

EFFECT OF ABHYANGA, MASSAGE & SWEDANA ON COMPONENTS OF SKIN

Vardhan Swati¹, Gupta Lokesh², Suman lata³, Akshra⁴

¹Assistant Professor, Rachna Sharir Department, CDL College of Ayurveda, Haryana, India

²Associate Professor, Shalya Tantra Department, CDL College of Ayurveda, Haryana, India

³Assistant Professor Ras Shastra Evum Bhaishajya Kalpana, CDL College of Ayurveda, Haryana, India

⁴Assistant Professor, Shareer Kriya Department CDL College of Ayurveda, Haryana, India

Email: dr.swati.vardhan@gmail.com

ABSTRACT

In the present scenario, people are very much conscious about their health as well as beautiful and clear skin. Thus health and beauty are two faces of single coin. Moreover a person who is physically healthy, and is personified by beauty is much more intelligent and confident than a normal being. The skin is extremely compound organ and moreover it is the largest and most important organ of the body. It is out of five *Gyanindriyas* as described by Ayurvedic classics, which is responsible for *Sparsh Gyan* or touch sensation, therefore it plays a great role in physical and mental well being of an individual. It plays a vital role in body's general working. The unbroken skin is the nature's dressing over the body; it acts as an effective barrier against the entry of diseases and its damage results in a whole host problems. This is a humble effort to study the total structure of *twak* as per *ayurvedic* classics and to highlight the effect of *abhyanga*, massage & *swedana* on components of skin.

Keywords: *Gyanindriyas, Sparsh gyan, Twak, Abhyanga, Swedana.*

INTRODUCTION

A good physical, mental as well as healthy skin in turns reflects on the complexion of an individual depends on *SamAgni*¹. *Agni* is the causative factor for *Rupa, Varna, Pitta*². During the course of development of *Garbha*³, differentiation of the layers of skin takes place and is produced by all *Doshas*, particularly by *Pitta Dosh*⁴.

Ayurveda has mentioned about three fold physical components viz. *Vata, Pitta, Kapha* which are considered as primary and essential biological factors of human being. Out of three *Vata* is causative factor for skin and *Pitta* is causative factor for *Rupa, Var-*

na, luster 5, in maintenance of body temperature, absorption etc. Skin commonly get effected due to complex nature of underlying stress by the influence of endocrine glands of the body, particularly ovary and testis, race, age, nutritional status, temperature, excessive use of cosmetics also influence the aetiology to a greater extent.

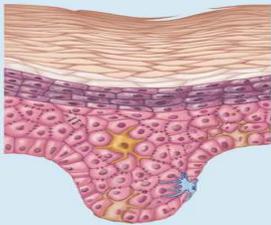
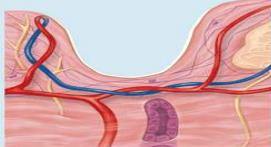
Skin also owns its great physiological importance such as acts as barrier to physical agents. It protects our body against mechanical injury. It prevents loss of body fluids. It affords a surface for grip. It reduces penetration of UV radiation. It helps in regulating

body temperature. It plays a major role in Vit- D production. It acts as an outpost for immune surveillance.

So important is the skin to the self-image that many people spend a great deal of time and money to restore it to the normal youthful appearance. Hence it

is necessary to study *Twak*⁶ along its seat *Bhrajaka Pitta* with the comparative study of structure, chemistry and physiology of the skin; to evaluate the possibilities and factors related and associated with *Twak* and *Bhrajaka Pitta* and its seat in the light of modern science.

LAYERS OF SKIN

Layer	Specific Layer	Description
 <p>Epidermis</p>	Stratum corneum	Most superficial layer; 20-30 layers of dead, flattened, anucleate, keratin-filled keratinocytes; protects against friction and water loss
	Stratum lucidum	2-3 layers of anucleate, dead cells; seen only in thick skin
	Stratum granulosum	3-5 layers of keratinocytes with distinct keratohyaline granules
	Stratum spinosum	Several layers of keratinocytes all joined by desmosomes; Langerhans cells present
	Stratum basale	Deepest, single layer of cuboidal to low columnar cells in contact with basement membrane; mitosis occurs here; melanocytes and Merkel cells also
 <p>Dermis</p>	Papillary layer	More superficial layer of dermis; composed of areolar connective tissue; forms dermal papillae; contains subpapillary vascular plexus
	Reticular layer	Deeper layer of dermis; dense irregular connective tissue surrounding hair follicles, sebaceous glands and sweat glands, nerves, and deep plexus of blood vessels extending into subcutaneous layer
 <p>Subcutaneous layer</p>	No specific layers	Not considered part of the integument; deep to dermis; composed of areolar and adipose connective tissue

