

## Common skin problems and their ayurvedic remedies

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It is not possible to get away with the process of aging and getting old but letting it not come very early is possible with Ayurveda and its medicinal herbs. According to Ayurveda healthy skin is the result of overall health condition of individuals and prescribes numerous skin care treatments that need to be pursued at every stage of life. As Ayurveda believes that all living beings have the Panchamahabhoota as it is components, same is for skin. It is formed of the Pancha Mahabhootas and is the seat of Sparshan indriya (a tactile sensory organ). Apart from perceiving sensations such as cold, warm, heavy, light, rough, smooth, etc. skin is also an excretory agent for Sweda (sweat). Skin is also the dwelling of Bhrajaka pitta and regulates the temperature of the living body and absorbs all local medicinal applications. The complexion and luster of our skin is also conferred to the skin. According to the sage Sushrut: "As the heating of milk forms a layer of cream on the milk surface, in a similar manner in the embryonic stage, Dhatus (seven basic elements described in Ayurveda which compose the human body) form the different layers of the skin on our body." Ayurveda reveals a lot of interesting and fascinating facts regarding the skin that enhance our knowledge about the living body. For the pathogenesis of diseases, including those of skin improper diet is one of the major factors. With the view to provide humans a glowing and healthy skin, Ayurveda has mentioned certain diets that are nutritious and help eliminating the skin ailments. Although in today's busy world where refrigerated food and preserved food is preferred for convenience, it must always be kept in mind that in all circumstances if possible fresh food is always better than the preserved both in terms of nutritional value and health maintenance. Approximately more than 50-55 herbs are referred in Ayurveda for skin care. Author has made an attempt for exploring the name and uses methodology in present paper.

### Biography

Vaidya Manoj Kumar Sharma is an Ayurvedic academician and renowned name in the field of Basic Principles of Ayurveda. He has contributed knowledge towards the public welfare especially Ayurveda cosmetics. He has completed his M.D in 1991 from the prestigious Ayurveda Institute – National Institute of Ayurveda. Further pursued the HPAd from the Rajasthan Ayurveda University, Jodhpur-India which is the second independent Ayurveda University after the Gujarat Ayurveda University, Jamnagar. At present he is the Associate Professor and HoD of the Deptt of Maulik Sidhanta (Basic Principle of Ayurveda) at the Rajasthan Ayurveda University, Jodhpur-India. He has been visited U S A and Hong Kong for the propagation of Ayurveda. Moreover, he has published 2 books, Articles 19 and more than 9 papers in reputed journals and serving as an editorial board member of the "Journal of Homeopathy and Ayurvedic Medicine".

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