

Rachana & Kriya Sharir of Twacha- A Literary Review.

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Abstract

Sharir Rachana and Kriya of twacha are the important aspects for twacha dushti and twacha roga. A detailed study and analysis of the concept of the twacha, its rachanatmak and kriyatmak aspect is of utmost importance as twacha is the seat for all twacha rogas. Various Ayurvedic samhitas have been referred for a detail literature review of this concept. The Utapatti layers of twacha, its panchbhautikatwa all have been encompassed in the paper. The doshic involvement, the dhatu's involvement in the formation of twacha has also been mentioned. In order to understand any skin disease (twacharoga) a detailed study of the Rachana and Kriya Sharir of Twacha is necessary. The conceptual aspect of twacha needs to be understood because skin disorder is outer exhibition of some kind of internal pathology.

The ancient science of life, Ayurveda provides valuable information regarding various herbs which are useful in curing various skin ailments. Many scholars from around the world are working on skin diseases (twachrogas) and are trying to find out new solutions for treatment approaching it. Considering the limitations of modern medicine, there are high expectations from Ayurved for various

Keywords: Twacha, Sharir, Rachana, Kriya.

1. Introduction

The knowledge of sharir rachana and sharir kriya is of utmost important as skin is the most important factor involved in the pathogenesis of any disease which is manifested in the skin. Twacha is the seat for various twacha rogas. Twacha is the most crucial site of expression and manifestation for most rogas. Almost every roga has its one or many lakshanas having vyaktisthan as twacha. Twacha is a seat of sparshanendriya. It is seat of dnyanendriya. To know the vikruti first one should know the prakruti. Skin is one of the most important body part and sensory organ. In modern times, the physicians are confronted with many new diseases, as well as with new forms of old diseases, that makes the medical practice more difficult and interesting too. But besides this, there is other category of diseases, i.e. continuing to be a challenge for medical practitioners, not by their news, but by their impact among same category of population and by their unsatisfactory solutions offered by medical practice. Out of them, group of skin diseases always remain a subject of our special interest and attention.

A detailed, conceptual, microscopic analysis of the sharir rachana and sharir kriya of Twacha is of high value because skin disorder is outer exhibition of some kind of internal pathology. Many scholars from around the world are working on Twacha roga (skin diseases) and are trying to find new solutions for treatment approaching of it. Almost every other day,

new solutions are offered. Also skin and skin diseases have a definite effect on personality which is worth more in this era and especially in adolescent age.

AIM

To study the concept of sharir rachana and sharir kriya of Twacha.

Objectives

1. To do a detailed literary review about the concept of sharir rachana of Twacha.
2. To do a detailed literary review about the concept of sharir kriya of Twacha.
3. To study the relation between dosha, dhatu, mala and Twacha.

Material and Method

This article includes sharir rachana & kriya sharir of Twacha and relation between dosha, dhatu & mala with Twacha and references are collected through different Ayurved granthas

Sharir Rachana of Twacha

According to Ayurveda twacha is a seat of Sparshanendriya. It is a dnyanendriya i.e. Organ of sense. It carries the sensation of Touch. It covers the external part of the body. It also covers the other sense organ. It is described as Matruja avayava. It is made up of combination of panchmahabhutas of which vayu mahabhuta is the most important.

The development of skin occurs in Tritiya masa i.e. third month of intrauterine life. The acharya described the development of skin by a suitable example. The skin develops like layer of cream on the milk. The heating of milk results in the formation of cream like layer on the surface. The formation of skin results from heat generated in the process of union of shukra and shonita and the formation of other dhatus in foetal body.

There are different views regarding the development of the skin. Acharya Charka states that development of the skin results from the shukra shonita sanyog and formation of all seven dhatus. According to Acharya Vagbhata, the skin develops during the formation of blood. Acharya Charka has considered that the skin is made up of six layers.