OBJECTIVES OF STUDY

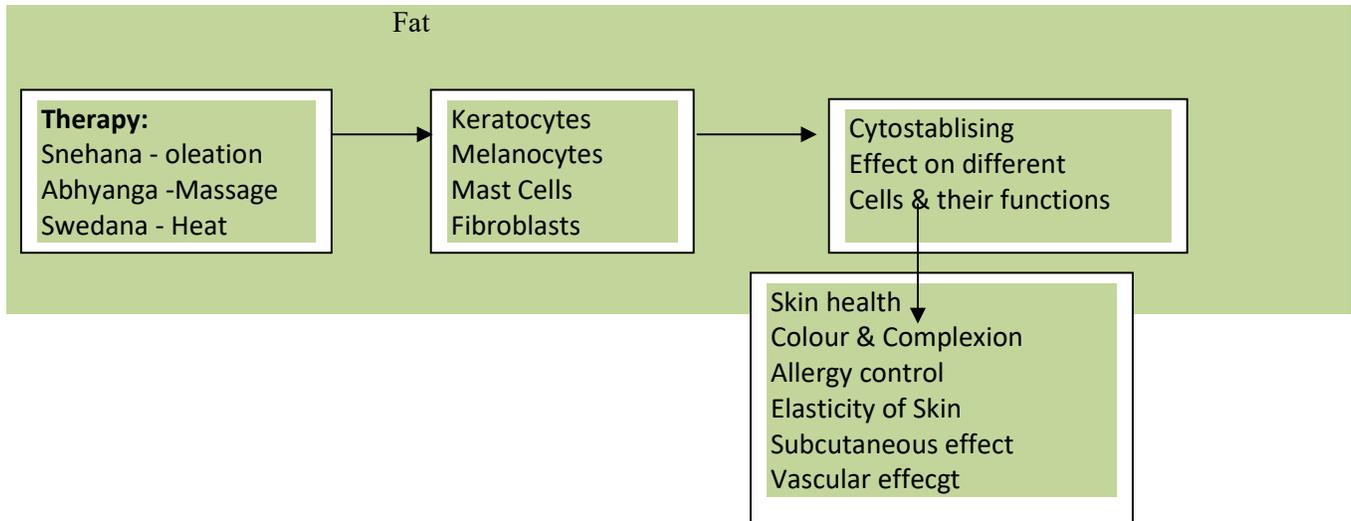
To study the total structure of *twak* as per *ayurvedic* classics and to explain the effect of *abhyanga*⁷, *massage & swedana*⁸ on components of skin

The anatomical structure and physiological functions of the skin as described in modern science. The detailed description of *Twacha* as per various *Acharayas* of *Ayurveda*.

MATERIAL AND METHODS

EFFECT OF ABHYANGA, MASSAGE & SWEDANA ON COMPONENTS OF SKIN

Layers of Skin	Components	Attributes
1. Epidermis	Keratocytes Melanocytes	→ Surface protection → Colour of Skin
2. Dermis	Blood Vessles Nerve, Lymphatics Glands Cells.... Mast Cells Fibroblasts	→ Support → Histamine → Fibres
3. Subdermis	Subcutaneous	Cushion → Function



Conventionally for routine consideration following three layers of skin are described as below-

1. The epidermis
2. The dermis
3. The subdermis

The epidermis contains two types of cells viz., keratinocytes and melanocytes. The outer most nuclear portion of epidermis is Stratum Corneum and it acts like a tough keratinous membrane as a water proof wall between internal fluid and environment. It protects the skin from loss of fluid and entry of toxic agents. It is also a passive membrane for some substances which move across the skin by passive diffusion in the direction of concentration gradient. Oleation, massage and fomentation which are routinely done as *Purvakarma* in *Panchkarma* therapy operates directly on epidermis, and may influence the keratinocytes and their protective quality as well as the melanocytes which are responsible for colour and complexion of the skin.

