of *Ayurveda* called as *Ayurveda dermatology*. It focuses on using natural remedies, holistic approaches, and lifestyle changes to address skin-related issues and promote overall skin health. The principles of *Ayurveda dermatology* are based on balancing the three *Doshas* (*Vata*, *Pitta*, and *Kapha*), maintaining proper digestion and metabolism, and promoting harmony between the body, mind, and spirit. In *Ayurvedic dermatology*, skin conditions are often seen as a manifestation of imbalances within the body. The approach involves identifying the root causes of skin issues rather than just treating the symptoms. *Ayurvedic* Skin care is the variety of practices that endorses, nourishes or intensifies the integrity of normal skin and its appearance. It can be by taking good nutrition, healthy practices like following daily regimen which are prescribed and appropriate use of medicines.

The in-depth understanding of *ayurvedic dermatology* starts forms the concept of skin or *Twacha*.

II. WHAT IS SKIN (TWACHA)?

The skin is the largest sense organ in the body and covers the body's exterior surface. It is the first line of defense mechanism of the body which protects the body from pathogens, abrasion, heat, and chemicals in a variety of ways. Along with its defensive actions against pathogens, it is also helps in body's thermoregulation through glands. Skin also have abundant of nerve ending through which sensation travels. It is *Twacha* is derived from *Twak Dhatu*, which means "to cover" in *Ayurveda*ⁱ. *Twacha* is formed in *Garbha* by the mixture of *Shukra* (semen) and *Shonita* (ovum), much like the creamy coating over hot milkⁱⁱ. According

ⁱ Deva Raja Radhakanta, Shabdakalpadrma, Dwitiya Kanda, Amar Publications New Delhi, 2018;667

ⁱⁱ Sushruta, Dalhana, Sushruta Samhita, Sharira Sthana, Garbhavyakarana Sharira, 4/4; edited by Acharya Yadavji Trikamji, Acharya Narayan Ram, Chaukamba Sanskrit Sansthan; 355

to Acharya Vagbhata in *Astanga Hridaya*, skin is formed from *Rakta Dhatu* during the sixth month of intrauterine lifeⁱⁱⁱ. *Twacha* is dominated by *Prithvi* and *Vayu Mahabhuta*.

III. DIFFERENTIATION OF SKIN LAYERS IN AYURVEDA

Twacha is considered as a seat of *Sparshanendriya* (i.e. sense organ)^{iv}. Development of skin takes place in 3rd month of intrauterine life. Skin is formed from the heat generated during *Shukra-Shonita Samyoga in Garbha*^v *Ayurveda* mentions 7 layers of skin^{vi}.

Table 1: Skin Layers in Ayurveda

Layers	Functions
<i>Avabhasini</i>	<ul style="list-style-type: none"> • Outermost layer, displays the wellness of <i>Rasa Dhatu</i> and aura of an individual • Proper hydration and regular massages helps to maintain the normal functioning of this layer
<i>Lohita</i>	<ul style="list-style-type: none"> • Indicates the quality of <i>Rakta Dhatu</i>. • If there are any impurities in the blood, it affects the aura and this layer is highly sensitive to sun
<i>Shweta</i>	<ul style="list-style-type: none"> • Delivers balance to skin color and as the name suggests it lightens up the darker shade of further inner layers
<i>Tamra</i>	<ul style="list-style-type: none"> • Supports immune system • It helps skin to function like a barrier.
<i>Vedini</i>	<ul style="list-style-type: none"> • It's the layer which senses touch, pain, pressure etc.
<i>Rohini</i>	<ul style="list-style-type: none"> • It aids in early wound healing and regeneration process, thus consumption of balanced, nutritional rich diet helps this layer.
<i>Mamsadhara</i>	<ul style="list-style-type: none"> • Strength and firmness to skin are imparted by this layer. • Drugs with <i>Vayasthapana Karma</i> nurse this layer.

