

AKALA VALI AND ATI-CHINTA: AN AYURVEDIC PERSPECTIVE ON ETIOPATHOGENESIS AND MANAGEMENT

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ABSTRACT

Akala Vali (premature wrinkles) is an important cosmetic concern that may reflect early skin degeneration. Although Ayurveda does not describe *Vali* as an independent disease with specific aetiology and pathogenesis, its development can be interpreted through *Rasa Dhatu Dushti*, *Pitta* aggravation, *Pitta Prakriti*, and *Ati-Chinta*. This conceptual study reviewed classical Ayurvedic texts to explore the relationship between *Vali*, skin physiology, ageing, causative factors, pathogenesis, and management. Ayurvedic approaches including *Rasayana*, *Nasya*, *Basti*, internal medicines, and external *Taila* application may support skin nourishment and delay premature ageing. Appropriate diet, lifestyle modification, stress management, and preservation of *Rasa Dhatu* are emphasized for prevention.

KEYWORDS: Akala Vali; Rasa Dhatu; Pitta Dosha; Ati-Chinta; Rasayana; Skin ageing.

INTRODUCTION

Cosmetology emphasizes maintaining a youthful and healthy appearance, in which the skin plays a vital role. Skin reflects an individual's identity and conveys information related to age, health, lifestyle, and overall well-being. Facial appearance is greatly influenced by skin texture, elasticity, hydration, and the presence or absence of wrinkles. Wrinkles on the face and neck are among the earliest visible signs of ageing and may occur as part of the natural

ageing process or appear prematurely due to various intrinsic and extrinsic factors. In Ayurveda, **Akala Vali** refers to the premature development of wrinkles before the expected age. Ayurvedic texts do not describe as an independent disease with a specific aetiology and pathogenesis; however, its development can be understood through Rasa Dushti and Pitta Dosh involvement and age-related physiological changes. This study is proposed to explain the concept of **Akala Vali** along with its causes, pathogenesis, Ayurvedic management, and preventive measures by emphasizing appropriate diet and lifestyle.

AIMS AND OBJECTIVES

1. To study the fundamental concept of *Vali* from *Brihatrayee*, *Laghutrayee* in *Ayurveda*.
2. To spread awareness in the society regarding stress to prevent *Akala Vali*.

MATERIALS AND METHODS

For this study *Ayurveda* text like *Caraka Samhita*, *Sushruta Samhita*, *Ashtanga Sangraha* and *Ashtanga Hridaya*, *Yogratnakar*, *Charkradatta*, have been referred. The available commentaries of the respective texts in Sanskrit, English and Hindi were also used.

Conceptual Study

Etymology of *Twak*

Skin was referred to as '*Tvaca*' or '*CHARMA*' in the *Ayurvedic* classics. "*Tvaca*" is derived from '*Twach Savarne*' *Dhatu*, which means the covering of the body.^[1]

Formation of *Twak*

Following the fertilization of *Sukra* – *Sonita*, skin begins to develop during fetal growth, with all three *Doshas*, but especially *Pitta* is responsible for this formation. Just as *Santanika*, all the layers grow and thicken outside of the fully mature fetus.^[2]

Carak describes skin derived from *Mamsa Dhatu* while *Vagbhata* states that *Twak* is formed from *Rakta*. The *Twak* forms when *Rakta* has been *Paka* by its *Dhatvagni*, much like how cream forms on the surface of boiling milk.^[3]

Matrja Bhava plays an important role in the development and maintenance of *Twak*.^[4]

According to Modern science Skin formation starts at 4-5 week and complete at 27-40 week in fetus.

Relation of Dosha and Twak Varna

Pitta is responsible for normal & abnormal colour of the body, but in *Chakrapanitika* it is explained that *varna* of the skin is depend on *pitta* of the body and thus we can consider that normal & abnormal *Twak varna* is also depend on *pitta* of the body.^[5]

Relation of Pitta, Pitta Prakriti and Vali

In *Sushrut Samhita*, due to the hotness of *pitta* in the body and having *pitta* type of constitution- *Akala Vali* occurs.^[6] In *Ashtanga Hridaya Pitta prakriti* help to develop *Akala Vali*.