Under the epidermis lies dermis which is essentially the connective tissue element and embraces nerves, blood vessels, lymphatics, glands and certain specific types of cells such as Mast cells, Fibroblasts and Histiocytes. Mast cells form an important assembly which is known to produce histamines; a humour intimately concerned with vasomotor activity, allergic reactions and control of several secretory functions. Histamine is the mediator of skin allergies in-

cluding urticarias. Presumably the therapeutic *Abhyanga* may have direct mast cell stabilizing effect besides mast cell cleansing effect which may help in curing skin allergies and urticarias. The fibroblasts which lie in the dermis are responsible for producing Collagen and other fibrous material which play important role in healing of inflammation.

The subdermis is essentially the subcutaneous tissue which includes subcutaneous fat. This layer acts like a cushion between the dermis and the bones.

DISCUSSION AND CONCLUSION

Effect of Therapy:

Snehana – oleation, *Abhyanga* -Massage, *Swedana* – Heat. All these Panchkarma procedures directly affect on Keratocytes, Melanocytes, Mast Cells and Fibroblasts thus leads to Cytostablising Effect on different Cells & their functions. It improves Skin health and Colour & Complexion. It also helps in Allergy control and maintains Elasticity of Skin. It has Subcutaneous and Vascular effect on skin.

Bhrajaka pitta located in skin enables digestion or *paka* of substances used for *Abhyanga* because of its heating quality of enzymatic action. It is also responsible for production of normal and abnormal colour of the body. It bestows lustre and provides colour and creates *prabhas* of head, hands, feet, sides back, face, nails, eyes and hairs. It also brightens them as that of function of enzyme tyrosinase

over melanin; *Bhrajaka pitta* has the same impact over skin and its pigments.

The melanin producing cells contain an enzyme, the dopa oxydase that in the presence of hydroxyl phenylalanine produces a dark cytoplasmic colour reaction. It has been shown that the dopa oxidase and tyrosinase are the same enzyme acting first to oxidize the tyrosine to dopa and then dopa to melanin. Therefore, *Bhrajaka Pitta* may be correlated to enzyme tyrosinase as both resides in the skin and *Bhrajaka Pitta* has also enzymatic function because of its metabolic action therefore, responsible in regulating normal colour of the body.

REFERENCES

1. Sushruta Samhita chikitsa sthana Ayurveda tatwasandipika Dr. Ambikadatta shashtri by Chaukhamba Sanskrit Sansthan. sutra sthan 15/18
2. Sushruta Samhita sharir sthana Ayurveda tatwasandipika Dr. Ambikadatta shashtri by Chaukhamba Sanskrit Sansthan. 4/4
3. Sushruta Samhita sharir sthana Ayurveda tatwasandipika Dr. Ambikadatta shashtri by Chaukhamba Sanskrit Sansthan. 4/4
4. Agnivesa Charka Samhita sutra sthana with Ayurveda Dipika commentary by Chakrapani datta and Nirantara Pada Vyakhya by Jejjata, edited by Prof. R.H Singh, published by Chaukhamba Surbharati Prakashan Varanasi 12/11
5. Agnivesa Charka Samhita sharir sthana with Ayurveda Dipika commentary by Chakrapani data and

Nirantara Pada Vyakhya by Jejjata, edited by Prof. R.H Singh, published by Chaukhamba Surbharati Prakashan Varanasi. 7/16

6. Agnivesa Charka Samhita sharir sthana with Ayurveda Dipika commentary by Chakrapani data and Nirantara Pada Vyakhya by Jejjata, edited by Prof. R.H Singh, published by Chaukhamba Surbharati Prakashan Varanasi 7/16
7. Agnivesa Charka Samhita sutra sthana with Ayurveda Dipika commentary by Chakrapani data and Nirantara Pada Vyakhya by Jejjata, edited by Prof. R.H Singh, published by Chaukhamba Surbharati Prakashan Varanasi. 5/80-92
8. Agnivesa Charka Samhita sutra sthana with Ayurveda Dipika commentary by Chakrapani data and Nirantara Pada Vyakhya by Jejjata, edited by Prof. R.H Singh, published by Chaukhamba Surbharati Prakashan Varanasi. 14/20-24

Source of Support: Nil

Conflict Of Interest: None Declared

How to cite this URL: Vardhan Swati et al: Effect of Abhyanga, Massage & Swedana on Components of Skin. International Ayurvedic Medical Journal {online} 2018 {cited May, 2018} Available from: http://www.iamj.in/posts/images/upload/1042_1045.pdf