IV. SKIN IN CONTEMPORARY SCIENCES

Modern medical sciences elaborated skin as the sense organ of touch and differentiate it into two prime layers called epidermis and dermis which further divided into many layers based on types of cells present^{vii}

ⁱⁱⁱ Vagbhata, Arundatta, Hemadri, *Astanga Hridaya*, *Sharira Sthana*, *Garbhavakranti Sharira*, 1/57; edited by Pt. Hari Sadashiva Shastri Paradakara, *Chaukamba Sanskrit Sansthan*; 371

^{iv} Agnivesha, *Drudabala*, *Charaka*, *Charaka samhita*, *Sutra Sthana*, *Indriyopakramaniya Adhyaya*, 8/10; edited by Acharya Yadadvji Trikamji, *chaukamba Ayurveda Academy*; 56

^v Agnivesha, *Drudabala*, *Charaka*, *Charaka samhita*, *Sharira Sthana*, *Mahati Garbhavakranti Shrirra*, 4/11; edited by Acharya Yadadvji Trikamji, *chaukamba Ayurveda Academy*; 318

^{vi} Bala Kanchan, Dave Alunkruta. *Role of Ayurveda in Skin Health*. *International Journal of Research in medical Sceinces and Technology*, 2019, Vol. No 8, Jul-Dec; 730-739

^{vii} Tortora J.Gerard, Derickson Bryan, *Principles of Anatomy and Physiology*, 15th edition, *Integumentary System*, page no 158

1. **Epidermis:** outermost layer, it acts as a barrier to infection from environmental pathogens and regulates the amount of water released from the body into the atmosphere through transepidermal water loss. It is composed of multiple layers of flattened cells that overlie a base layer (stratum basale) composed of columnar cells arranged perpendicularly.
2. **Dermis:** It is a thick layer of fibrous and elastic tissue that provides skin its strength and flexibility. It has blood arteries, sweat glands, hair follicles, and nerve endings.

V. RELATIONSHIP OF AYURVEDIC AND CONTEMPORARY SKIN TYPES

Table 2: Differentiated Layers of Epidermis and Dermis and Their Correlation with Ayurvedic Skin Layers Types

Layers of Skin (Modern)	Layers of Skin (<i>Ayurveda</i>)	
Stratum corneum Stratum lucidum Stratum granulosum Stratum malphigi	<i>Avabhasini</i> <i>Lohita</i> <i>Shweta</i> <i>Tamra</i>	Epidermis
Superficial papillary layer Superficial reticular layer Hypodermis	<i>Vedini</i> <i>Rohini</i> <i>Mamsadhara</i>	Dermis

Understanding present skin layers variance from the standpoint of *Ayurveda* facilitates in-depth knowledge of dermatology in terms of disorders.

VI. DOSHA SAMBANDHA TO TWACHA^{viii}

Doshas are fundamental energies or principles that govern the physiological and psychological functions of the human body. These *Doshas*—*Vata*, *Pitta*, and *Kapha*—are believed to be present in varying degrees in every individual and play a significant role in determining an individual's constitution, health, and overall well-being. The balance and harmony of these *Doshas* are central to *Ayurvedic* philosophy and practices. *Dosha* are further divided into 5 types each based on the functionality within the body and site of area residing. Out of each *Dosha* types, some of them resided in the body specially and played a significant part in preserving the structural and physiological integrity of the skin.

^{viii} Channabasavva D. Totad, Santoshkumar B. Utlaskar. A critical review on Skin Care Routine according to Ayurveda. *J Ayurveda Integr Med Sci* 2023;01:133-136.

