

REVIEW OF SKIN INFECTIONS (TWAK ROGAS) AND ITS NATURAL SOLUTIONS

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ABSTRACT

Healthy and beautiful skin is a good indication of an individual's overall level of general health and fitness. Skin and Skin infections are common and range from minor pyodermas to severe necrotizing infections. Now a day's, Skin infections are more common to persons because of changed life styles, food habits and causative organisms. In our Ayurveda, it is stated that Physical, Mental and Spiritual beauty as a combined unit projects the cosmetic sense of Ayurveda. According to Ayurveda, healthy skin is the result of overall condition of individuals and prescribes numerous skin care treatments that need to be pursued at every stage of life. In the doctrines of Ayurveda, the twak rogas are known by the general term Kusta. Present article explains skin description, functions and importances of skin, types, causes, risks, symptoms, diagnosis of skin, Ayurvedic view twak rogas and home care and alternative treatment.

Key words: *skin infections, Ayurveda, Kusta.*

INTRODUCTION

The skin is responsible for numerous important activities of the body. These activities include temperature regulation, insulation, sensation, synthesis of vitamin D, and protecting your body from a variety of different pathogens⁷. Beauty and skin care go hand in hand, especially for those who want to show off their best with confidence. Starting good skin habits at a young age will contribute to younger looking skin in our not so young years later on⁸.

Skin Description: Skin is the largest organ of the body. It consists of three layers of tissues: the epidermis, the dermis and the subcutaneous layer. **Skin** is the soft outer covering of vertebrates. The adjective **Cutaneous** means "of the skin" (from Latin *cutis*, skin). The skin, along with hair and nails, is the protective covering of the body. In addition, the skin prevents germs from entering the

body and damaging internal organs. Skin supports the life of all other body parts and plays a role in maintaining the immune system. Skin also helps to regulate body temperature through the sweat glands⁴.

Skin Infection:

The skin covers the organs, tissues, bones, and muscles of the body. An important function of the skin is to protect the body from infection. Skin infections can be caused by a wide variety of germs, and symptoms can vary in severity. In some cases, infections can spread beyond the skin and into the bloodstream.

Types of Skin Infection:

There are several types of skin infection. The type of infection often depends on the cause. For example, impetigo is a skin infection caused by a bacterial infection. Some common types of skin infections are:

- Boils
- Cellulites
- Rubella
- Fifth Disease
- Yeast Infection
- Ringworm
- Methicillin-Resistant Staphylococcus Aureus (Mrsa).

Causes a Skin Infection:

The three main causes of a skin infection are bacteria, viruses, and fungi⁵.

Viral

1 Chicken Pox

2 Measles

3 Warts

4 Herpes

Bacterial

Folliculitis: Also called Barber's Itch

Impetigo

Fungal

Candida, Athlete's foot and ringworm⁶.

Risk for a Skin Infection:

Several factors can increase a person's risk of developing a skin infection. A decreased immune system can be caused by an illness or a side effect of medication. This can increase the chances of a skin infection. In addition, fungi often grow in warm, moist environments. Wearing sweaty or wet clothes can be a risk factor for skin infections. A break or cut in the skin may allow bacteria to get into the deeper layer of the skin.

Symptoms of a Skin Infection: The symptoms of a skin infection can vary depending on the type. A common symptom includes redness of the skin. A rash may also develop. In some cases, such as cellulites, swelling can also occur. Sores, blis-

ters, and lesions can also be symptoms of certain skin infections.

Diagnosis: A skin infection can be diagnosed with a medical exam. In some cases, a culture of skin cells helps a doctor determine what type of fungus or bacteria is present.

According to Ayurveda, the twak rogas are known by the general term Kusta. In Bruhatrayee Kusta rogas are 2 types: MAHA KUSTA- there are 7 types AND KSHUDRA KUSTA- there are 11 types^(1, 2, 3)

Skin Infection Treatment:

Treatment depends on the cause of the infection and severity. Some types of viral skin infections may not require treatment. Bacterial infections are often treated with medications such as antibiotics. Medication is often administered directly on to the skin.

When the infection is moderate to severe, oral antibiotics or possibly intravenous medication may be needed. Medications to reduce discomfort, such as anti-inflammatory medications, may be recommended.

Home Care and Alternative Treatments

Home care for a skin infection works to reduce symptoms. Home care may include the following:

- Cold compresses can be applied several times a day to reduce itching and inflammation.
- Over-the-counter antihistamines may help decrease itching.
- Topical creams and ointment can be applied to the skin to help reduce itching and discomfort.

Prevention:

There are several ways to reduce the chances of developing a skin infection.

Frequent hand washing is one of the best ways to prevent skin infections. Changing quickly out of wet, sweaty clothes can reduce the chances of fungal skin infections. Covering open sores or wounds can decrease the chances of bacteria entering the skin and causing infection⁵.

CONCLUSION

Improvement in the standard of living, education of the general public, improvement in the environmental sanitation and good nutritious food may help us to bring down the skin diseases in this area.

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