



Research Article

DETAILED ANALYSIS OF MUKHA-TWAK PARIKSHA THROUGH AYURVEDIC AND BASIC CONTEMPORARY PARAMETERS

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ABSTRACT

According to Ayurveda, face is viewed as a reflection of the body's internal state. *Mukha Twak Pariksha* enable practitioners to assess facial skin's condition- its texture, colour, and any abnormalities. This examination can uncover underlying imbalances or health issues affecting both the skin and internal organs. **Aim and Objective:** The aim of the study is to evaluate skin examination through Ayurvedic and basic contemporary parameters in *Saundarya Ayurveda* through classical approach and skin analysis with basic contemporary scales and Instruments. **Method:** The points related to face, skin and hair are extracted from classical texts and converted into a basic proforma for better analysis. A study of 100 subjects were conducted using the proforma for its outcome and analysis. A questionnaire was also developed with reference to "CCRAS *Prakriti* Assessment Manual of SOP's". **Result:** The analysis revealed prevalent dry skin, mild acne, and early wrinkles due to environmental dryness, while hair showed minimal scalp dryness and few split ends, reflecting good hair care. **Conclusion:** Both Ayurveda and contemporary skincare emphasize individualized care and holistic health, but differ in diagnostics, Ayurveda focuses on *Dosha* balance, while modern methods use advanced tools and external factors; integrating both could enhance personalized skin health strategies.

INTRODUCTION

Ayurveda conceptualizes the body as "Dosa Dhatu Mala Moolam Hi Shareeram"^[1], underscoring the importance of harmonizing the *Dosas*, *Dhatu*s, and *Malas*. In this holistic system, the skin, referred to as "Twacha" or "Twak," plays a crucial role, reflecting overall health and strength (*Bala*). *Twak* is associated with *Vata dosa*, *Bhrajaka Pitta* maintains colour and luster; while *Kapha dosa* provides moisture. Skin development, influenced by the three *Dosa*'s, initiated in fetal stage of body. *Acharya Caraka* mentioned six layers of *Twak*^[2], whereas *Acharya Susruta* and *Acharya Vagbhata* described seven^[3,4]. *Acharya Susruta* compared the formation of the skin layers to the

formation of casein over milk, with each layer having varying thicknesses, described in comparison to a *Vrihi* grain^[5].

Caraka Acharya describes *Prakriti* of a fetus is shaped by factors like the sperm and ovum, uterine conditions, maternal diet and lifestyle, and the nature of the *Mahābhūtas* (elements)^[6]. The dominant *Dosa*'s (*Vata*, *Pitta*, or *Kapha*) at conception and in the womb influence the fetus's *prakriti*, leading to constitutions that may be *Vata*, *Pitta*, *Kapha*, dual-doshic, or balanced (*Sama prakriti*)^[7]. A *Vata* individual is dry and emaciated, with a light gait, unstable joints, and rough hair. *Pitta* individuals are intolerant of heat, with a warm complexion, quick wrinkles, and soft hair, often experiencing excessive hunger and thirst. In contrast, *Kapha* individuals have smooth, unctuous bodies, a pleasing appearance, and stable, deliberate movements, displaying a happy and soft complexion^[8].

Acharya Susruta describes individuals based on their *Doshic* constitution. *Vata* types are restless, prone to jealousy, and have rough, scanty hair and nails,

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alongside cracked hands and feet^[9]. *Pitta* types tend to sweat profusely and have coppery-colored features, including nails and hair that may show signs of greying and baldness^[10]. *Kapha* types possess a pleasant complexion, strong and curly black hair, and well-defined features, characterized by patience, gratitude, and dreams of beauty, such as lotuses and lakes^[11].

Acharya Vagbhata (Ashtanga Sangraha) outlines the characteristics of different *Prakriti*'s. *Vata* types typically have thin, dry bodies with rough hair and features, such as small, rough eyes and a feeble voice^[12]. *Pitta* individuals possess warm, white bodies with coppery-red features, sparse hair, and quick wrinkles, often experiencing intense hunger and thirst^[13]. *Kapha* individuals are well-proportioned with soft, thick hair, distinct eyes, and a strong, stable physique, characterized by calmness and good memory^[14].