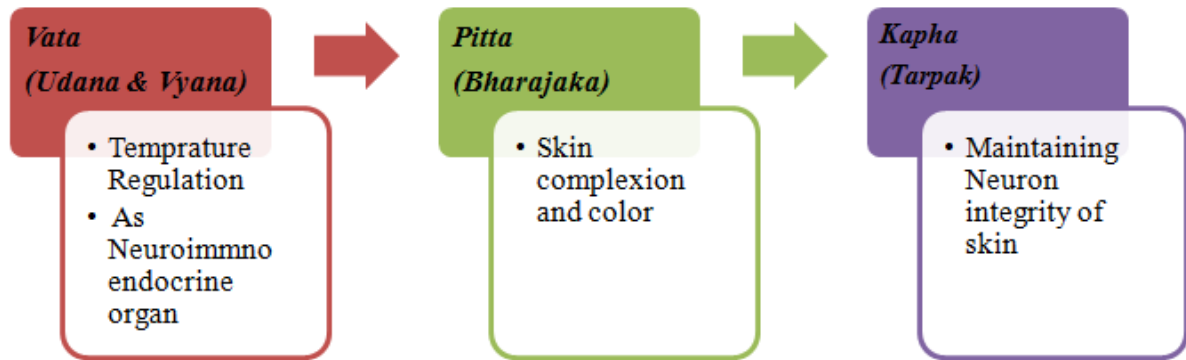


Figure 1: Dasha Responsible for Skin Functionality

VII. SKIN CARE IN AYURVEDA

Skin having more protective function and more vulnerable to infection, diseases and injuries. Hence, a proper and extra care should be given to skin. Healthy skin is a result of overall health condition of individuals and the vitiated *Tridoshas* from the body are mainly responsible for skin disorders and other diseases. Major causes of skin disorders are: consumption of substandard, unhealthy food, sedentary lifestyle, early aging process and hormonal imbalance.

Ayurveda mentions various concepts which will become the future of skin care in coming era. Like *Dinacharya*, *Ritucharya*, *Ritu Anusara Shodhana*, *Prakriti*, & *Sara* etc. One must adopt these healthy routine only after knowing their skin type.

1. *Dinacharya* – Daily Regimen for a Healthy Skin^{ix}

Table 3: Applicability of *Dinacharya* Concept in Skin Care

<i>Dinacharya</i>	Importance
<i>Ushapana</i> (Drinking water before sunrise)	<ul style="list-style-type: none"> • Helps in prevention of many diseases • Removes toxins from the body imparting healthy complexion to skin
<i>Dantadhavana</i> (Brushing of Teeth)	<ul style="list-style-type: none"> • One should brush their teeth twice i.e. in the morning and at night soon after having the food • It removes bad odor and wastes on teeth • It brings about freshness and cleanliness in mouth
<i>Jihvanirlekhana</i> (Scraping of tongue)	<ul style="list-style-type: none"> • Cleaning of tongue should be done with as instrument which is smooth, soft made of silver, gold or iron

^{ix} Agnivesha, Drudabala, Charaka, Charaka samhita, Sutra Sthana, Matrashitiya Adhyaya, 5/15-16, 57-62, 71-75, 76-80, 90-92, 95, 100, 101 ; edited by Acharya Yadadvji Trikamji, chaukamba Ayurveda Academy; 39, 41, 42, 43.

