

DISEASES OF SKIN AND COSMETICS

(AYURVEDIC AND MODERN CONCEPT)

Preface

The skin is the natural covering of the body. It is 10% of the body weight and covers a surface area of 18 square feet. It protects the underlying organs from dust, breeze and alteration of temperature. The skin is the sense organ of touch, temperature and pain. Sunlight helps the skin to manufacture vitamin D from the fat stored below the skin. The skin controls the body temperature by release of heat and production of sweat.

This book discusses various factors which control the colour, complexion and elasticity of the skin. It indicates the diet beneficial and harmful to the skin. It also suggests measures to improve the colour and complexion of the skin as well as medicines which act as tonic for the skin.

The book describes various skin diseases and the Ayurvedic concept and treatment of these diseases. It also discusses the care that one has to take while selecting and using beauty aids, how to take care of the hair and prescribes Ayurvedic treatment for common diseases like dandruff, lice, etc. It describes the skin conditions associated with beauty, e.g. acne, baldness, premature greying of hair, wrinkling of skin, etc.

The book lists various groups of Ayurvedic medicines along with their use in skin diseases. The book concludes with a description of various Ayurvedic recipes, their preparation and dosage.

We hope that this book will be useful to skin specialists, beauticians, doctors, Vaidyas as well as medical students. It will guide patients with skin diseases and help prevent skin diseases in healthy individuals.

We pray unto the Deity of Absolute Air (Vayudevata) to bless all the beings with a healthy skin.

|| Om Samiranaya namaha ||

Index

1. Skin (structure, functions and care)	
1. General information on skin	25
2. Structure of the skin	26
3. Hair follicles	27
4. Hair on the skin	27
5. Sebaceous glands	27
6. Apocrine glands	28
7. Sweat glands	28
8. Structure of the skin (Ayurvedic concept)	29
9. Hair	30
10. Nails	31
11. Functions of the skin	31
12. Colour of the skin	32
13. Constitution and the skin	32
14. Age and the skin	33
15. Tissues and the skin	34
16. Ideal skin (Tvaksara)	36
17. How to maintain the skin healthy ?	36
18. Season and the skin	37
19. Diet for the skin	38
20. External applications in different seasons	40
21. Skin tonics	41
22. Improving the complexion of the skin according to the constitution	42
23. Selection of an appropriate preparation for external application to the skin	43
Sanskrit references	44

2. Oil massage (abhyanga)	
1. General information	46
2. Various modes of application of oil	47
3. Advantages of oil massage to the entire body	48
4. Contraindications for oil massage	48
5. Advantages of scalp massage	49
6. Advantages of instilling oil drops in the ears	49
7. Advantages of massage to the legs and soles	49
8. Advantages of sitting with the body immersed in an oil tub	50
9. Advantages of sprinkling or spraying the body with oil	50
10. Oil massage according to the season	50
Sanskrit references	51
11. Udgharshan and utsadan	54
Sanskrit references	55
12. Samvahan or gatramardan or mardan	55
Sanskrit references	56
3. Bath	
1. Advantages of having a bath	57
2. Temperature of water used for a bath	57
3. Contraindications for having a bath	59
Sanskrit references	59
4. Udvaartana	60
5. Attire	61
Sanskrit references	62
4. Leprosy (kushtha)	
1. Definition	64
2. Causes	64
3. Premonitory symptoms	65
4. Symptoms	65
5. Classification of kushtha	66
6. Vataja kushtha	66
7. Pittaja kushtha	67
8. Kaphaja kushtha	67
9. Dhatugata kushtha	68
10. Treatment of kushtha	69

11. Panchakarma treatment	71
12. Ayurvedic medicines useful in skin diseases in general	71
13. Groups of medicines which are useful in skin diseases	72
14. Rasayana gana i.e. tonics for the skin	73
15. Spiritual therapy (karmavipak)	73
5. Itching (kandu)	
1. General information	74
2. Classification of itching	74
3. Ayurvedic medicines useful in itching	75
4. Diet beneficial in itching	75
5. Groups of Ayurvedic medicines useful in itching	75
6. Burning sensation (daha)	
1. Types of burning sensations (daha)	76
2. Causes	77
3. Premonitory symptoms	77
4. Symptoms	77
5. Burning feet (pada daha)	77
6. Treatment	77
7. Medicines useful in burning sensation	78
8. Burning sensation due to increase in pitta in various tissues	78
9. Groups of medicines useful in burning sensation	79
10. Beneficial and harmful diet in burning sensation	79
11. Spiritual therapy (karmavipak)	80
7. Allergy (tivra asatmya)	
1. What is an allergy ?	81
2. Which are the substances which commonly give rise to allergy ?	81
3. What is the pathogenesis of allergy ?	82
4. Common manifestations of allergy	82
5. Diagnosis	83
6. Treatment of allergy	83
8. Urticaria (shitapitta)	
1. What is urticaria ?	84
2. Ayurvedic treatment	84
3. Oral medication in urticaria	84
4. External applications	85

