



Review Article

CONCEPTUAL STUDY OF *VEDINI TWACHA SHARIR* WITH SPECIAL REFERENCE TO *VISARPA VYADHI* (HERPES ZOSTER)

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ABSTRACT

Ayurveda is holistic science and traditional system of Indian medicine. It belongs to maintain the balance of *Dosha*, *Dhatu*, and *Mala* for wellbeing of human. In medical science, anatomy has prime importance in order to diagnose and treat the disease. As *Sharirsthana* are explained in Ayurveda *Samhitas* to understand the development of internal and external body parts. *Twacha* (skin) is the important part of our body which is one among the five *Dnyanendriyas* (sensory organ).

Twacha (skin) is one of the biggest and outermost protecting organs of the body. *Sapta Twacha*, it's *Utpatti*, its thickness, and *Sapta Twacha* related disease has mentioned in *Sushruta Samhita*. Each layer has its own significance, as it is a site of respective disease. Out of seven layers *Vedini Twacha* belongs to fifth layer with associated disease *Kushtha* and *Visarpa*. Sign and symptoms of *Visarpa* are found to be kindred with Herpes Zoster in modern medicine. Current article embellished the *Vedini Twacha* is a locus for *Visarpa Vyadhi* (herpes Zoster).

INTRODUCTION

Ayurveda is the science of Indian medicine. According to *Acharya Sushruta* "*Dosha Dhatu Mala Mulam Hi Shariram*".^[1] If they get vitiated by any of the cause, hampered health of individual. Genesis of *Gharbha* (fetus) within the *Garbhashaya* (uterus) materialized by the unification of *Shukra* (semen), *Shonita* (ovum), *Atma* (soul), *Prakruti*, *Vikaras*.^[2] Then step by step by step development of *Anga Pratyangas* (organs and Sub organs) takes place in the *Garbhashaya*. *Cutis* is one of the most important protecting organs of our body. *Sapta Twacha*, it's *Utpatti*, its thickness, and *Sapta Twacha* related disease has mentioned in *Sushruta Samhita*. Each layer has its own significance, as it is a site of respective disease. Out of seven layers *Vedini Twacha* belongs to fifth layer with associated disease *Kushtha* and *Visarpa*.

Acharya Ghanekar has compared this *Vedini Twacha* with papillary layer of skin. Now days *Twacha Rogas* (skin diseases) increasing day by day due to inappropriate life style which is not only hampered harmony of body and mind but also beauty of one's individual. Reactivation of varicella zoster virus which has lain dormant in a nerve root ganglion following chickenpox earlier in life causes Herpes zoster. Sign and symptoms of *Visarpa* are found to be kindred with Herpes Zoster in modern medicine.

Acharya Sushruta and *Acharya Charaka* have mentioned various *Twacha Vikaras* (skin diseases) underneath the title *Kshudra Rogas* and *Kushtha* respectively. In the present era there are number of patients which are going through serious skin problems. Variety of skin problems are mainly because of unhealthy dietary habits, inappropriate lifestyle and loss of exercise, *Visarpa Vyadhi* (Herpes Zoster) is one of them. To conquer this issue, thorough going knowledge of every layer of skin and its associated disease is very essential. So aim of our study is to study the *Vedini Twacha* as a location for *Visarpa Vyadhi* (Herpes Zoster).

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MATERIALS AND METHOD

A variety of information gathered from various Ayurvedic textbook, modern textbooks and internet.

Literature Review**Twacha Utpatti**

According to Acharya Sushruta formation and development of fetus is a result of unification of *Shukra* (sperm) and *Shonita* (ovum). At the same time, formation of *Sapta Twacha* takes place similar to creamy layer over the surface of milk, when we boiled it.^[3] They had given a good example to better understand the process of formation of *Twacha* (skin). According to Acharya Vagbhat *Rakta Dhatu* go through *Pachana* (process) with the aid of *Dhatvagni* thus the genesis of *Twacha* takes place like the creamy layer over the surface of boiled milk.^[4]

Matruja Avayava: Acharya Vagbhat has mentioned the *Twacha* (skin) as a *Matruja Avayava* (maternal in origin).^[5]

