

Ayurveda - Vol. 30 : Skin diseases - 1

# Ayurvedic Treatment on acne, urticaria and other skin diseases

(As well as overall protection of the skin)

(English)

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(‘Sainthood’ or stage of a ‘Guru’ denotes spiritual level between 70-79 % ; Stage of a ‘Sadguru’ denotes 80-89 % and Stage of a ‘Parātpar Guru’ denotes spiritual level of 90% and above.)

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Sanatan's Text for enhancing internal & external beauty

**Supreme beauty of skin, body & mind**

Every individual has a natural desire to look beautiful. However, external beauty depends on the health of the body and mind. This Text will serve as an excellent guide to attain the state of supreme beauty which begins with the beauty of skin and the body.



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**Preface**

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The skin is the natural covering of the body. Skin performs different functions - It protects the underlying organs from external factors such as dust, breeze, heat, cold, cosmic rays, etc. The skin is the sense organ of pleasant-painful touch, feeling of high-low temperature. It maintains the body temperature through the medium of sweat. Sunlight helps the skin to manufacture Vitamin D, which is linked to cholesterol because we need cholesterol in our skins cells to make Vitamin D from sunlight. Skin has close bonding with the mind. An angry individual's face becomes red, whereas a terrified individual's face turns white. Continuous worry leads to skin diseases.

There are two Volumes on the subject of 'Skin diseases'. In the first Volume, topics such as structure of the skin, measures to be taken for keeping the skin healthy have been discussed. Additionally, symptoms of ailments associated with beauty such as burning of the skin, urticaria, skin ailments associated with beauty, etc. have been discussed and the remedies have been described. In the second Volume, information on the ailments of hair along with ailments such as ringworms, scabies, leucoderma has been given. This Text also elaborates on the various natural and artificial cosmetics. Both the Texts are worth reading for obtaining information on skin diseases and making efforts for maintaining the health of the skin.

One among the many reasons for skin diseases is 'demerits of past lives' and the ancient Texts on Ayurveda advise Divine measures for curing them. These Texts also



mention Divine remedies. They have been taken from the Sanskrut Text 'Bruhat Nighantu Ratnakar'.

We pray at the Holy feet of Vayudevata (Deity of Air) - May all be inspired to understand the rules of Ayurveda and act accordingly; may everyone's skin remain healthy and lustrous ! - **Authors**



### Importance of good health

Ayurveda is considered to be the fifth Veda. Charaksanhitā is the basic Text of Ayurveda. In this Text the following has been expressed for good health.

धर्मार्थकाममोक्षाणाम् आरोग्यं मूलमुत्तमम् ।

– Charaksanhitā, Sutrasthan, Adhyaya 1, Shloka 15

Meaning : Good health is the foundation to accomplishing the four Purusharthas - Dharma, Artha, Kama and Moksha.

### Some abbreviations used for names of classical texts (Represented by first alphabet/s)

चरकसंहिता (च.)	सुश्रुतसंहिता (सु.)	वाग्भटसंहिता (वा.)
अष्टांगसंग्रहसंहिता (सं.)	योगरत्नाकर (यो. र.)	निघंटुरत्नाकर (नि. र.)

### Some abbreviations used for the sections of classical texts (Represented by following alphabet/s)

सूत्रस्थान (सू.) निदानस्थान (नि.) चिकित्सास्थान (चि.) उत्तरतंत्र (उ.)