5. Medicines useful in urticaria	85
6. Urticaria caused by allergy to drugs	86
7. Urticaria associated with a burning sensation	86
8. Urticaria with fever	86
9. Worms and urticaria	86
10. Diet and activity	86
9. Eczema	
1. What is eczema ?	87
2. Stages of eczema	87
3. Ayurvedic treatment in eczema	87
4. Drug allergy	89
5. Insect bite allergy (due to mosquitoes, bugs, cockroaches, etc.)	89
10. Miscellaneous skin diseases	
1. Ringworm	90
2. Herpes	90
3. Scabies (pama)	92
4. Warts	93
5. Prickly heat	93
6. Excessive sweating	94
7. Skin tags (charmakila)	94
8. Keloid	95
9. Vesicular eruptions	95
10. Dry and rough skin	96
11. Fissures (cracks) in soles	96
12. Ulcers on wet soles	96
11. White spots on the skin	
1. Causes	97
2. General Ayurvedic treatment	98
3. Albinism	98
4. Leucoderma	99
5. Ayurvedic treatment	99
6. Oral medication	101
7. General instructions	102
12. Elephantiasis (shlipada)	
1. What is elephantiasis ?	103

2. Symptoms	103
3. Principles of treatment	103
4. Application of pastes (lepa) locally	103
5. Diet	104
6. Oral medication	104
7. Spiritual therapy (karmavipak)	105
13. Ulcers (vrana)	
1. Definition of vrana	106
2. Classification of vrana	106
3. Characteristics of discharge depending on the dosha	106
4. Characteristics of discharge depending on the organ affected by the vrana	107
5. Colour of the vrana depending on the dominant dosha	108
6. Pain and vrana	108
7. Symptoms and signs of dushta vrana (malignant ulcer)	108
8. Clean vrana	108
9. Prognosis	108
10. Treatment of nija vrana (non-traumatic vrana)	109
11. Restricted diet (langhan)	109
12. Medicated paste (lepa)	109
13. Medicated spray (parisheka)	110
14. Oil massage (abhyanga)	111
15. Induction of sweating (svedan)	111
16. Gentle massage with the thumb (vimlapan)	111
17. Poultice (upanaha)	111
18. Digestion of humours (pachan)	111
19. Application of leeches (visravana)	111
20. Drinking medicated oil or ghee (snehapana)	112
21. Induction of vomiting (vaman)	112
22. Administering purgatives (virechana)	112
23. Diet	112
24. Incision (chhedana)	112
25. Splitting (darana)	112
26. Scraping (lekhana)	113
27. Removal of a foreign body (eshana and aharana)	113
28. Suturing (sivana)	113

29. Alignment of a wound (sandhana)	113
30. Application of pressure (pidana)	113
31. Stopping the bleeding (shonitasthapana)	113
32. Reducing fever and burning sensation (nirvapana)	113
33. Thick poultice (utkarika)	114
34. Washing the vrana (vranadhavana)	114
35. Cleansing and purification of vrana (vranashodhana)	114
36. Measures to promote healing of the wound (ropana)	115
37. Exposing the vrana to medicated smoke (vrana dhupana)	118
38. Utsadana	118
39. Avasadana	118
40. Softening the vrana (mrudu karma)	119
41. Daruna karma	119
42. Branding (agnikarma)	119
43. Measures to restore normal colour of the skin (kruihna karma)	119
44. Pandu karma	119
45. Savarnikarana	120
46. Romasanjana	121
47. Destroying the hair and hair roots (romashatana)	121
48. Medicines according to the dominant humour (dosha) in the vrana	121
49. Formation of maggots in the wound or ulcer	122
50. Vrana and panchakarma chikitsa (purificatory measures and local treatment)	123
51. Spiritual therapy (karmavipak)	124
52. Agantu vrana	124
53. Sinus (nadi vrana)	125
54. Diet	127
55. Restrictions to be followed in ulcers or wounds	128
14. Abscess (vidradhi)	
1. General information	129
2. Why do some individuals suffer from recurrent attacks of abscesses ?	130
3. What measures should be employed to prevent abscess formation ?	130