According to Acharya Sushruta the seven layers of skin are:-

- **Avbhasini**:- This is the first superficial layer. It is responsible for the colour and shadows of five types i.e. prabha. It measures about $1/8^{\text{th}}$ part of vrihi.
- **Lohita**:- It measures about $1/6^{\text{th}}$ part of vrihi.
- **Shweta**:- This is the third layer of skin having thickness about $1/12^{\text{th}}$ part of vrihi.
- **Tamra**:- 4^{th} layer having thickness of $1/8^{\text{th}}$ part of vrihi.
- **Vedini**:- It is the 5^{th} layer and measures $1/5^{\text{th}}$ part of vrihi.
- **Rohini**:- It is 6^{th} layer which has thickness of vrihi.
- **Mamsadhara**:- It is the 7^{th} layer it has the thickness of 2 vrihi.

Sharir Kriya of Twacha

The physiology of the body is mainly governed by the dosha, dhatus and mala. So, to examine the role of skin in the physiology of our body. We will have to assess the effects of dosha, dhatus, and malas.

The skin retains water and keeps itself moist. It is clear that it has a relation with water content and sweat as described by Acharya Charka in Sharir Rachana. The skin is responsible for absorption of sneh which is in the form of skin ointment,

lepa etc. According to Ayurveda, twacha means skin which is related to vata dosha .It is site of vata and also the sense of touch carried out through skin by vata. Another aspect is that reflection of vata dosha in the body is expressed on the skin. Types of pitta dosha called **BHRAJAKA PITTA** also stays there and gives colour to skin.

Vata dosha vriddhi in the body is exhibited by darkness of the skin. The pitta dosha vriddhi in the body results in yellowish discolouration of the skin, whereas in pittakshaya the lusture of the skin is lost. The vriddhi of kapha dosha causes whitish discolouration of the skin.

Dhatus like **MAMSA DHATU** are directly related to the skin. Twacha is updhatu and also root of mamsavaha Strotas. Also **RASA** and **RAKTA** Dhatus are indirectly related to skin. While lusture of the body which is reflection of god **SHUKRA** is also seen on skin.

Presence of sweda is essential for maintaining the health of the skin. The oiliness of the skin has relation with **MAJJA DHATU** because the twaka or mala of majja dhatu is exhibited on the skin.

The most important role of the skin in the body is to reflect colour, oiliness, to carry out sense of touch, cover the body organs and hence protect them from external organisms. Maintenance of body mala by excretion of sweda. By doing so, skin helps in body physiology in normal conditions. In abnormality it reflects the abnormal situations.

Likely correlation between layers of skin and Twacha sharira:-

Epidermis

1. Horne layer- Avbhasini.
2. Stratum lucidum- Lohita.
3. Stratum granulosum- Shweta

Dermis

1. Malphigian layer- Tamra
2. Papillary layer- Vedini
3. Reticular layer- Rohini.

Subcutaneous tissue and muscles- Mamsadhara (sthula)

Skin Structure

Skin is the largest organ in the body comprises 16% of body weight; surface area 1.8M².

Structure and thickness vary with site. The thickness varies between 0.6mm (e.g. eyelids) and 3mm (e.g. back and soles). Skin does the dual work as a barrier between the outside environment and our body. The layers of the skin are epidermis and dermis.

Epidermis

The epidermis is the outermost layer, having a thickness of 0.1 to 0.6 mm as per its location on our body. 90-95%of cells in the epidermis are keratinocytes. The bottom most layer of epidermis has a layer of undifferentiated keratinocytes which are in contact to the dermis.

These rows of cells divide constantly and thereby producing new cells. Outermost layer of skin is stratum corneum which is similar to brick and more far.

Dermis

Inner layer of skin between epidermis and other layer of tissue fat muscle etc. thickness is 0.3 to 0.4 mm. Blood vessels supplying nutrients to all skin layers are in dermis. An extracellular protein, immune cells, resides in dermis.

Discussion & Conclusions

Skin (Twacha) is one of the important presentable organ in the body. It is a definite role in one's personality. So, disorders of skin (Twacha) affect not only somatic level but also on psychological level too. To get a proper idea of skin diseases one must know the normal echo texture. Hence, normal condition of skin (twacha) is necessary. Hence, the sharir rachana and kriya of twacha sharir has to be studied in depth.

Skin is one of the sensory organ and thus helps in knowledge. It is in a way covering of the whole body not only externally but also internally.

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