	<ul style="list-style-type: none"> • It helps in removing bad taste and bad odor of mouth
<i>Gandusha</i> (Gargling)	<ul style="list-style-type: none"> • Mouth is filled with some <i>Dravyas</i> like oil/water and kept without movement is <i>Gandusha</i> • It enhances strength to mandible, resonates voice and helps in proper taste sensation. • It prevents dryness of throat, decay of teeth and making it strong
<i>Ajana</i> (Collyrium)	<ul style="list-style-type: none"> • Eyes being one of the most important sense organ. One must protect it by applying <i>Anjana</i> every day. It helps in cleaning of eyes^x • Application of collyrium in to be avoided after crying, after the intake of alcohol, fever, fear, exhaustion and in menstruation.
<i>Nasya</i> (nose instillation)	<ul style="list-style-type: none"> • Prevents premature greying of hair, hairfal. Veins, bones, joints and ligaments of skull are nourished by <i>Nasya</i> • Enhancement in pleasantness in face, voice becomes sweet, deep and loud, strength of sense organs.
<i>Vyayam</i> (Exercise)	<ul style="list-style-type: none"> • Regular exercise nourishes the body, provides lightness in body, increase in one's tolerance power to exhaustion is seen.
<i>Abhyanga</i> (Massage)	<ul style="list-style-type: none"> • Massaging the body with oil according to the season, in the direction of body hair is advised. • Daily practice of <i>Abhyanga</i> detains ageing, restores tiredness and vata disorders and boosts vision, complexion, nourishment, good sleep, lustrous skin and strength. • <i>Abhyanga</i> has to be done specially to head, ears and feet • It prevents balding, greying of hair, strengthens hair roots. It also comforts the sense organs, skin becomes pleasant and adds brightness to the face • Dryness, stiffness, roughness and numbness present in feet are alleviated thus imparting smoothness and stability to feet. It also helps in improving vision, prevents diseases like cracking of foot, sciatica and stiffness of ligaments
<p>a) <i>Shiro abhyanga</i> (head massage)</p> <p>b) <i>Padabhyanga</i> (foot massage)</p>	
<i>Udvartana</i>	<ul style="list-style-type: none"> • Massage with powder of herbs without oil is <i>Udgarshana</i>^{xi} • Massage with the paste of herbs without oil is <i>Utsadana</i> • <i>Udgarshana</i> – cures itching, prevents rashes and vata disorders, pitta present skin gets enhanced, blood vessels get dilated and thus providing overall lightness in the body • <i>Utsadana</i>- enhances complexion, cleanliness and lightness in the body
<i>Snana</i> (Bath)	<ul style="list-style-type: none"> • Bathing is considered as auspicious because it promotes

^x Vagbhata, Arundatta, Hemadri, Astanga Hridaya, Sutra Sthana, Dinacharya Adhyaya, 2/5; edited by Pt. Hari Sadashiva Shastri Paradakara, Chaukamba Sanskrit Sansthan; 25

^{xi} Sushruta, Dalhana, Sushruta Samhita, Chikitsa Sthana, AnagataPratishedha Adhyaya, 24/51; edited by Acharya Yadavji Trikamji, Acharya Narayan Ram, Chaukamba Sanskrit Sansthan; 489

	virility, lifespan, strength, compactness, and Ojas while also alleviating fatigue and body odor.
<i>Vastra dharana</i>	<ul style="list-style-type: none"> Wearing clean clothes improves one's appearance, success, longevity, and happiness of mind.
<i>Padatra dharana</i>	<ul style="list-style-type: none"> Wearing footwear is considered as good for eyes, skin and destroys diseases of foot. It enhances strength, courage and virility
<i>Chatra dharana</i>	<ul style="list-style-type: none"> Wearing head turban and umbrella helps to keep the hair in good condition by protecting it from rain, wind, dust and intense heat of sun. It enhances Ojas, benefits the eyes, and boosts complexion.

2. **Ayurvedic Concept of Personalized Skin Care:** *Ayurveda* considers *Ahara* as one among *Trayopastambha* and no treatment is complete without mentioning of diet/nutrition to be followed. Thus, proper healthy balanced diet, dietary guidelines play a crucial part in supporting the skin's immune function and preserving its natural integrity. *Ayurveda* divides people into three types of *prakriti*: *Vata*, *Pitta*, and *Kapha*, each with its own set of characteristics. Your dominant *Dosha* influences your skin type and probable skin concerns. To preserve skin health, eat foods that match your unique *Dosha*.