According to *Acharya Vagbhata (Ashtanga Hridaya)*, individuals with *Vata* dominance have rough, brittle hair and dry, lack lustre eyes^[15]. Those with *Pitta* dominance tend to have thin, brown hair and sensitive reddish eyes^[16]. *Kapha* types have thick, dark hair, a broad forehead, and wide, well-defined eyes with a hint of redness in the corners^[17].

As per *Yogaratanakara*, a *Vata* individual possesses rough skin^[18], while a *Pitta* individual displays a radiant complexion^[19]. In contrast, a *Kapha* individual is noted for having white eyes, firm and curly black hair with a bluish tint, red corners in the eyes, and a lustrous, oily glow^[20].

As described by *Sharangadhara*, *Vata* individuals tend to have short, dry hair and a slender physique^[21]. *Pitta* individuals may experience premature graying of their hair, beard, and mustache^[22]. In contrast, *Kapha* individuals typically have a sturdy body with smooth, thick hair^[23].

Bhava Prakasha describes *Vata* individuals as having short, dry hair and a thin, rough body with cracked hands and feet^[24]. *Pitta* individuals tend to experience early graying of hair, possess a fair complexion, and have copper-colored eyes^[25]. *Kapha* individuals are generally characterized by black hair^[26].

According to modern science, skin structure originates from ectoderm and mesoderm, comprising epidermis, dermis, and hypodermis. Functions of the skin include protection, sensory perception, synthesis, and regulation. This study integrates traditional Ayurvedic practices with modern dermatological insights, enhancing the precision of diagnostics and treatments. It underscores the impact of geography and seasonal variations, advocating for tailored interventions based on *Prakriti*.

MATERIALS & METHODS

A basic Proforma for *Mukha Twak Pariksha* has been developed through the following steps:

1. Collected and compiled all the references related to *Mukha Twak Prakriti* and *Kesha Prakriti* using classical texts such as:
 - a. *Caraka Samhita*
 - b. *Susruta Samhita*
 - c. *Ashtanga Sangraha*
 - d. *Ashtanga Hridaya*
 - e. *Sarangadhara Samhita*
 - f. *Bhava Prakasha*
 - g. *Yogaratanakara*

Collected references were tabulated going through various phases of rationality, reproducibility which can be utilized as subjective analysis. In phase 1, features were tabulated as per original texts. In phase 2, similar features were combined, with Sanskrit terms translated. In phase 3, references were added for each feature, while in phase 4, facial and hair features were then separated and further subdivided for easier assessment and understanding, also references were removed for converting it into a Proforma.

2. Modern parameters both for face and hair were designed which thought to be similar to the classical parameters. Facial parameters including hydration, oiliness, pigmentation, acne, black moles, wrinkles, and facial hair were evaluated. Additionally, hair characteristics such as scalp dryness, hair colour, density, texture, pattern, split ends, and lice infestation were assessed for modern parameters.
3. The SOP's for capturing each parameter were developed with the reference of "CCRAS Manual of SOP's for *Prakriti* Assessment"^[27] and other available references in contemporary research. Additional questions were developed that were not part of the "CCRAS Manual of SOP's for *Prakriti* Assessment".

The Observational study was conducted in 100 Subjects from National Institute of Ayurveda (De-novo), Jaipur, using this basic Proforma.

Selection Criteria

Inclusion Criteria: Volunteers of age between 18-35 years of age.

Exclusion Criteria: Volunteers of age group below 18 years and above 35 years of age, secondary skin infections, severe eczema or psoriasis, severe allergic reactions, skin cancer, pregnancy, breast feeding.

RESULTS & DISCUSSION

Mukha Twak Pariksha is essential in Ayurveda cosmetology as it uncovers skin imbalances and aligns treatments with an individual's unique constitution,

promoting both natural beauty and holistic skin health. Thus, it is crucial to understand each parameter, and at the end of the study, the some of the prominent characteristics of each *Prakriti* are outlined below.

Vata Prakriti: Mukha- Dhusara, Ruksha, Parusha, Tanu, Sita; Netra- Tanu, Chalatra, Ruksha, Dhusara, etc [28-34].

Pitta Prakriti: Mukha- Ushna Mukha, Pita, Goura, Kshipravali, Vyanga, Piplu, Tilakalaka, Neelika, etc [35-41].

