

ROLE OF DINACHARYA IN SKIN HEALTH - A REVIEW**Dr. Arpit Sah¹, Dr. Sandeep Sagare^{2*}, Dr. Suma Rajaput³ and Dr. Anju Yadav⁴**

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ABSTRACT

Ayurveda is a traditional medical system that emphasizes the promotion of health, prevention of disease via various food and lifestyle practices and the treatment of disease through various therapeutic procedures. Dinacharya is one of the important regimen which is elaborately explained by our acharyas, if practiced properly daily in correct manner according to *Rutis*, it can help to achieve balance in their constitutions and can help to control biological clock. Additionally, it promotes discipline, calmness, contentment and longevity. It also helps with digestion, absorption and assimilation. Present day more importance is given to skin, complexion and beauty, skin has been given the attention it deserves since the beginning of time. Due to several factors including poor sanitation, unclean

conditions, pollution, dietary and lifestyle modifications etc. the incidence of skin diseases has significantly increased in recent years. So, by practicing *dinacharya* we can prevent skin diseases as it helps in balancing dosha, dhatu, *agni*, etc. In this article an attempt has been made to review the role, importance and action of *dinacharya* on skin health.

KEYWORDS: Ayurveda, Dinacharya, Skin.**INTRODUCTION**

Skin is the largest and outermost layer of the human body, which comes in contact with the external environment. Skin is affected by both internally (physiological and pathological processes) and external environment. It serves as a barrier that protect the internal tissues

from the trauma, ultraviolet radiation, extreme temperature, toxin etc.^[1] Now a days skin complexion and beauty are given importance due to aesthetic value in the society.

Changing lifestyles, growing awareness contributed to a significant development in India's cosmetic industry. India is ranked fourth globally for generating the highest revenue from the beauty and personal care market in 2021.^[2] But Latest study shows that overall prevalence of skin disease is 61.2%.^[3] In Recent years, there has been a considerable increase in incidence of skin problems in the tropical and developing countries like India due to various reasons like poverty, poor sanitation, unhygienic, pollution etc.^[4]

Ayurveda is science of medicine that focuses on maintenance and promotion of health and disease prevention through various measures. Ayurveda plays a vital part in skin care in a variety of ways, including *Ahar* (Diet and Nutrition), *Achar Rasayana* (via social conduct), *Rasayana* (health enhancing drug or measures) and *Dinacharya* (Daily regime or mode of life).^[4] *Dinacharya* are the daily activities that one should follow religiously for maintenance of skin health. Aim of this review is to know the role of *dinacharya* procedure in skin care and to evaluate their mode of action in maintenance of skin health.

MATERIAL AND METHODS

Various Ayurvedic treaties like *Brihat trayis* (*Charak Samhita*, *Susruta Samhita* and *Ashtanga Hridaya*), *Lagu trayi* (*Madhava Nidana*, *Sharandhara Samhita* and *Bhava Prakash*) etc. and published articles were reviewed to evaluate the role of *Dinacharya* Regimen in skin care.

SKIN AND AYURVEDA

In Ayurvedic literature, skin has different names like *Twak*, *Twacha* or *Charma*.^[1] Ayurveda classics have totally different concepts for skin development and function. According to *Acharya Charak* skin is formed after the union of *Shukra* (sperm), *Shonita* (ovum) and *Jeeva* (soul) in the womb of mother.^[5] *Acharya Sushruta* explained skin is formed after the fertilization of *Shonita* (ovum) and *Shukra* (sperm) and development of skin is caused by tridosha specially pitta.^[6] According to *Vagbhata* skin is made in the fetus due to *paaka* of *Rakta dhatu* by its *dhatwagni* (fire at molecular level), followed by *paaka*, it dries up to create skin.^[7]

Different *Acharyas* have different opinion on number of skin layers. *Acharya Charaka* described six layers of skin,^[8] but he named only first two outermost layers.^[9] *Sushruta* defined seven layers of skin, each with its own name and he also mentioned the thickness of each layer as well.^[10] *Vagbhata* classified the skin in seven layers and *Sharangadhar* described seven layers of skin.^[11]