- **Vata Skin:** Eat warm, filling meals like cooked grains, root vegetables, healthy fats, and warming spices like ginger and cinnamon.
- **Pitta Skin:** Eat cooling foods like leafy greens, cucumbers, and coconut, and avoid spicy and hot meals.
- **Kapha Skin Type:** Choose light, warming meals like steamed vegetables and lean meats, and add spices like turmeric and cayenne to promote metabolism.

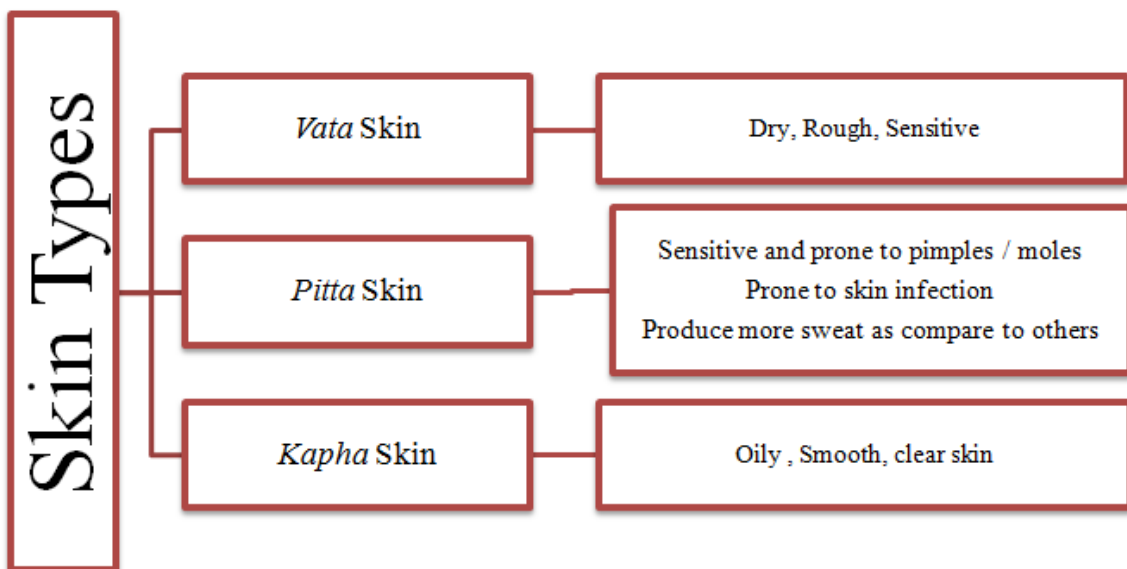


Figure 2: *Prakriti* based Skin Care

3. Ritucharya- Regimen to be Followed as per Season in Maintaining Healthy Skin: ^{xii}

Table 4: Applicability of Ritucharya in Skin Care

Ritu	Diet Regimen	Lifestyle
<i>Shishira</i> (winter)	<ul style="list-style-type: none"> • <i>Amla rasa</i> (sour) food is favored. • Cereals/pulses, food made with wheat/gram flour, and new rice are suggested. • Include ginger, garlic, <i>haritaki</i>, <i>pippali</i>, sugarcane products, milk, and dairy-related goods in your diet. • Food that containing the flavors <i>Katu</i> (pungent), <i>Tikta</i> (bitter), <i>Kashaya</i> (astringent), <i>Laghu</i> (light), and <i>Sheeta</i> (cool) are to be avoided. 	<ul style="list-style-type: none"> • <i>Abhyanga</i> using paste, powder, or oil • Taking a warm bath - Being outside in the sun - Dressing warmly • <i>Vata</i>-aggravated lifestyle factors including wind exposure and late-night sleeping should be avoided.
<i>Vasanta</i> (Spring)	<ul style="list-style-type: none"> • Foods with <i>Tikta</i> (bitter), <i>Katu</i> (pungent), and <i>Kashaya</i> (astringent) are to be taken; • Honey should be included in the diet; and easily digestible meat can be consumed. • Foods to avoid include <i>Sheeta</i> (cold), <i>Snigdha</i> (oily), <i>Guru</i> (heavy), <i>Amla</i> and <i>Madhura Rasa</i>, new grain, curd, and cold beverages. • Cereals like old barley, wheat, and rice and pulses like lentils and moong dal are preferred. 	<ul style="list-style-type: none"> • <i>Warm-water bath; exercise; Udvartana with Chandana, Keshara, and Agarú powder; Kavala, Dhoomapana, Anjana; Shodhana- Vamana (emesis); and Nasya.</i> • <i>Avoid sleeping during the day.</i>
<i>Grishma</i> (Summer)	<ul style="list-style-type: none"> • Foods that are easy to digest include <i>Madhura</i> (sweet), <i>Snigdha</i> (oily), <i>Sheeta</i> (cold), and <i>Drava</i> (liquid). Rice and lentils are preferred. • Drink plenty of water as well as other liquids like buttermilk, fruit juices, meat soups, mango juices, and churned curd with pepper. • Take milk mixed with sugar before bed. • Avoid <i>Katu</i>, <i>Amla</i>, <i>Ushna</i>, and 	<ul style="list-style-type: none"> • <i>Chandana and other scented pastes should be applied to the body, light clothing should be worn, and sleeping during the day is encouraged. At night, one can enjoy the cool moonlight and air.</i> • <i>Refrain from engaging in strenuous activities, excessive sexual indulgence, and alcohol preparations.</i>