Kapha Prakriti: Mukha- Sita, Mriduta, Snigdha, Tejasvi, Sukumara, Prasanna, Paripurna, Upachita, etc [42-48].

Kesha is a by-product of *Asthi Dhatu*[49], reflecting the body's nourishment or deficiencies. Since the scalp is an extension of the face, it is included in the *Mukha Twak Pariksha*. *Prakriti* influence of *Kesha*: *Vata* (*Dhusara, Ruksha, Sputitha, etc*), *Pitta* (*Kapila, Palita, Karaba, Sheeghra Khalitya, etc*), *Kapha* (*Nila, Shyama, Kutila, Snigdha, etc*). Comprehensive Ayurveda parameters (objective and subjective) are presented in Tables 1 and 2.

Demographic analysis reveals societal influences on awareness and engagement with Ayurvedic principles, while detailed skin and hair assessments offer insights into prevalent issues and potential interventions. The alignment analysis between facial analysis and the CCRAS *Prakriti* scale highlights constitution variations within the sample, enriching our understanding of personalized hair care practices.

Skin hydration was evaluated using a moisture-oil analyzer, with classifications of moist, normal, dry, and very dry. The study reveals variability in skin

hydration among subjects, with 68 individuals classified as "Very Dry," indicating a significant portion may experience skin dryness (Table 1). This suggests environmental factors like the dry (*Jangala desa*) and the hot season (*Grishma rtu*) with predominant *Pitta dosa* may contribute. In contrast, skin hydration might differ in *Anupa Desa* and during *Kapha*-dominant seasons. The skin oiliness assessment indicates that all 100 subjects fall within the "Normal" range, with oiliness levels under 66% (Table 2).

Skin pigmentation was evaluated using a dermascope and categorized into grades of normal, mild, moderate, and severe. Fifty-four subjects display normal skin pigmentation levels, offering insights into common skin characteristics (Table 3). Acne was categorized as normal, mild, moderate, or severe. The analysis reveals that 65 subjects had no acne, while 29 exhibited mild acne, suggesting environmental dryness may affect skin health (Table 4). The analysis of black moles reveals different levels of presence, with 49 individuals showing mild cases, categorized as normal, mild, moderate, or severe. Both acne and black moles were evaluated using a dermascope (Table 5).

Premature wrinkles were classified into four categories: no wrinkles, fine wrinkles, fine to moderate depth wrinkles, and moderate to deep wrinkles with numerous lines, with or without redundant skin folds. Fifty subjects displayed premature wrinkles, indicating a need for interventions to address this issue, likely influenced by the dryness of the *Jangala desa* (Table 6).

Table 1: Skin Hydration

Skin hydration (grading)	Range (in %)	No. of Subjects
Moist	43-46% / >46%	1
Normal	38-42%	3
Dry	34-37%	28
Very dry	<33%	68
Total		100

Table 2: Skin Oiliness

Skin oiliness (grading)	Range (in %)	No. of Subjects
Normal	<66%	100
Oily	>66%	0
Total		100

Table 3: Skin Pigmentation

Pigmentation (grading)	Range (in %)	No. of Subjects
Normal	0-10%	54
Mild	10-25%	24
Moderate	30-50%	20
Severe	60-95%	2
Total		100

Table 4: Acne

Acne (grading)	Number of acne	No. of Subjects
Normal	0	65
Mild	C<30, P<10, No S	29
Moderate	C=i, P>10, S+/_	4
Severe	C=i, P=i, CY>3, S=+	2
Total		100

C- Comedones, P- Papules, S- Scarring, i- Any number, Cy- Cyst

Table 5: Black moles

Black moles	Grading (in %)	No. of Subjects
Normal	0%	36
Mild	1-30%	49
Moderate	31-60%	10
Severe	61-100%	5
Total		100

Table 6: Premature Wrinkles

Premature wrinkles	Range (in %)	No. of Subjects
No Wrinkles	0-10%	20
Fine Wrinkles	10-30%	13
Fine - Moderate-depth Wrinkles	30-60%	50
Fine - deep Wrinkles	60-100%	17
Total		100

