

## A COMPREHENSIVE LITERATURE REVIEW OF AVABHASINI TWACHA-SHARIR AS A SEAT OF SIDHMA IN CONTEXT OF TINEA VERSICOLOR

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### ABSTRACT

*Ayurveda* is an ancient science of life. In *ayurvedic* classical textbook of *sharira sthana* has described the internal & external body features. Amongst these *sushruta samhita sharir sthana* has great anatomical significance, hence it is said that "*sharire sushruta shrestha*". In *garbha vyakarana sharir adhyaya* of *sushruta samhita*, *twacha* has seven layers with their thickness & mentioned their respective of disease. Each layer is significant as it is the site for specific *vyadhi*. Out of these, the first or outermost layer of *twacha* is named *Avbhasini*, the location of *Sidhma* as well as *Padmakantaka*. *Acharya sushruta* described two types of *kushta* - *Maha kushta* and *Sudrakushta*. *Sudrakushta* is further categorized into various types each of which includes a detailed explanation of *Sidhma*. Modern science mentioned the skin disorders *tinea versicolor* and it has similar signs and symptoms to that of *Sidhma*. This review study aims to correlate *Sidhma* & *Tinea versicolor*.

**Keywords:** *Avbhasini, Sidhma, Twacha, Kushta, Tinea versicolor*

## INTRODUCTION

The word 'Twacha' is derived from the root word 'Twaka avarane' which means thin covering ubiquitous on the exterior body that envelops overall tissues of the body.

Embryology of skin (*twacha utpatti*)- *acharya sushruta* described that during *paka* of *shukra* and *shonita* by *Agni* or *Pittadosha*, seven types of *twacha* appear on the surface of a body of *garbha* just like while heating milk result cream appears on its surface.<sup>1</sup> it is a *aatmaj bhav avayava*.<sup>2</sup>

*Acharya charaka* described that the development of *twacha* occurs in *tritiyamas* (third month) of intrauterine life<sup>3</sup> and it is a *matrujaavayava*.<sup>4</sup>

*Acharya vagbhata* states that the development of *twacha* occurs due to *raktadhatu* by *dhatvagni*.<sup>5</sup>

It is included under *pancha gyanendriya adhisthana*<sup>6</sup> it carries the sensation of touch because of *vayu mahabhuta*.

Types of *twacha*-

*Acharya sushruta* has mentioned seven types of *twacha* in *garbha vyakaran sharir*. These are - 1. *Avabhasini*, 2. *Lohita*, 3. *Shweta*, 4. *Tamra*, 5. *Vedini*, 6. *Rohini*, 7. *Mamsadhara*. *Acharya sushruta* mentioned the thickness of *twacha* in the measurement of *vrihipramana*.<sup>7</sup>

*Acharya sharangdhar* has also mentioned seven types of *twacha* in *Kaladikakhyana*. These are - 1. *Avabhasini*, 2. *Lohita*, 3. *Shweta*, 4. *Tamra*, 5. *Vedini*, 6. *Rohini*, 7. *Sthoola*. Out of this first or outermost layer of skin is *Avabhasini twacha*. It is the *twakroga Adhisthana* of *sidhma* & *Padmakantaka*. This layer measures about 2 *Vrihi* (rice grain).<sup>8</sup>

*Acharya Bhavprakash* has mentioned seven types of *twacha*. These are – 1. *Avabhasini*, 2. *Lohita*, 3. *Shweta*, 4. *Tamra*, 5. *Vedini*, 6. *Rohini*, 7. *Sthoola*.<sup>9</sup>

**Table 1:**

S. No	Sushruta	Sharangdhara	Bhavprakash
1.	Avabhasini	Avabhasini	Avabhasini
2.	Lohita	Lohita	Lohita
3.	Shweta	Shweta	Shweta
4.	Tamra	Tamra	Tamra
5.	Vedini	Vedini	Vedini
6.	Rohini	Rohini	Rohini
7.	Mamsadhara	Sthoola	Sthoola

*Avabhasini twacha*- *Avabhasini twacha* which provide color to the skin. When the sunlight falls on this layer, five types of colors & shadows get reflected i.e., *Chaya*. This is the outermost layer of the skin. *Avabhasini twacha* is thick = 1/18 part of *Vrihi*. But this measurement is not the same throughout for all the body parts.<sup>10</sup>

*Sidhma kustha*- *Sidhma* is a type of *kushtaroga*. It is commonly seen in all seasons; aggravation of symptoms can be seen in *greeshma ritu* and also in the humid climate. According to *acharya sushruta*, *sharngadhara*, *Bhavprakash-sidhma* occurs in the first layer (*Avabhasini twacha*) of skin but *charaka* explain it in *triteeyaka* layer.

**According to acharya sushruta**

कण्ड्वन्वितं श्वेतमपायि सिध्म विद्यात्तनु प्रायश ऊर्ध्वकाये॥<sup>11</sup> *Sidhma* is itching, white, painless & thin patch generally found in the upper portion of the chest.

According to *acharya charaka*

परुषारुणानि विशीर्णं बहिस्तनून्यन्तः स्निग्धानि शुक्लरक्तावभासानि बहून्यल्पवेदनान्यल्प-कण्डूदाहपूपयलसीकानि

लघुसमुत्थानान्यल्पभेदक्रिमीण्यलाबुष्पसङ्काशानि सिध्मकुष्ठानीतिविद्यात्॥<sup>12</sup>

*Sidhma* is rough, reddish with thin white, red luster, numerous having little pain, itching, heat, pus & lymph having slight causation & little decay & organism & similar to bottle gourd flowers is known as *Sidhma kushta*.