^{xii} Agnivesha, *Drudabala, Charaka, Charaka samhita, Sutra Sthana, Tasyashritiya Adhyaya, 6/9-48*; edited by Acharya Yadadvji Trikamji, *chaukamba Ayurveda Academy; 45-48.*

	Lavana foods.	
<i>Varsha</i> (Monsoon)	<ul style="list-style-type: none"> • Foods with the flavors of amla, lavana, and snigdha should be consumed. Cereals such as old barley, rice, and wheat should also be included in the diet. • It is also encouraged to drink medicated or thoroughly cooked water. • Refrain from consuming river water, churning preparations that contain more water, excessive fluids, wine, and foods that are difficult to digest. 	<ul style="list-style-type: none"> • <i>Basti (medicated enema) is recommended for removing vitiated Vata dosha from the body. It is also advised to avoid getting wet in the rain, day-sleeping, exercise, hard work, sexual indulgence, wind, and staying on a river bank.</i>
<i>Sharad</i> (Autumn)	<ul style="list-style-type: none"> • Foods which are having Madhura, Tikta, Laghu and cold are recommended. • Include foods like wheat, green gram, sugary treats, honey, Patola, and the flesh of land animals in your diet. • avoid foods like fat, oil, meat of aquatic animals, curds, etc. 	<ul style="list-style-type: none"> • <i>It is advised to eat only when you are truly hungry.</i> • <i>Use water that has been purified by the sun's rays during the day and the moon's rays at night for drinking, bathing, and other uses.</i> • <i>The body should be covered with Chandana paste and garlands should be worn.</i> • <i>It is believed that the moon rays of first three hours of nighttime are conducive for health.</i> • <i>During this Ritu, purgation therapy and bloodletting (Rakta mokshana) are prescribed.</i> • <i>Prevent excessive eating, daytime sleep, and sun exposure.</i>
<i>Hemanta</i> (Late Autumn)	<ul style="list-style-type: none"> • Food that has an oily, sweet, sour, and salty flavor is to be taken • Cereals and pulses such as new rice, flour preparations, green gram, and black gram are acceptable. • Other foods to include in the diet include different meats, fats, milk and milk products, sugarcane products, fermented foods (Shidhu) and tila. • Foods that aggravate Vata, such as 	<ul style="list-style-type: none"> • It is advised to exercise, massage your body and head, use warm water, take a sunbath, apply <i>Agaru</i> to your body, wear heavy clothing, participate in monogamous sex, and live in a warm environment. • Avoid daytime sleeping and exposure to strong and cold winds.