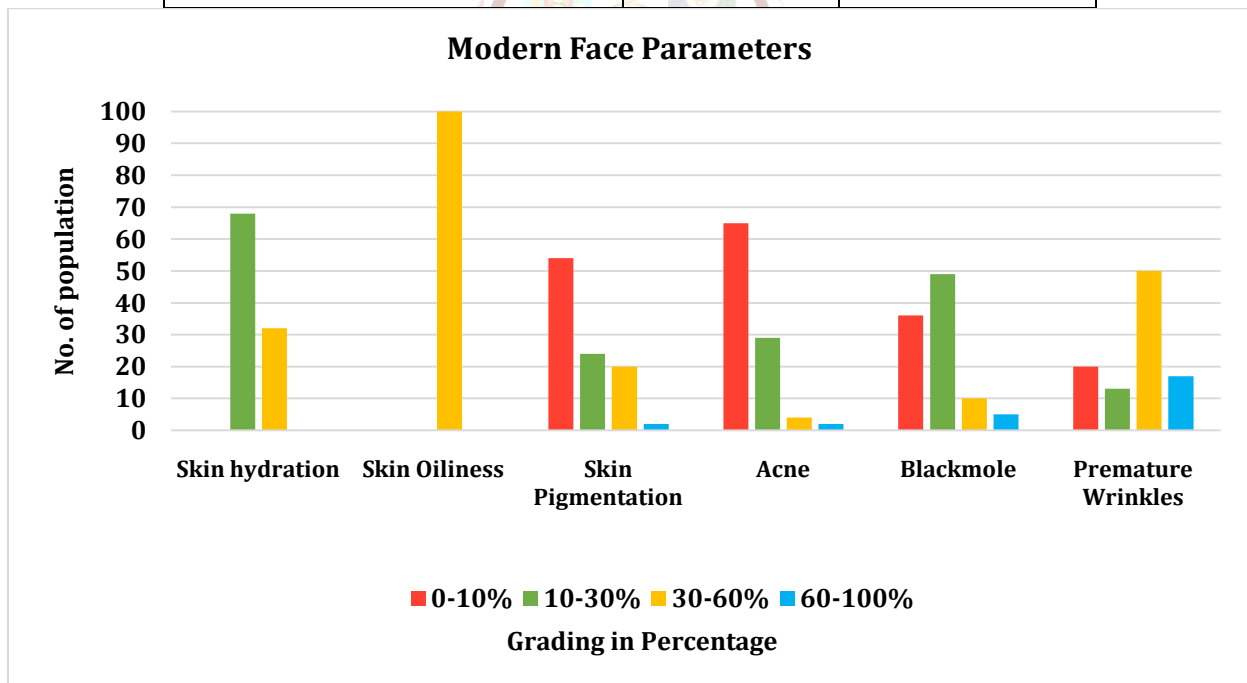


Fig 1: Evaluation of contemporary face parameters expressed as percentages

The study used a trichoscope to evaluate hair parameters. Scalp dryness was classified it into four levels: normal, mild, moderate, and severe. Among subjects, 43% showed mild dryness, likely due to reduced hair oil use and frequent washing (Table 7). Hair colour analysis shows a 45%-55% distribution between black and black & brown hair (Table 8). Hair density is predominantly medium, with 48% of subjects affected by pollution and chemicals in hair care products (Table 9).

Table 7: Scalp Dryness

Scalp dryness (grading)	No. of Subjects
Normal	27
Mild	43
Moderate	25
Severe	5
Total	100