Relation between Vali and Age

As described in *Sharangadhara Samhita*, *Twak hani* manifests after 50 years of age, reflecting the natural degenerative changes associated with ageing of the skin.^[8]

Layers of Skin

There are several differences of view regarding the number of skin layers. *Carak* says six layers, although *Sushrut* claims there are seven layers of skin.^[9]

Layers of skin (Sushrut)

Name	Thickness	Disease
<i>Avabhasini</i>	1/18 of the <i>Vrihi</i>	<i>Sidhma, Padmakantaka</i>
<i>Lohita</i>	1/16 of the <i>Vrihi</i>	<i>Tilakalaka, Nyachcha, Vyanga</i>
<i>Sveta</i>	1/12 of the <i>Vrihi</i>	<i>Charmadala, Ajagallika, Mashaka</i>
<i>Tamra</i>	1/8 of the <i>Vrihi</i>	<i>Kilasa& Kushtha</i>
<i>Vedini</i>	1/5 of the <i>Vrihi</i>	<i>Kushtha & Visarpa</i>
<i>Rohini</i>	1 of the <i>Vrihi</i>	<i>Granthi Arbuda Apaci, Sleepada</i>
<i>Mamsadhara</i>	2 of the <i>Vrihi</i>	<i>Bhagandara, Vidradi Arsa</i>

Moden view of skin

Two main components make up the skin, Epidermis the outer, thinner layer made up of epithelium. A subcutaneous layer called the Dermis is made up of adipose tissue and areolar tissue. This layer adheres to the organs and underlying tissue.

Structurally the skin is divided into two parts- Epidermis, Dermis.

➤ Epidermis

- Stratum Corneum
- Stratum Lucidum
- Stratum Granulosum

- Malpighian layer

➤ Dermis

- Papillary layer
- Reticular layer.

Correlate the Skin Layers Indicated by Sushrut with the most recent anatomy of Skin, as seen below.

Sr no.	Ancient Term	Modern correlation	Types of skin
1	<i>Avabhasini</i>	Stratum Corneum	Epidermis
2	<i>Lohita</i>	Stratum Lucidum	
3	<i>Sveta</i>	Stratum Granulosum	
4	<i>Tamra</i>	Malpighian layer	
5	<i>Vedini</i>	Papillary layer	Dermis
6	<i>Rohini</i>	Reticular layer	
7	<i>Mamsadhara</i>	Subcutaneous tissue of muscular layer	

Functions of Skin

The protection and homeostasis of the body are just two of the important tasks are performed by the metabolically active organ known as the skin.

- Screen radiation and reduces its penetration.
- Prevents loss of internal organs.
- Limits the growth of microorganism.
- Keeps thermoregulation intact.
- Limits electrical conductivity.
- Act as a sensory nervous system outpost.
- produces vitamin D.

Causes of Akala Vali

According to Ayurveda

- 1) Excessive and Everyday intake of *Lavana Rasa* leads *Akala Vali*.^[10]
- 2) *Pitta* Aggravation rise to aggravation of attributes of it.^[11]
- 3) *Pitta Prakriti* or the person of *pitta* constitution is prone to *Akala Vali*.^[12]
- 4) *Ati Chinta* contributes in *Dhatu Kshay*. *Ati-Chintana* may contribute indirectly to *Rasa Dhatu Dushti*, which can adversely affect the nourishment and functional integrity of the *Twak*.^[13]

According to Modern Science

- 1) **Loss of Collagen and Elastin:** Reduced collagen and elastin decrease skin firmness and cause wrinkles.
- 2) **Decreased Natural Moisture:** Loss of skin moisture causes dryness and accentuates wrinkles.
- 3) **Facial Muscle Activity:** Repeated facial expressions gradually lead to permanent wrinkles.
- 4) **UV Radiation (Photoaging):** Excessive UV exposure damages collagen and accelerates skin ageing.
- 5) **Lifestyle Factors:** Smoking, poor diet, stress, alcohol, and inadequate sleep promote premature wrinkle formation.

Dosha Involvement.

Sr. no.	Modern factor	Ayurvedic correlation	Predominant Dosha
1	Loss of Collagen and Elastin	<i>Vata</i> causes <i>Rukshtva</i> , tissue depletion, while <i>Pitta</i> may contribute through <i>Dhatu-paka</i> and oxidative/metabolic damage.	<i>Vata</i> ↑ + <i>Pitta</i> ↑
2	Decreased Natural Moisture	Loss of skin hydration corresponds mainly to <i>Kapha kshya</i> and <i>Vata's Ruksha</i> and <i>Khara</i> qualities, help to producing wrinkles.	<i>Kapha</i> ↓ + <i>Vata</i> ↑
3	Facial Muscle Activity	Repeated muscular movement and contraction can be correlated with <i>Vata's Chalatva</i> properties, contributing to dynamic lines that may become permanent.	<i>Vata</i> ↑
4	UV Radiation (Photoaging)	UV-induced tissue damage and oxidative stress can be correlated with <i>Pitta (Uṣṇa, Tikṣṇa)</i> and subsequent tissue degeneration with <i>Vata</i> .	<i>Pitta</i> ↑ + <i>Vata</i> ↑
5	Lifestyle Factors (Smoking, poor diet, stress)	Stress, inadequate sleep and poor diet aggravate <i>Vata</i> ; excessive alcohol/sun exposure may aggravate <i>Pitta</i> ; poor nourishment can reduce <i>Kapha</i> , affecting skin <i>Snigdhatva</i> and structural support.	<i>Vata</i> ↑ + <i>Pitta</i> ↑ + <i>Kapha</i> ↓

Treatment

According to *Ayurveda*

Ayurvedic literature describes several formulations and therapeutic approaches that may support the management of *Vali*. Therapies such as *Nasya* and *Basti* are described for promoting tissue nourishment and maintaining skin health. These interventions may help improve skin texture, elasticity, and overall complexion through their *Rasayana* and *Dosha*-balancing effects.