- 1. Dnyanendrya:** Among the five *Dnyanendriyas* (sensory organs) *Twacha* (skin) is one of the *Dnyanendriyas*.^[6]
- 2. Karya:** *Sparshagrahana* (sense of touch) is done by *Twacha*.^[7]
- 3. Upadhatu:** It is formed as *Upadhatu* of *Mansa Dhatu*.^[8]
- 4. Panchamahabhut:** *Twachais Vata Mahabhut Pradhana*.^[9]
- 5. BhrajakPitta:** It is located in the skin.^[10]

Charakacharya has elucidated the *Twacha* (skin) as structure which covers the whole body.^[11] Thought skin is an outermost organ of our body, its examination provides consequential pointer to regional or systemic

disorders. We can say that inner health reflected by skin.

In *Ayurvedic Samhita* there is variation in the numbers of *Twacha*.^[12]

Sushruta-7, Charaka-6, Vagbhat (Ashtang Hruday)-7, Sharangdhar -7, Modern science -7

As stated by Sushruta Twacha is composed of seven layers^[13]

- 1. Avabhasini:** Among the seven layers of skin, *Avabhasini* is the outermost layer i.e., first layer. Its thickness is about eighteenth part of *Vrihi* (barley grain) which illuminate all complexion and shades. It is the location of *Sidhma* and *Padmakantaka Vyadhi*.
- 2. Lohita:** It is the second layer of skin having the thickness sixteenth part of *Vrihi*. It is the site of *Vyanga, Tilkalak* and *Nyacha*.
- 3. Shweta:** It is the third layer of skin with thickness twelfth part of *Vrihi*. Associated diseases are *Charmadala, Ajagalli* and *Mashaka*.
- 4. Tamra:** It is the fourth layer of skin having the thickness eighth part of *Vrihi* and is the seat of *Kushta* and *Kilas*.
- 5. Vedini:** It is the fifth layer of skin having the thickness fifth part of *Vrihi*. It is the seat of *Visarpa* and *Kushtha Vyadhi*.
- 6. Rohini:** It is the sixth layer of skin with thickness one *Vrihi* and respective disease is *Apchi, Granthi, Galaganda, Arbud* and *Shlipad*.
- 7. Mansadhara:** It is innermost seventh layer of skin having the thickness two *Vrihi* and it is the location of *Bhagandar, Vidradhi* and *Arsha*.

Table 1: Twacha (skin) according to Acharya Sushruta

S. No.	Name of Twacha by Sushrutacharya	Pramana (thickness) of Twacha by Sushrutacharya	Diseases
1	Avabhasini	1/18 th of Vrihi	Sidhma, Padmakantaka
2	Lohita	1/16 th of Vrihi	Vyanga, Tilkalak, Nyacha
3	Shweta	1/12 of Vrihi	Charmadal, Ajagalli, Mashaka
4	Tamra	1/8 of Vrihi	Kushtha, Kilas
5	Vedini	1/5 th of Vrihi	Visarpa, Kushtha
6	Rohini	1 Vrihi	Apchi, Granthi, Galaganda, Arbud, Shlipad
7	Mansadhara	2 Vrihi	Bhagandar, Vidradhi, Arsha

Table 2: Twacha According to Acharya Charaka^[14]

S. No.	Name	Disease
1	Udakdhara	-
2	Asrugdhara	-
3	Trutiya	Sidhma, Kilas
4	Chaturthi	Dadru, Kushtha
5	Panchami	Alaji, Vidradhi
6	Shashti	Tama, Arumshika

Twacha According to Acharya Ghanekar^[15]

- 1) **Avabhasini**– Horny layer
- 2) **Lohita** - Stratum lucidum
- 3) **Shweta** - Stratum Granulosum
- 4) **Tamra** - Malpington layer
- 5) **Vedini**- Papillary layer
- 6) **Rohini**- Reticular layer
- 7) **Mansadhara**- Subcutaneous tissue and muscle

Much sensation such as touch pain pressure temperature etc can convey by skin as it presents with many receptors.