	light, cold, dry foods, and cold beverages, should be avoided	
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4. **Mukhalepa (Facepack) According to Season:** *Vagbhata* mentioned *Ritu Anusara Mukhalepana*. He adds the person who is habituated to applying paste of herbal drugs over face, vision improves, the skin never ages, and it glows like a lotus flower. (*A.H Su 22/22*)^{xiii}

Table 5: Different Herbal Formulation as Mukhalepa for Facial Glow

Season	Mukhalepana
<i>Grishma</i>	<i>Kumuda, utpala, Chandana, Ushira</i>
<i>Varsha</i>	<i>Kaliyaka, Tila, Ushira, Padmaka</i>
<i>Sharad</i>	<i>Pundarika, Yastimadhu, Ushira, Agaru</i>
<i>Hemanta</i>	<i>Vasa, Badara, Lodhra, Sarshapa</i>
<i>Shishira</i>	<i>Daru haridra, Yava, Tila, Kateri roots</i>
<i>Vasanta</i>	<i>Chandana, Ushira, Shirisha, Shatapushpa</i>

5. **Single Herbs as a Solution to Skin Problems:** *Ayurveda* mentions varieties of single herbs in treatment of skin disorders. Even household drugs like neem, turmeric, coconut and castor oil etc. can also be used as a medicine in ailments to skin. Castor oil is useful in sunburn, age spots etc. Daily usage of coconut oil can increase complexion of skin and has anti-microbial property. Aloe Vera helps with skin burns, speeds up the healing process, and protects against UV radiation. Honey has been applied topically to treat burns and wounds. Additionally, it possesses antibacterial and antifungal properties. Turmeric is having anti-inflammatory activity. Neem has got antifungal, anti-inflammatory action. Even face pack can be prepared with besan, honey and curd and applied to face and neck once in a week. It helps to increase complexion.
6. **Anti- Ageing Properties of Ayurvedic Medicines:** Anti-ageing treatment includes 2 types of therapies- *Urjaskara* (promotive) and *Vyadhihara* (curative). *Ayurveda* explains various groups of drugs which are anti-ageing, complexion promoters, healing and anti-inflammatory in action.

Table 6: Skin Healing and Care Properties of Herbs

Properties	Ayurvedic Drugs/ Herbs ^{xiv}
<i>Vayasthapana</i> (Age defying activity)	<i>Amruta, Abhaya, Dhatri, Mukta, Jivanti, Mandukaparni, Punarnava</i>
<i>Varnya</i> (complexion promoters)	<i>Chandana, Tunga, Padmaka, Ushira, Madhuka, Manjista, Payasya, Sita, Lata</i>
<i>Sandhaniya</i> (healing and	<i>Yastimadhu, Guduchi, Mocharasa, Dhataki,</i>

^{xiii} *Vagbhata, Arundatta, Hemadri, Astanga Hridaya, Sutra Sthana, Gandushadi Vidhi Adhyaya, 22/19-22; edited by Pt. Hari Sadashiva Shastri Paradakara, Chaukamba Sanskrit Sansthan; 301*

^{xiv} *Joshi Ravi. Skin care in Ayurveda. World Journal of Pharmaceutical and Medical Research, 2020, 6 (8), 64-67*

regenerative)	<i>Udumbara</i>
<i>Vranaropana</i> (deep healing)	<i>Shallaki, Laksha, Madhuka, Arjuna, Udumbara</i>
<i>Twachya</i> (nurturing)	<i>Patola, Khadira, Arjuna, Karanja</i>
<i>Shothahara</i> (anti-inflammatory)	<i>Chandana, Ashwagandha, Devadaru, Lodhra</i>
<i>Twagrasayana</i> (skin promoters)	<i>Amalaki</i>

7. **Clinical Skin Care Approach:** Various *Ayurvedic* texts like, *Sushruta Samhita* mentions *kshudra Rogas* in which many skin care treatment have been documented^{xv}.

