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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.

1.

INTRODUCTION

Skin is the seat of the sense organs, serving as the medium through which touch, pain, temperature, and pressure are perceived. In Ayurveda, it is classified as a *Matruj Avyava*, signifying its maternal origin. Beyond its sensory function, it provides the primary external covering for the entire body. The seven layers of the skin derive their nutrition from *Mansa Dhatu* (muscle tissue). It is regarded as an *Updhatu* (secondary tissue) of *Mansa Dhatu* because it mimics the primary tissues in supporting the body's structure but does not perform *Poshan Karma* (the act of providing nutrition) to other tissues like *Rasa* (plasma) or *Rakta* (blood). Consequently, it is understood that glowing skin is the direct reflection of high-quality *Rasa* and *Rakta Dhatu*.

2. CHARACTERISTICS OF IDEAL SKIN (TWAKASARA)

Individuals possessing *Twakasara* (ideal skin excellence) exhibit specific physical and mental traits:

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· Soft, oily, thin, smooth, and lustrous skin texture.

· Deep-rooted, black, oily, and thin hair; smooth eyebrows and eyelashes.

· Unctuous and oily appearance of the mouth, lips, palate, and tongue.

· High intelligence, learned nature, and a tendency toward a long, happy, and healthy life.

3. SKIN TYPES ACCORDING TO DOSHAS

Skin Type	Characteristics	Vulnerabilities
Vata	Dry, thin, cool to touch, delicate.	Dehydration, premature aging, flakiness.
Pitta	Fair, sensitive, soft, warm, medium thickness.	Freckles, moles, photosensitivity, acne.
Kapha	Oily, thick, pale, soft, cool.	Enlarged pores, blackheads, water retention.

4. DIETARY AND LIFESTYLE MANAGEMENT

A. Vata Skin Care

Focus on internal and external lubrication. Favor warm, unctuous foods with sweet, sour, and salty tastes. Use lukewarm water for hydration and incorporate ghee or olive oil into the diet. Daily warm oil massages and gentle natural moisturizers are essential.

B. Pitta Skin Care

Requires cooling and nurturing. Favor sweet, bitter, and astringent tastes (e.g., rose petals, juicy fruits). Avoid spicy foods, harsh synthetic cosmetics, and excessive sun exposure. Use cooling oils like coconut oil for massage.

C. Kapha Skin Care

Focus on regular detoxification and stimulation. Diet should be warm, light, and pungent or bitter to balance oiliness. Daily exercise and exfoliating clay scrubs help improve circulation and clear pores.

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5. EFFECT OF STRESS ON SKIN

Stress impacts the skin through three distinct pathways:

· **Mental Stress:** Dries out skin moisture and shrinks *Strotas* (micro-channels), leading to wrinkles.

· **Emotional Stress:** Chronic anger or embarrassment triggers Pitta-based issues like acne and redness.

· **Physical Stress:** Excessive strain or over-exercising depletes natural moisture, resulting in rough, aged skin.

6. AYURVEDIC TREATMENTS AND REMEDIES

Ayurveda views skin diseases as primarily stemming from sluggish liver function and toxin (*Ama*) build-up. Management is classified into:

· **Shodhana (Purification):** Procedures like *Vaman*, *Virechana*, and *Raktamokshana* for chronic conditions.

· **Shamana (Pacification):** For mild imbalances, utilizing herbs like *Khadira* (oral) and *Aragwadh* (topical).

· **Varnya Dravya:** Complexion-promoting herbs including *Chandan*, *Manjistha*, and *Shatdhout Ghrita*.

7.

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