Vsarpa Vyadhi

As per *Sushrutacharya* the disease in which *Tridosha* get vitiated by *Mithya Ahar - Vihar* and they swiftly spread into *Twaka, Mansa, Rakta* and whole body in the form of *Visrut* (large) or *Anunnat Shofa* (swelling).^[16] The skin disease which spread rapidly in all direction and all over the body so the named has *Visarpa*.^[17]

Causes of Visarpa by Acharya Charak^[18]

Atiama lavan katu rashevana (excessive intake of salty and pungent, *Atiushna* (extreme hot) *sevana, Pitta prakopaka Ahar Vihar*.

According to *Charaka* there are seven *Dushyas* of *Visarpa*- *Rakta, Lasika, Twaka, Mansa, Vata, Pitta, Kapha*.^[19]

Acharya Sushruta mentioned the five *Dushya Visarpa*- *Twaka, Mansa, Shonita* and *Tridosha*.^[20]

Types, sign and symptoms of Visarpa by Sushruta^[21]

There are five types of *Visarpa*

- 1) **Vataj Visarpa**: *Asit* (blackish), *Mru* (soft) or *Parush* (rough), *Angamarda* (body ache), *Bhed, Tod* (pricking pain), symptoms of *Vataja Jwara*, when it spread into *Lasika, Rakta, Mansa* looks like *Visphot* (blister).
- 2) **Pittaj Visarpa**: *Drutagati* (rapidly spreading), *Dah* (burning sensation), *Paka, Sphota* (blister), *Kshatajprakash* (radish discoloration).
- 3) **Kaphaj Visarpa**: *Sarati Manda* (slowly spread), *Ashighrapaka, Snigdha* (smooth), *Sitashwayathu* (mild Swelling), *Alparookkandu* (mild pain and itching).
- 4) **Tridoshajavisarpa**: *Tridoshajasymp*ts
- 5) **Kshataja Visarpa**: *Sphota* (blisters) formed due to external trauma, and vitiated *Pitta* as well as *Rakta, Shyav Salohita* (red or blackish brown in colour), *Jwara* (fever), *Paka, Daha* (burning sensation) *Kulthasadrusha* (size and shape just like horse gram).

Types and symptom according to Acharya Charaka

- 1) *Vataj* 2) *Pittaj* 3) *Kaphaj* 4) *Sannipatik (Tridoshaj)* 5) *Agneya (Vatpittaj)* 6) *Granthi (Kaphavataj)* 7) *Kardama (Pittakaphaj)*.^[22]

1) **Vataj**: *Bhram* (giddiness), *Davathu* (burning sensation), *Pipasa* (thirst), *Shool* (pain), *Kampa, Angamarda* (body ache), *Arochak* (loss of taste), *Vivarna* (discoloration), *Pipilikasanchara-vaangeshu*.^[23]

2) **Pittaj**: *Jwar* (fever), *Trushna* (thirst), *Murchha* (unconsciousness), *Chhardi* (vomiting), *Swed* (sweating), *Antardaha* (internal burning sensation), *Harit- haridra- netra-mutra varchaswam* (yellowish discoloration of urine, eye and stool) etc.^[24]

3) **Kaphaj**: *Shitjwar* (fever with chills), *Gaurav* (heaviness in body), *Nidra, Trandra, Daurbalya* (weakness) etc.^[25]

Severe burning and pain present in *Visarpa* and it is very difficult to treat.

Skin

Definition: Skin is the largest protective synonyms – *Derma, cutis, integument* covering of body including the external auditory meatus and outer surface of tympanic membrane. Skin is made up of two layers one is epidermis and second is dermis.

Thickness - about 0.5 to 3mm

Epidermis: It is derived from ectoderm in intrauterine life. Outermost avascular layer of stratified squamous epithelium. Skin appendages include gland, hair and nails. Structurally it is made up of germinative zone which include -

- 1) *Stratum basale*, 2) *Stratum spinosm*, 3) *Stratum granulosm*, 4) *Stratum lucidam*, 5) *Stratum corneums*.