### According to acharya charaka

Sidhma is white, coppery, thin leave out dust-like powder on rubbing & similar to bottle gourd is known as Sidhma kushta, it appears mostly on chest.<sup>13</sup>

### According to acharya vagbhata

सिध्मं रूक्षं बहिः स्निग्धमन्तर्घृष्टं रजःकिरेत्। ऋषणस्पर्शं तनु श्वेतताम्रं दौग्धिकपुष्पवत्। प्रायेण चोर्ध्वकाये स्यात् ॥<sup>14</sup>

Sidhma has ruksha outside & snigdghata inner side, it causes dust-like powder on rubbing on touch which is Slakshna & thin, white, reddish.

### According to acharya Bhavaprakash

श्वेतताम्रञ्चतनुयद्भ्रजोघृष्टंविमुञ्चति। प्रायेणोरसितसिध्ममलाबुकुसुमोपमम्॥<sup>15</sup>

Sidhma is white, coppery, thin leave out dust-like powder on rubbing & similar to bottle gourd is known as Sidhma kustha, it appears mostly on the chest. Apart from the chest, it can also occur in another region.

**According to modern science** - tinea versicolor (pityriasis versicolor) is a superficial fungal infection, caused by Malassezia furfur. Which is lipophilic tinea versicolor having clinical features like – hyper-pigmented or hypo-pigmented lesion on the upper central trunk, neck, back & upper arms although lesions may be found elsewhere on the skin except soles & palms. These lesions are maybe popular, macular.<sup>16</sup>

The presence of normal skin texture plays an important role in both the physical & mental wellbeing of an individual. Abnormal skin can severely impair quality of life & may be exacerbated by the fact that people with skin disease may suffer the effect of stigma. Sidhma roga is one of the skin disorders affecting particularly the skin of urapradesh.

**Table 2:** Correlation of tinea versicolor with Sidhma based on their characteristics -

Modern science	Charaka	Sushruta	Vagbhata	Bhavaprakash
1. Patches of skin discoloration (hypo-pigmented or hyper-pigmented)	Alabu pushpavat	Sweta Varni	Dougdhika pushpavat	Alahbu-kusum-upmam
2. Neck, chest, back, upper limb	urdwakaya	Urdwakaya	Urdwakaya	Prayen-ursi
3. Mild itching	Alpakandu	Alpakandu	Alpakandu	-
4. Scaling (dust-like outer skin material)	Rajo-ghristham	-	Rajo-ghristham	Rajo-ghristham

## MATERIAL AND METHODS:

In this article, all sorts of references have been collected and compiled from charaka samhita, sushruta samhita, Astanga hridayama, sharangdhara samhita & Bhavaprakash and research articles and internet sources. All matter analysed for the discussion and an attempt has been made to draw some conclusion.

## DISCUSSION

Skin diseases can be prevented by a proper balance of dosha dhatu and mala.<sup>17</sup> If we go through the dosaj involvement of twacha, among the five types of vayu, mostly vyanavayu related to skin. Among the five types of pittas - bhrajak pitta is situated in the skin.

According to charaka kapha is mainly responsible for the lustre and texture of the skin. Twacha is a seat of rasa dhatu. It has an important role in the formation of the colour and complexion of the skin. Acharya

charaka mentioned skin as updhatu of mamsha or skin nourished from mamsha dhatu. Sweda is one of the Trimalas which maintains lustre & turgidity of skin. Vitiating of dosha, dhatu, mala, Panchmahabhuta is responsible for the generation of disease.

According to acharya sushruta - Sidhma is a type of Kshudra Kushta. It is kapha dosha pradhana Kshudra Kushta.

According to acharya charaka – Sidhma is a type of Maha kushta. It is kapha-vata dosha pradhana Maha kushta.

According to modern science, skin is involved in primary or secondary manifestations of skin and systemic disorders. Tinea versicolor is a superficial fungal infection, characterised by hyper-pigmented or hypo-pigmented patch on upper central trunk, back, powdery & thin scales. Tinea versicolor was found to have a similar sign and symptom as that of Sidhma.

*Acharya Charaka* said that the patches of skin discoloration are similar to *alahbu-pushpavat* & these patches are mainly found in *urdwakaya* with *alpakandu* & *rajo-gristham* (dust-like powder on rubbing). *Acharya Sushruta* said that these patches of lesion on the skin are *sweta Varni* & mainly found in *urdwakaya* with *alpakandu*. *Acharya Vagbhata* said that the patches of skin discoloration are similar to *Doughdhika Pushpavat* & these patches are mainly found in *urdwakaya* with *alpakandu* & *Rajo-gristham* (leaving the dust-like powder on rubbing). *Acharya Bhavprakash* said that the patches of lesion on the skin are *alahbu-kusum-upmam* & these patches are mainly found in *urha Pradesh* with *rajo-ghristham*. *Tinea versicolor* was found to have a similar sign and symptom as that of *sidhma*.

## CONCLUSION

According to ancient *Ayurveda* science, *dosha*, *dhatu* and *mala* are the base of the human body. Only stable condition of *dosha*, *dhatu* & *mala* is considered health conditions of the body. As a site of particular, *Twacha vikar* layers of skin nomenclated only in *Ayurveda*. The first layer *Avabhasini* is considered as the location of *sidhma*. Based on similarities of signs and symptoms can correlate with *tinea versicolor* mentioned in modern science. Based on layer involvement modern pathogenesis also indicate hyper-pigmented or hypo-pigmented patch on the upper central trunk. Which is keenly observed by *acharyas* at that time.

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