Table 1: Layers of skin according to different Acharyas.^[1]

Layer	<i>Charaka</i>	<i>Sushruta</i>	<i>Vagbhata</i>	<i>Sharangadhar</i>	<i>Bhela</i>
1.	<i>Udakadhara</i>	<i>Avabhasini</i>	<i>Bhasini</i>	<i>Avabhasini</i>	<i>Udakadhara</i>
2.	<i>Asrigdhara</i>	<i>Lohita</i>	<i>Lohita</i>	<i>Lohita</i>	<i>Asrikdhara</i>
3.	3 rd	<i>Sweta</i>	<i>Sweta</i>	<i>Sweta</i>	3 rd
4.	4 th	<i>Tamra</i>	<i>Tamra</i>	<i>Tamra</i>	4 th
5.	5 th	<i>Vedini</i>	<i>Vedini</i>	<i>Vedini</i>	5 th
6.	6 th	<i>Rohini</i>	<i>Rohini</i>	<i>Rohini</i>	6 th
7.	-	<i>Mamsadhara</i>	<i>Mamsadhara</i>	<i>Mamsadhara</i>	<i>Sthula</i>

Table 2: Probable correlation of Sushruta and modern layers of skin.^[1]

Sl. No.	Layers of skin according to Sushruta	Layers of skin modern view	Thickness (Vrihi/rice)
1.	<i>Avabhasini</i>	Stratum corneum	1/18
2.	<i>Lohita</i>	Stratum lucidum	1/16
3.	<i>Sweta</i>	Stratum granulosum	1/12
4.	<i>Tamra</i>	Malpighian layer	1/8
5.	<i>Vedini</i>	Papillary layer	1/5
6.	<i>Rohini</i>	Reticular layer	1
7.	<i>Mamsadhara</i>	Sub cutaneous tissue	2

Skin is the site of *Bhrajaka pitta* which helps in absorption of medicine.^[12] *Avabhasini* layer (outermost layer) of skin is responsible for *Varna* and *Chhaya* of the body.^[13] According to ayurveda *agni mandhya* is causative factor for the occurrence of the diseases.^[14] Hence for the maintenance of skin health, *Bhrajaka pitta* should be in optimal state.

ABHYANG AND SKIN CARE

Abhyanga (oil massage) is kind of massage where medicated oil is applied over the skin. In ayurveda it is explained as part of daily regimen and also used as a therapeutic procedure. It nourishes the body skin and pacifies the *vata* of the skin.^[15] According to *Acharya Charaka*, daily application of oil over the body make body exceptionally strong and beautiful.^[16] *Acharya Sushruta* states *abhyanga* make skin firm, toxin-free and soft in touch, enhances the natural color and complexion of the skin and maintains the *vata* and *kapha*.^[17] *Acharya Vagbhata* advocates the same regarding the *abhyanga* and he further said *abhyanga* should be

practiced daily. It delays the sign of aging and symptoms due to *vata-vridhhi*.^[18] Acharya Sushruta additionally explained time period for *abhyanga* according to time taken to reach oil to particular *dhatu* (tissue), 300 *Matras* is needed to oil to reach root of hairs, skin need 400 *Matras*, 500 *Matras* for blood, 600 *Matras* for muscle, 700 *Matras* for *Meda*, 800 *Matras* for bone marrow.^[19]

Oil is the important part of *abhyanga*. According to classics, oil pacifies *vata* dosha without increasing the *Kapha* dosha. Oil is said to be best medicine for *vata* disorders.^[20] Oil strengthens the skin and make it soft, subtle and smooth.^[21] *Ayurveda* classics mentioned individual properties of different oils. Tila Taila (Sesame oil) is said to be best oil among all oils because of due to its low molecular weight it reaches the small pores of the skin and impart its action. It also has antibacterial and anti-inflammatory activity. It protects the skin due to its natural sunscreen properties.^[22] Mustard oil is widely used for cooking purpose but it also useful in skin diseases and in both internal and external worm infestations. It reduces the skin wrinkles thus promotes anti-aging.^[23] Neem oil well known for its antifungal activity, it subsides the dryness and itching and also improves the elasticity of the skin.^[23] Other popular oils which can be used for skin health promotion are almond oil, walnut oil, oil of *Bibhitaka*.^[23]