- **Arumshika (Eczema on Scalp and Face):** Decoction of *Nimba* (*Azadiracta indica*) can be used to wash the lesions, and then paste of *Haratala* (Orpiment), Turmeric, *yastimadhu* (*Glycyrrhiza glabra*), *Eranda* (*Ricinus communis*) and *Bhringaraja* (*Eclipta alba*) is applied overhead.
- **Vyanga (Black Spots) and Nilika (Naevus):** here the patient is instructed to apply a paste made from the bark of the plant *Kshira-Vriksha* (which contains sap) or a paste made from the herbs *Bala* (*Sida cordifolia*), *Atibala* (*Abutilon indicum*), *Yastimadhu* (*Glycyrrhiza glabra*), and *Gairika* (*Haematite*).
- **Yauvana Pidika (Pimple/Acne):** the application of a paste made of the herbs *Vacha* (*Acorus calamus*), *Lodhra* (*Symplocos racemosa*), *Saindhava* (rock salt), *Dhanyaka* (*Coriandrum sativum*), and *Kushta* (*Saussura leppa*).

8. **Rasayana Chikitsa- Rejuvenation Therapy^{xvi}:** *Rasa Dhatu* is said to be enriched with nutrients by *Rasayana Chikitsa*, which is said to help one achieve longevity, intelligence, health, youth, excellence in luster, complexion, and voice, optimal development of the body and sense organs, mastery over phonetics and brilliance, and the ability to reverse the effects of aging by stopping the degeneration of body cells and immunizing the body. It comprises internal rejuvenation medications, a medicated steam bath, body massage with oil or powder, and head and face massage with medicated oils and creams. *Triphala Rasayana*, *Chyawanprash*, *Amalaki Rasayana*, *Brahmi Rasayana*, etc. are the most often utilized *Rasayanas*.

9. General *Ayurvedic* Guidelines for Healthy and Glowing Skin

- In the morning, drink warm water with a twist of lemon for good digestion and cleansing.
- Include healthy fats in diet, such as ghee, coconut oil, and olive oil. They keep the skin hydrated and create a healthy shine.
- Eat fruits and vegetables that are locally sourced and in season. These meals are said to be more energetically compatible with the current season and can help with general well-being.

^{xv} Sushruta, Dalhana, Sushruta Samhita, Nidana Sthana, Kshudraroga Nidana, 13/36, 39, 44, 45-46, ; edited by Acharya Yadavji Trikamji, Acharya Narayan Ram, Chaukamba Sanskrit Sansthan; 322, 323, 324

^{xvi} Agnivesha, Drudabala, Charaka, Charaka samhita, Chikitsa Sthana, Abhayamalaki Rasayana Pada, 1/1/7-8; edited by Acharya Yadavji Trikamji, Chaukamba Ayurveda Academy; 376

- In *Ayurveda*, several spices are thought to promote healthy skin. Turmeric is well-known for its antioxidant and anti-inflammatory effects. Coriander, cumin, and fennel promote digestion, which helps to avoid skin problems caused by poor digestion.
- Highly processed and refined meals can worsen bodily imbalances and cause skin problems. Reduce your consumption of sugary, fried, and processed meals.
- *Ayurveda* recommends limiting dairy consumption, particularly for people with congested or acne-prone skin, because dairy products can aggravate skin problems.
- *Ayurveda* recommends periodic cleaning procedures such as *Panchakarma* to eliminate toxins from the body and support skin health.

VIII. CONCLUSION

One of the most presentable body parts for judging a person's attractiveness and look is their skin. Skin is mirror image of body & mind. A good, healthy skin reflects one's personality. By following guidelines of *Ayurvedic* dermatology, one can maintain the functional integrity of healthy and glowing skin.