Table 8: Hair Colour

Hair colour (grading)	No. of Subjects
Black	45
Black & Brown	55
Total	100

Table 9: Hair Density

Hair density (grading)	No. of Subjects
Low	38
Medium	48
High	14
Total	100

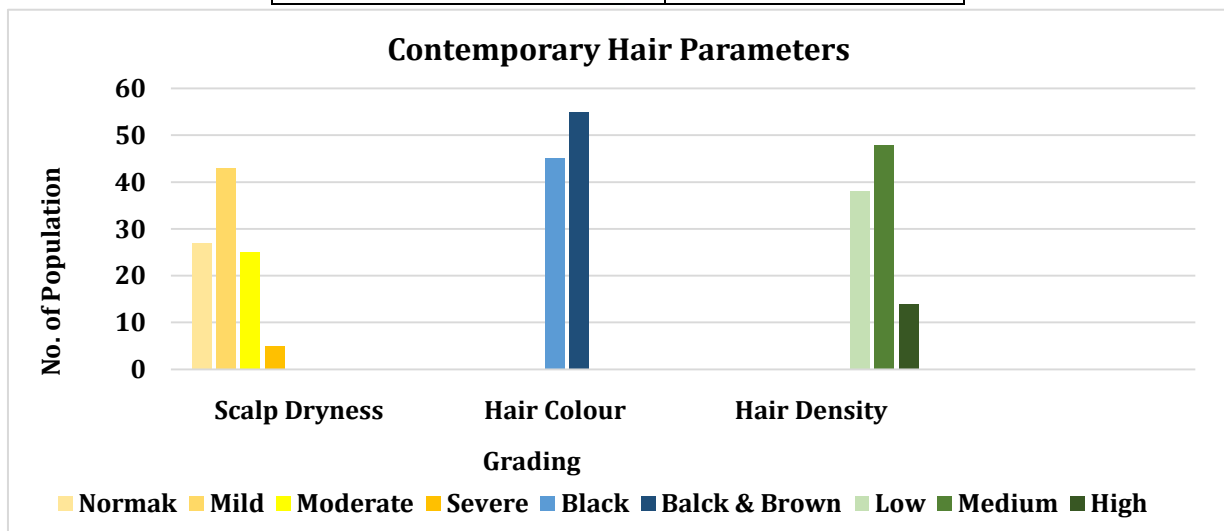


Fig 2: Evaluation of contemporary hair parameters by grading

Hair texture was categorized as smooth-uneven, smooth-even, dry-uneven, and dry-even. Results show 41% of subjects have smooth-uneven hair, and 49% have smooth-even hair (Table 10). Hair pattern assessment revealed 52% of subjects had wavy hair, followed by 43% with straight hair (Table 11). Most subjects 89% do not exhibit split ends, likely due to regular trimming (Table 12), and the low prevalence of lice infestation indicates good hygiene practices (Table 13).

Table 10: Hair Texture

Hair Texture (grading)	No. of Subjects
Smooth-Uneven	41
Smooth- Even	49
Dry-Uneven	5
Dry-Even	5
Total	100

Table 11: Hair Pattern

Hair Pattern (grading)	No. of Subjects
Straight	43
Wavy	52
Curly	3
Coiled	2
Total	100

Table 12: Split Ends

Split Ends	No. of Subjects
Present	11
Absent	89
Total	100

Table 13: Lice Infestation

Lice Infestation	No. of Subjects
Present	3
Absent	97
Total	100

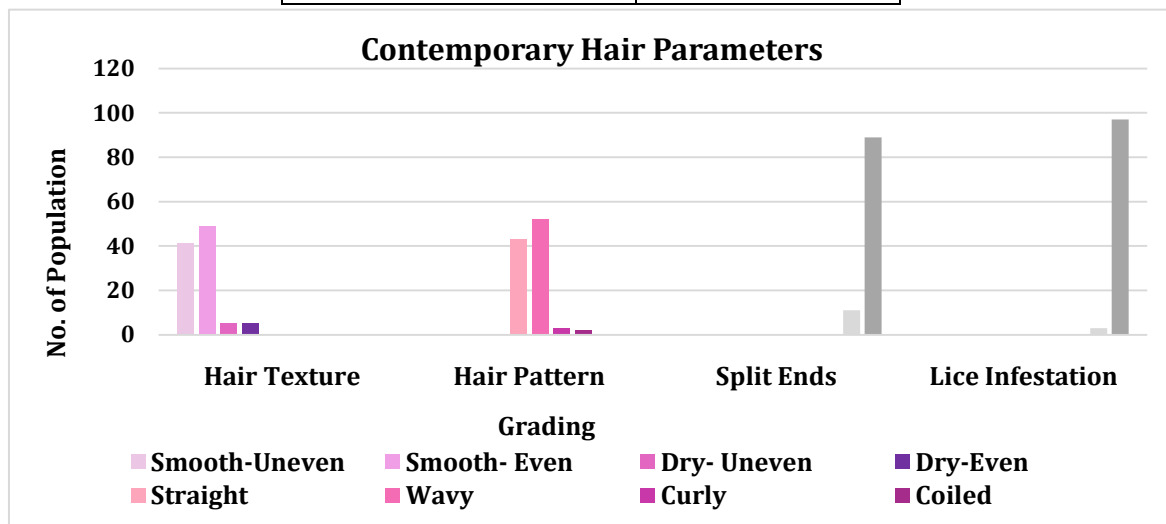


Fig 3: Evaluation of contemporary hair parameters by grading (contd..).