PADABHYANGA OR FOOT MASSAGE

According to Acharya Vagabhata *pada* (foot) are one of the important sites of *abhyanga* (oil massage). Acharya Sushruta mentioned continuous walking causes dryness on foot because of increased *vata dosha*, which further leads to *pad-daari* (cracked feet). *Abhyanga* is one of the treatment modalities for the same.^[24] Cracked foot causes embarrassment in the gathering and psychologically affects the person.

SHIROABHYANGA OR HEAD MASSAGE

Shiras (head) is the place where all the five senses are present that's why it is said *uttamanga* in the classics. *Shiroabhyang* (oil massage) prevents the premature greying of hair, hair disorders and hairfall. It also nourishes the sense organs and facial skin.^[25]

Mode of action of Abhyanga, Padabhyanga, Shiroabhyanga

Abhyanga cleans the skin and removes the dead skin layer by rubbing action. *Abhyanga* dilates the small blood vessel beneath the skin and increases the blood circulation. Due to this, oxygen and nutrient supply increases to the outermost layer of the skin. *Abhyanga* also increases the mood-lifter hormones like Serotonin and Dopamine and decreases the stress.

hormone Cortisol. It relaxes the mind and promote the good sleep. Thus, abhyanga promotes both mental and physical health of individual. When an individual is physically and psychologically well and joyful, it reflects on the individual's aura.^[22]

VYAYAMA AND SKIN CARE

Vyayama or exercise is a critical component of Ayurveda's preventative approach. Vyayama is described as the actions which produces tiredness in the body.^[26] Vyayama differs depending on the individual's body strength, age, nutrition pattern, season and climate.^[27] Vyayama is not like ordinary domestic or outdoor activities, which both cause exhaustion, but Vyayama is an active phenomenon that must be taken freely and requires ample amount of time to complete.^[28] One can assess the *samyak vyayam lakshanas* (features of proper exercise) by *swedagama* (sweating), *shwasavridhhi* (increased respiration rate), *gatra laghuta* (lightness in body), *hrudayauparodha* (increased heart beat).^[29] According to *aacharya Charaka*, vyayama lightens the body, increases ability of work, endurance power and digestive power. *Aacharya Sushruta* mentions that exercise nourish the body, give the good complexion, proportionate body parts, enhances *agni*, purify the body, enhance the tolerance power to heat and cold.^[29]

Mode of action vyayama

Exercise increases the heart rate and blood flow which helps in nourishment of skin cell. In addition to that increased blood flow provide oxygen and carry away waste products, including free radicals from the skin cell which promote the skin luster.^[29]

SNANA AND SKIN CARE

Snana is one of the important practice described in the dinacharya and is cited by numerous acharyas of Ayurveda and other ancient Indian literature. It serves as a healing, restorative and revitalizing ritual for the body, mind and soul. In Gita and Vasistha Samhita two types of Shauchaas mentioned i.e., Bahya Shaucha (External cleanliness) and Abhyantara Shaucha (Internal cleanliness). In Yagnavalkya Smrti there are seven types of Snana are explained.^[30]

Role of Snana in skin health

It cleans the body of dirt and sweat. Regular bathing is auspicious and improves the body's longevity, strength, compactness, and *Ojas*. It eliminates sleep and restores energy to the body, mind, and spirit. It eliminates pollutants and lessens fatigue, sweat, itching, and fatigue.