Dopa positive melanocytes synthesize melanin, *Phagocytic Langerhans cell* and sensory receptor *Merkel's cell* present in germinative zone.

Dermis: It is derived from mesoderm. Deep and vascular layer and made up of connective tissue. Blood vessel, lymphatic's, nerves are present in this layer. Connective tissue of dermis is are arranged as-

- **Papillary Layer (Upper dermis):** It is the upper layer of dermis present just beneath the epidermis. Capillaries, lymph vessels and sensory nerve present in this layer. Dermal papillae is a conical and blunt projection of papillary layer which fit into reciprocal depression's on the floor of epidermis, thus the papillary name is given to this skin layer. Fingerprints are due to the papillary layer.^[26]
- **Reticular Layer (lower dermis):** It is the lower layer of dermis, found just underneath the papillary layer. This layer is made up of white fibrous tissue ranged chiefly in parallel bundles. Cleavage or Flexure lines (*Langers line*) on the skin are the results of direction of bundles. In the neck and trunk it is horizontal and in the limb it is longitudinal. When dermis dried it form green hide and when tanned it form leather, so the real skin is

dermis. Its bottomless surface is unceasing with superficial fascia.^[27]

Herpes Zoster

Reactivation of varicella zoster virus which has lain dormant in a nerve root ganglion following chickenpox earlier in life causes Herpes zoster.^[28] It is presented with unilateral, painful, non-follicular papulovesicular dermatomal rashes in which vesicles are planted in an inflamed base.^[29]

Clinical Features

Affected area causes burning discomfort, after 3-4 days discrete vesicles appears, distant satellite chickenpox lesions, paraesthesia without rash. Lengthened duration of rash, multiple dermatomal involvements, severe disease and recurrence suggest underlying immune deficiency. Ophthalmic division of trigeminal nerve, appearance of vesicles on the cornea and mostly thoracic dermatomes are involved in herpes zoster. An involvement of sacral nerve root causes bowel and bladder dysfunction. Sometimes this virus may lead to cranial nerve palsy, myelitis or encephalitis. There is a continuation of pain for 1 to 6 months with healing of rash.^[30]

DISCUSSION

Sapta Twacha Avabhasini, Lomita, Sweta, Tamra, Vedini, Rohini, Mansadhara these are nothing but the seven layers of the skin i.e., Horny layer, Stratum lucidum, Stratum Granulosum, Malpington layer, papillary layer, reticular layer, subcutaneous tissue and muscle respectively. *Vedini Twacha* associated with disease *Kushtha* and *Visarpa*.

Acharya Ghanekar has mentioned; fifth layer of skin according to Ayurveda is called as *Vedini*. The term *Vedini Twacha* may derive from its main function i.e., sensory to pain. According to modern science this layer has tactile corpuscles and nerve ending which are sensory to pain. Thus, if any burn injury reaches up to papillary layer it causes tremendous pain. Affected part of *Visarpa* shows swollen cutis and subcutaneous tissue in microscopic examination thus papillary layer of dermis may consider as *Vedini Twacha*.^[31]

Extensive network of blood vessels are present in the papillary layer which helps in temperature regulation, nutrient supply and removal of cellular waste products. According to Ayurveda affected part of *Visarpa* is presented with symptoms such as *Kshatajprakash* (radish colour), *Sphota* (blisters), *Daha* (burning sensation), *Jwara* (fever), *Toda* (pricking pain), *Shool* (pain), *Kandu* (itching), *Angmarda* (body ache) etc. same as that of the herpes zoster in modern medicine. Vasave *et al.* in their study explained that *Visarpa Vyadhi* can be compared with Herpes zoster.^[32]

CONCLUSION

On the basis of sign and symptoms we can compare *Visarpa* as Herpes zoster. As papillary layer of skin (*Vedini Twacha*) contains nerve ending, tactile corpuscles, blood vessels and lymphatic's, thus any injury to this layer lead to symptoms such as tremendous pain, burning discomfort, blister formation, discoloration of skin same as that of the *Visarpa* (Herpes Zoster). Hence we can conclude that *Vedini Twacha* is a location for *Visarpa Vyadhi* (Herpes zoster).

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