Thus, *Ayurveda* provides a holistic approach to maintaining healthy skin and reducing the appearance of age-related changes such as *Vali*.

Carak Samhita

- 1) Regular intake of two *Abhaya* (*Terminalia chebula*) fruits administered with *Agastya Haritaki* decoction has been recommended in *Carak Samhita* for the management of *Vali*.^[14]
- 2) Daily administration of *Jeevaniya Ghrita* in a dose of one *Aksha* is described in *Ayurvedic literature* as a *Rasayana* therapy that helps prevent and manage *Vali*.^[15]
- 3) *Shatavaryadi Anuvasana Basti*, administered as a *Rasayana* therapy, is recommended in *Ayurveda* for the management of *Vali* by promoting tissue nourishment and delaying premature ageing.^[16]

Sushrut Samhita

- 1) *Ayurvedic literature* advocates *Nasya* therapy for the prevention of *Vali*, as it supports skin nourishment, improves tissue integrity, and delays premature facial ageing.^[17]
- 2) *Basti* therapy is recommended in *Ayurveda* for the management of *Vali* by pacifying aggravated *Vata Dosha*, nourishing the *Twak* (skin), and delaying age-related degenerative changes.^[18]
- 3) Regular administration of *Mahakalyanaka Ghrita* is described as a *Rasayana* therapy that helps prevent *Vali* by promoting skin nourishment.^[19]

Ashtang Hridayam & Ashtang Sangrah

Nasya therapy

- 1) Oil of *Tuvaraka* in the form of *nasal* drops for fifty days makes the person free from *Vali*.^[20]
- 2) *Khadir, sarpi, madhu* use for 50 days as *nasya*.^[21]

Charkradatta

Brihat Marichyadi Taila local application on face.^[22]

Yogaratanakar

Manjishthadi Taila local application on face.^[23]

DISCUSSION**Relation of Old Age and Vali.**

In old age, *Rasa Dhatu Kshaya* may cause inadequate skin nourishment, reduced *Snigdghata* and *Dravatva*, leading to dryness, loss of elasticity, and early *Vali*.^[24]

In old age, *Vata* aggravation and age-related *Dhatu Kshaya* occur naturally. Maintaining *Dhatu* through proper diet and *Rasayana* may help preserve skin health and delay *Vali*.

Pathogenesis of Akala Vali

Pathogenesis of *Akala Vali* can define according to *kshaya* of the *Rasa Dhatu*, excess intake of *pitta* aggravating food & factors like *Ati Tikshna*, *Ati lavan rasa* and *Ati aatap sevana*.

According the reference of “*Rasavahini Dushyanti Chintyanam Chatichintanat*” *Ati Chinta* causing *Rasa Dushti* thus resulting in the symptoms of aging such as *Vali*.^[25]

Relation between Akala Vali and Body Constitution

In *Ayurveda* it is explained that *pitta* constitution of the body is more prone to *Akala Vali* but at the old age of any constitution *Vali* is unavoidable but can be delayed by giving *Rasayana* therapy which is suggested to all types of constitution of the body. *Vali* is cosmetic disease which is very prone to the *pittaja* constitution of the body.

Relation Between Drinking Water and Vali

Drinking water every morning suggested that it cleanse colon and the toxins of the body removed from the body through waste product.

CONCLUSION

- Prevention of *Vali* in old age is not possible but can be delayed by *Rasayana* Therapy (Rejuvenation Therapy) followed by *Shodhana* Therapy (Purificatory Therapy).
- *Vali* can be treated by intake of internal medicine as well as by applying *taila* externally also.

- *Shodhana* therapies like *Nasya*, *Basti* are effective in *Vali*.
- Drinking of water every morning will be effective therapy to treat *Vali*.
- By avoiding excessive intake of *Lavana rasa* and *pitta* aggravating diet.
- Preventive measures should be taken in diet by the *pitta* constitution of the body as their body is more prone to the *Akala Vali*.
- *Vali* in early age can be prevented by taking various *shodhana* and *shamana* therapy of *Ayurveda*.
- Effective management of *Ati-Chintana* and preservation of *Rasa Dhatu* may support skin nourishment and integrity, thereby delaying the onset of *Akala Vali*.

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