The improvement of skin's colour and complexion makes the body more attractive, pleasant, or fresh. Snana revitalises our bodies like rasayana.^[30]

Mode of action *snana*

Ushnambu snana warms the blood in superficial vessels and raises deep body temperature via circulation. When the body temperature increases, it stimulates heat-sensitive neuron and suppresses the cold-sensitive neurons in the thermoregulatory centre of hypothalamus which in turn leads to inhibition of the sympathetic nerves and stimulation of the parasympathetic nerves, which further leads to vasodilatation and sweating to decrease body temperature. Heart rate and Peripheral O₂ will rise and CO₂ will fall these changes in the body's physiology stimulate metabolism and cause the removal of metabolic waste products which in turn rejuvenates the body.^[31]

DARPANA AVALOKAN AND SKIN CARE

Aacharya Bhavamishra has advised one should see his/her own reflection in the mirror after waking up in the morning. According to him, this increases the age of a person, gives strength, nourishes the body and gives luster to the skin.^[32]

Mode of action *darpana avalokan*

Darpana avalokan give the chance to the individual to observe his face and if there are any secretions or waste are present in eyes, nose and mouth, he can clean it. The process of *Darpana avalokan* might have been explained keeping in view the mental health of the individual. Observing one's own reflection in the morning can be a vital step in boosting the self-confidence & a strong sense of self-esteem. It can also create a sense of personal identification with oneself which can boost the uniqueness of the individual. With these positive thoughts, when a person begins the day, it is bound to be fruitful & satisfactory.

TAMBULA SEVANA AND SKIN CARE

Tambula sevana is the practice of chewing of beetle leaf with *churna* (calcium oxide), *pugaphala* (araca nuts) and aromatic drugs like clove, myristica-fragrans, cardmom etc.^[33]

It removes the bad breath from oral cavity and it purifies the tongue, oral cavity, teeth and improve voice. It facilitates the digestion of food and enhances the complexion also. Chewing *Tambula* stimulate the taste bud, increase salivation and scrapes the deposited matters.^[34]

Mode of action *Tambula sevana*

Tambula sevana pacifies vata and kapha and increases the blood circulation to face and strengthen the face muscles and enhance the luster of skin.^[34]

UDVARTANA AND SKIN CARE

Udvartana is defined a rubbing of Kashaya (astringent) powder over the whole body. In some classics, use of medicated ayurvedic formulations in the form of paste has also been recommended. *Udvartana* is a method that helps to reduce kapha and fat (medas), strengthens the body and provides the skin an excellent, clear, and healthy complexion.^[35]

UTSADANA AND SKIN CARE

Utsadana is the procedure of rubbing oil mixed medicated powder over the body. It enhances complexion, gives pleasure and lightened the body.^[36]

UDGHARSHANA AND SKIN CARE

Udgharshana is the procedure of rubbing only medicated powder over the body. It cures the skin diseases like itching and rashes.^[36]

Mode of action *Udvartana*, *Utsadana* and *Udgharshana*

Udvartana, *Utsadana* and *Udgharshana* dilates the blood vessel, which provide oxygen and nutrients to the skin cell. These procedures also enhance *bhrajaka pitta* which digest all the metabolic waste present in the skin and maintain the skin health.

DISCUSSION

Ayurveda describes the many Dinacharya regimen which we can use for skin care to maintain skin health. The practices which differ from the above mentioned classical Dinacharya, directly or indirectly serve the purpose of rejuvenating the skin. Some of these practices focus on restoring the glow on the skin like Darpana avalokana, vyayama, padabhyanga, tambula sevana etc. The remaining mentioned practices like abhyanga, udvartana, snana etc. focus primarily on skin cleansing & maintaining the tone of the skin. A well-maintained skin tone has multiple benefits on the long run – like prevention of wrinkling & sagging of skin. Also, a clear toned skin builds the self-confidence & personality of the individual. Some of these practices help in boosting the blood circulation of the area which further enhances the skin health.

CONCLUSION

The reviews of literature conducted on role of Dinacharya on skin health showed that *Dinacharya* regimen acts as both systematically and locally for maintenance for skin health. So, we can say that if we follow Dinacharya procedure daily, there is no need of any costly cosmetic products for the maintenance of skin health and also prevention of many skin diseases. Overall, Dinacharya procedures can be defines as a skin care modality.

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