Comparative Analysis of Ayurvedic and Contemporary Parameters

Similarities

1. Focus on Individuality: Both systems emphasize individual uniqueness, with Ayurveda using *Prakriti* analysis and contemporary methods utilizing diagnostic tools for personalized care.
2. Assessment of Skin Hydration and Oiliness: Both evaluate skin hydration and oil levels, attributing results to *Dosha* balance in Ayurveda and using instruments in modern techniques.
3. Holistic Health Consideration: Both view skin as a reflection of overall health, linking conditions to internal imbalances in Ayurveda and lifestyle factors in modern cosmetology.

Differences

1. Diagnostic Tools: Ayurveda relies on *Mukha-Twak Pariksha* (observational assessment), while contemporary methods employ dermascopes, trichoscopes, and moisture analyzers.
2. Causes of Skin Issues: Ayurveda links conditions to *Dosa* imbalances influenced by seasons and geography, whereas modern dermatology focuses on external factors like pollutants and products.
3. Treatment Approaches: Ayurvedic treatments are personalized based on *Dosa* balancing, while contemporary methods typically recommend products tailored to skin type without considering *Prakriti*.

In the analysis between face *Prakriti* and the “CCRAS *Prakriti* scale”, the comparison reveals both similarities and differences in the constitutions assessed. For example, in the *Vata-Pitta Prakriti* type, 7 out of 17 subjects matched the CCRAS assessment, while 10 did not. Similarly, for the *Pitta-Kapha* type, 11 out of 19 individuals were consistent with CCRAS, while 8 varied. These discrepancies highlight the

variations in constitution dominance when analyzed through facial features versus the CCRAS methodology. Overall, there was a notable variation across different *Prakriti* types, indicating a 50-70% consistency between the two methods, with discrepancies largely arising due to nuanced constitutional dominance changes observed in individual facial analyses. (Fig 4.).