4. Abscess (vidradhi) [Ayurvedic concept]	131
5. Types of abscesses	131
6. Principles of treatment	132
7. Vataja vidradhi (abscess with a dominant vata dosha)	132
8. Pittaja and raktaja vidradhi (abscess with a dominant pitta and rakta dosha)	133
9. Kaphaja vidradhi (abscess with a dominant kapha dosha)	135
10. Treatment	135
11. Treatment after the abscess bursts naturally or is incised	135
12. Abhigataja i.e. kshataja vidradhi	136
13. Raktaja vidradhi	136
14. General medicines (adult dosage)	136
15. External application	137
16. Antar vidradhi (internal abscess)	137
17. Liver abscess treatment	138
18. Lung abscess treatment	138
19. Kidney abscess treatment	138
20. Brain abscess treatment	138
21. Varunadi gana (medicines in varuna group)	139
22. Diet in abscess	139
15. Local applications in skin lesions	
1. Acute eczema	140
a. Wet dressings	140
b. Solutions	141
c. Powders	141
d. Lotions	141
e. Sprays and aerosols	141
2. Subacute eczema	141
a. Creams	142
b. Gels	142
c. Hydrophilic ointments	142
d. Pastes	142
3. Chronic eczema	142
a. Moisturising creams	143
b. Ointments	143
c. Cold creams	143

d. Keratolytic creams, lotions or powders	144
e. Tar preparations	144
f. Antifungal agents	144
g. Antibiotics	145
h. Corticosteroid solutions, gels, creams and ointments	145
i. Sunscreens	145
4. Selection of an appropriate preparation for external application to the skin	145
16. Treatment of skin diseases associated with beauty	
1. Acne	146
2. Dark circles below the eyes	146
3. Medicines which increase the lustre of the skin	147
4. Medicines which impart freshness to the colour of the skin	147
5. To darken the colour of the skin	147
6. To make the skin fair	147
7. To keep cold skin warm	148
8. To prevent wrinkling of the skin	148
17. Hair	
1. Role in beauty	149
2. Constitution and hair	149
3. Causes of hair loss	149
4. Exercises for maintaining the hair healthy	150
5. Dandruff	151
6. Ayurvedic treatment	152
7. Seborrhoeic dermatitis	152
8. Lice	153
9. Greying of hair	154
10. Medicines which improve the colour of hair (kesharanjana)	156
11. Medicines which augment the growth of hair (keshya)	156
12. Diet beneficial for the hair	157
13. Removal of unnecessary hair	157
14. Nails	157
18. Baldness	
1. Causes	158

2. Treatment	158
19. Shampoo	
1. What is a shampoo ?	160
2. Types of shampoos	160
a. Liquid shampoo	160
b. Lotion shampoo	160
c. Cream, paste or gel shampoo	160
d. Spray shampoo	160
e. Dry shampoo	161
f. Ayurvedic or herbal shampoo	161
g. Baby shampoo	161
h. Anti-dandruff shampoo	161
i. Coal tar shampoo	161
j. Selenium sulphide suspension	161
k. Shampoo containing zinc pyrithione	161
l. Natural shampoo	161
20. Cosmetics	
1. Cosmetics and their side-effects	162
2. Cleansing agents	162
a. Soaps	162
b. Antimicrobial bar soaps	163
c. Soap free cleansers – Cleansing creams or lotions	163
d. Abrasive cleansers	163
3. Bleaching agents	164
4. Auxiliary antiperspirants	164
5. Scented oils and perfumes	164
6. Lipsticks	164
7. Eye shadows and eyeliners	165
8. Dentifrices and mouth wash	165
9. Bindi dermatitis	165
10. Hair dyes	165
11. Rinses and tints	165
12. Hair bleaches	166
13. Permanent waves	166
14. Hair straighteners	166
15. Hair sprays	166

16. Depilators	166
17. Hair tonics and lotions	167
18. Hair conditioners	167
19. Nail lacqures or nail polish	167
20. Nail polish removers	167
21. Artificial nails	167
22. Nail hardeners	167
23. Refresheners	167
24. Lubricants of the skin	168
25. Fragrance	168
26. Medica or mendi or mehendi	168
21. Facial treatment	
1. Cleansing	169
2. Facial massage	169
3. Steaming	170
4. Gentle scrubs	170
5. Facial or nutritional packs	171
6. Toning moisturising packs	171
7. Toners	171
8. Moisturisers	171
9. Mists	172
10. Use of Ayurvedic cosmetics based on the season	172
11. Daily and seasonal regime	172
12. Home remedies to keep the skin of the face healthy	173
22. Groups of medicines acting on the skin	
1. Jivaniya gana (group)	174
2. Brumhaniya gana	174
3. Lekhaniya gana	174
4. Bhedaniya gana	174
5. Sandhaniya gana	174
6. Balya gana	174
7. Varnya gana	175
8. Kushthaghna gana	175
9. Kandughna gana	175
10. Krumighna gana	175
11. Svedopaga gana	175

12. Shvayathuhara gana	175
13. Dahaprashamana gana	175
14. Udardaprashamana gana	176
15. Rukshana gana	176
16. Snehana gana	176
17. Svedana gana	176
18. Rakshoghna gana	176
19. Rasayana gana	176
20. Puyavardhana gana	176
23. Diet for skin disorders and spiritual therapy	
1. Diet	177
2. Spiritual therapy (karmavipak)	178
24. Preparation of Ayurvedic recipes	179
Bibliography	202