



Twak Roga Nivarana Chikitsa / Skin Care Treatment

[Twak Roga Nivarana Chikitsa](#) is a term from Ayurveda, an ancient Indian system of medicine, which refers to the treatment of skin diseases. According to Ayurveda, skin diseases are caused by an imbalance of the three doshas (vata, pitta, and kapha) and can be treated by bringing the doshas back into balance. Here will see Ayurveda approach about [Skin Care Treatment](#).

The treatment of skin diseases in Ayurveda involves a combination of internal and external therapies, including herbal remedies, dietary modifications, and lifestyle changes. Some of the commonly used herbs in Ayurvedic skin treatments include neem, turmeric, aloe vera, and sandalwood.

Ayurvedic practitioners also recommend following a healthy and balanced diet that is specific to the individual's dosha type. For example, individuals with a pitta dosha are advised to avoid spicy and oily foods, while those with a vata dosha are encouraged to eat warm, nourishing foods. Other lifestyle changes that may be recommended include regular exercise, stress reduction techniques such as yoga and meditation, and getting adequate sleep.

TYPES OF AYURVEDA SKIN DISEASES

In Ayurveda, skin diseases are classified into mainly two categories – Mahakustha and Kshudrakustha. Mahakustha refers to major skin diseases, while Kshudrakustha refers to minor skin diseases. Here are the seven types of Mahakustha and eleven types of Kshudrakustha as described in Ayurveda:

Mahakustha:

1. Vipadika (Eczema)
2. Kushta (Leprosy)
3. Kitibha ([Psoriasis](#))
4. Sidhma (Lichen Planus)
5. Kotha (Leucoderma/Vitiligo)
6. Visarpa (Herpes/Zoster)
7. Charma Rakta (Purpura)

Kshudrakustha:

1. Darunaka (Acne)
2. Pama (Scabies)
3. Dadru (Ringworm)

4. Indralupta (Alopecia)
5. Kitibha Kustha (Psoriasis)
6. Eka Kushta (Mycosis Fungoides)
7. Alasaka (Lichen Simplex)
8. Vipadika (Eczema)
9. Charmadala (Contact dermatitis)
10. Visphota (Blister)
11. Sphota (Erysipelas)

It's important to note that the treatment of these skin diseases in Ayurveda is based on the individual's dosha constitution and the severity of the condition. Ayurvedic treatments for skin diseases may include herbal remedies, dietary modifications, lifestyle changes, and [Panchakarma](#) therapies.

PANCHAKARMA TREATMENT FOR SKIN CARE:

Panchakarma is a traditional Ayurvedic therapy that involves a series of detoxification and rejuvenation treatments aimed at restoring balance and harmony to the body and mind. Panchakarma treatments are often recommended for Twak Roga Nivarana Chikitsa or the treatment of skin diseases in Ayurveda. Here are some of the Panchakarma treatments that may be used for Twak Roga Nivarana Chikitsa:

1. **Abhyanga:** Abhyanga is a full-body oil massage that uses warm medicated oils to nourish the skin, improve circulation, and remove toxins from the body. This treatment can help to balance the doshas, improve skin texture, and promote overall relaxation.
2. **Swedana:** Swedana is a herbal steam bath that helps to open up the pores of the skin and promote sweating. This treatment can help to eliminate toxins from the body, reduce inflammation, and improve skin tone.
3. **Vamana:** Vamana is a therapeutic vomiting treatment that is used to remove excess mucus and toxins from the body. This treatment can help to improve digestion, clear the respiratory system, and promote healthy skin.
4. **Virechana:** Virechana is a purgation treatment that uses herbal laxatives to eliminate toxins from the body. This treatment can help to improve digestion, clear the liver and gallbladder, and promote healthy skin.
5. **Nasya:** Nasya is a nasal administration of herbal oils or powders that can help to clear the sinuses, improve respiratory health, and promote healthy skin.
6. **Basti:** Basti is an enema treatment that uses medicated oils or herbal decoctions to eliminate toxins from the colon. This treatment can help to improve digestion, balance the doshas, and promote healthy skin.

It's important to note that Panchakarma treatments should always be done under the guidance of a qualified Ayurvedic practitioner. They can help determine the best treatment plan for an individual's specific needs and monitor their progress over time.

At Adyant Ayurveda, Our team of experts is here to help you get your life back on track with the best Panchakarma for skin care. We recommend Vamana primarily for skin diseases caused by Kapha dominance. Virechana and Raktamokshana are also beneficial in skin diseases caused by Pitta Dosha and Rakta Dhatu. Basti is also recommended in cases of Vata Dosha dominance, whereas Nasya is recommended in cases of skin diseases in the head, neck, and face region. In addition, we prefer diet, lifestyle changes, and internal medication for a few weeks. Pamper your skin with our all-natural treatments & revitalize your body, mind & spirit. It's an ancient practice that helps promote healthy skin from the inside out, and it has amazing results.