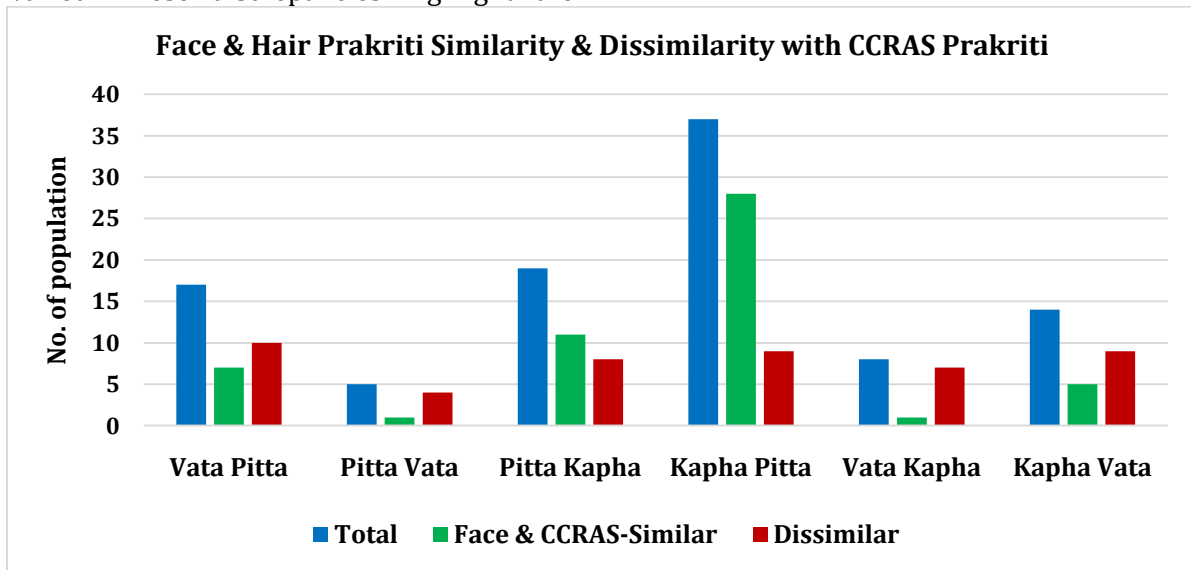


Fig 4: Face & Hair *Prakriti* Similarity & Dissimilarity with CCRAS *Prakriti*

This work comprehensively explores the integration of traditional Ayurvedic principles with contemporary cosmetological practices. By combining insights from ancient texts and modern literature, the study has developed a standardized questionnaire for facial and hair analysis tailored to individual constitutions. This tool enhances treatment selection and preventive measures, pioneering advancements in Ayurvedic cosmetology.

Table 14: Compilation of feature of *Vata*, *Pitta* and *Kapha* Dosa forming parameters of Face Analysis [50-56]

Features/ Dosa	<i>Vata</i>	<i>Pitta</i>	<i>Kapha</i>
General	<i>Ruksha</i> (Dryness) -C.V., S.Sa, BP.P, Sh.P <i>Krsa/ Tanu</i> (Emaciation) -C.V., A.S.Su, Y.R, Sh.P, BP.P <i>Parusha</i> (Roughness) - Y.R	<i>Ushna mukha</i> (Hot face) -C.V. <i>Sveda</i> (Sweaty) -S.Sa, A.S.Su, A.H.Sa, BP.P, Sh.P <i>Sithila mamsa</i> (Loose muscles) - A.H.Sa, A.S.Su	<i>Snigdha</i> (Unctuous) -C.V., S.Sa, A.S.Su, Y.R <i>Sukumara</i> (Pleasing appearance) C.V., A.S.Su <i>Prasanna</i> (Happy face) C.V. <i>Subagaha</i> (Pleasant to look at) A.H.Sa <i>Tejasvi</i> (Radiant) YR
On Touch	<i>Sita</i> (Cold) -C.V. <i>Ruksha</i> (Dryness) - A.S.Su,	<i>Ushna</i> (Hot) -C.V., A.S.Su, A.H.Sa	<i>Sita</i> (Cold) - C.V., A.H.Sa <i>Mridu</i> (Soft)-C.V. <i>Snigdha</i> (Unctuous) -C.V., A.S.Su
Appearance	<i>Bahu sira Pratana</i> (Abundance of veins) - C.V, A.S.Su, YR <i>Dhusara</i> (Dusky) -A.H.Sa	<i>Vali</i> (Wrinkles) -C.V., S.Sa, A.S.Su, A.H.Sa <i>Piplu</i> (Port-wine marks) -C.V., A.S.Su <i>Vyanga</i> (Freckles/pigmented patches) -C.V., A.S.Su <i>Tila kalaka</i> (Black moles) -C.V. <i>Pidaka</i> -C.V. <i>Neelika</i> (Blue patch on skin) A.H.Sa	<i>Mriduta</i> (Clarity of complexion) -C.V.
Shape	<i>Krusa</i> (Lean)- A.H.Sa <i>Laghu</i> (Small)- C.V.		<i>Paripurna</i> (Rounded)-C.V. <i>Upachita</i> (Plumpness)-C.V.

			Sara (Firm) -C.V. Samhata (Compactness)-C.V.
Facial Hairs	Ruksha (Dry) -C.V. Laghu (Light) -C.V.	Kapila smashru (Brown beard) -C.V. Kapila loma (Brown hairs) -C.V., A.H.Sa, A.S.Su Mridu (Soft hair) -C.V., A.S.Su Alpa/Virala (Scanty/Sparse) A.H.Sa, A.S.Su Karaba (Curved) -A.S.Su	

Features/ Dosa	Vata	Pitta	Kapha
Eyes	Chalatvad Akshi (Unstable eyes) -C.V., S.Sa Khara (Rough) -A.H.Sa, A.S.Su Dhusara (Dusky) - A.H.Sa Vritha (Round)- A.H.Sa Chalatvad bru (Unstable eyebrows) -C.V.	Tamra (Coppery) -S.Sa,A.S.Su, A.H.Sa, BP.P Tanu (Thin & small)- A.H.Sa Chala (Unsteady)- A.H.Sa Tanu alpa pakshmani (Few & thin eyelashes) -A.H.Sa	Suklaksha (White) - S.Sa, Y.R Raktanta (Reddish corner)- S.Sa, A.H.Sa, Y.R Snigdha (Unctuous)-A.H.Sa Bahu Pakshma (More Eyelashes) - A.h.Sa, A.S.Su Vishala (Wide) - A.H.Sa,A.S.Su Deergha (long) -A.H.Sa Vyakta sukla - asitha aksha (Well defined white & black spheres) -A.H.Sa, A.S.Su
Colour		Pita (Pallor) - S.Sa Goura (White) -A.S.Su, A.H.Sa, BP.P	Durva -S.Sa, A.S.Su, A.H.Sa Indivara -S.Sa, A.S.Su Sarakhand -S.Sa, A.S.Su, A.H.Sa Fresh Nimba fruit -S.Sa Priyangu - A.H.Sa Sastra (Iron, steel weapon) A.H.Sa Gorocana -A.H.Sa Padma A.H.Sa Suvarna - A.H.Sa
Forehead			Maha lalata (Broad)- A.H.Sa, A.S.Su
Beard	Scanty (Little) S.Sa Ruksha (Rough) S.Sa	Palita (Greying)- Sh.P Kapila (Brown) C.V.	
Lips	Chalatvad oshta (Unsteady lips)- C.V.	Tamra (Coppery)- S.Sa, A.S.Su	

Table 15: Compilation of feature of Vata, Pitta and Kapha Dosa forming parameters of Hair Analysis [57-63]

Features/ Dosa	Vata	Pitta	Kapha
Colour	Dhusara (Dusky) A.H.Sa	Kapila (Brown) C.V., A.H.Sa, A.S.Su Palita (Greying)- C.V., S.Sa, A.S.Su, A.H.Sa, BP.P, Sh.P	Nilaksha (Bee black) S.Sa Neela (Blue) Ash.hri, Y.R Syama (black) BP.P
Shape	Alpa (Small/ few hair)- Sh.P, BP.P	Khalitya (Baldness) C.V., S.Sa, A.S.Su Alpa (Scanty)- A.H.Sa Karaba (Curved)- A.S.Su Virala (Sparse)- A.S.Su	Kutilla (Curly)- S.Sa, Y.R
Texture	Parusha (Roughness)- C.V. Sputitha (Cracked) A.S.Su, A.H.Sa Ruksha (Dry)- S.Sa	Mridu (Soft)- C.V., A.S.Su	Sthira (Firm) S.Sa, Y.R Snigdha (Unctuous) Sh.P Ghana (Thick) A.H.Sa

Features/ Dosa	Vata	Pitta	Kapha
Gait/Behaviour	Chapala gati (Inconsistent gait) - C.V., A.H.Sa, A.S.Su Shigra (Quick gait) A.H.Sa, Y.R, BP.P Akritnja (Ungrateful behaviour)- Y.R Sita asahishnuta (Intolerance for cold things) C.V, S.Sa, A.H.Sa	Sucharita (Good behaviour)- A.H.Sa Pragalbha (Straight forward) Y.R Kshipra kopa & prasada (Angry & calms quickly)- S.Sa Dharma dveshi (Hate sunlight)- A.H.Sa	Sthira sharira (Stable gait)- C.V., A.S.Su (Elephant in rut like gait) A.H.Sa Kshamasheela (Patience) BP.P Riju (Straight forward) A.H.Sa

CONCLUSION

This study bridges the gap between ancient wisdom and modern cosmetology, paving the way for more tailored and effective skincare and hair care approaches rooted in Ayurvedic principles. It demonstrates how geographical regions (*Desa*) and seasonal variations (*Kala*) impact *Dosa* predominance in skin attributes like hydration, pigmentation, and acne. Understanding these influences suggests that dietary adjustments, daily routines (*Dinacharya*), and seasonal routines (*Rtucharya*) can address these issues. If ineffective, a tailored therapeutic approach based on *Prakriti* may be necessary, facilitating the selection of specific medicines, topical applications (*Lepa*), or oils suitable for different skin types, and providing a foundation for further development in skincare formulation.

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