

COMPARATIVE ANALYSIS OF SKIN QUALITY IN TWAKSARA AND RAKTASARA INDIVIDUALS ALONG WITH METHODS OF ITS ENHANCEMENT – A PILOT STUDY

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ABSTRACT

In present scenario beauty is a factor which is considered as much essential to be one in thousand faces. External appearance of oneself has a great impact on human life and skin is the basic element of outer appearance. Quality of skin reflects inner vitality and health. To keep oneself fit, beautiful and healthy at all ages, Ayurveda has proposed numerous suggestions that if followed properly maintain health and skin. Ayurveda is blended with some unique principles, Sara concept being one of them which is described as essence of all Dhatu. Among eight kinds of Sara, most of the characteristics of Twak and Rakta Sara individuals are reflected through skin appearance. Assessment of skin texture in these Sara individuals can help to understand the specific pattern or characteristics of skin and susceptibility towards specific skin abnormality which can also helps to explore the methods of improving skin quality thereby preventing deterioration of skin quality. Hence the study was planned for comparative analysis in 20 healthy individuals of Twak and Rakta Sara and tried to correlate the specific skin texture with it, which can assist in enhancing its quality by different procedures and medication mentioned in Ayurveda.

Keywords: Skin quality, TwakSara, Rakta Sara, Dhatu.

INTRODUCTION

Ayurveda is blended with rich and unique principles of health promotion, diagnosis and management. It is well acknowledged fact that in – depth examination of individuals' *Dosha, Dhatu, Mala* and *Agni* status reveals his physical and psychosomatic condition^[1]. For this various approaches have been mentioned in the classics under the umbrella of Pariksha, specifically Rogi Pariksha. *Sara* is one such concept which signifies the best functional status or the vitality of all Dhatu called as 'Visuddhataro Dhatu'.^[2] It is responsible for rendering strength in terms of disease resistance and hence it won't be

inappropriate to consider *Sara* as *Pratyanika Bala* of *Dhatu*. This concept is of paramount importance in preventive, diagnostic as well as therapeutic aspects. The optimal condition of *Sara* indicates good health which externally can be visualized by healthy skin, as skin is considered as reflector of good health. A clear, even complexion, absence of any pigmentations etc. are indicators of fresh and healthy skin whereas conditions such as chronic redness, dark spots, itchiness etc. can be signs that something is not good.

RELATION IN SARA & QUALITY OF SKIN:

The assessment of *Sarata* reveals the status of *Dhatu* and *Sattva* which are important parameters of good health. It deals with the physical and psychological characteristics of the individuals, on the basis of which *Sara* has been classified into different

categories viz. *Twaksara*, *Raktasara*, *Mamsasara*, *Medasara*, *Asthisara*, *Majjasara*, *Shukrasara* and *Sattvasara*^[3]. Features of each have been discussed elaborately in Ayurvedic literatures. Among these *Sara*, most of the features of *Twak*, *Rakta* and *Meda Sara* can be understood clearly from the overview of skin (Table 1).

Table 1 – Physical and Psychological features of *Twaksara* and *Raktasara*

S.N	SAMHITA	TWAKSARA		RAKTASARA	
		Physical Characters	Psychological Features	Physical Characters	Psychological Features
1.	CHARAK ^[4]	Unctous, clear, smooth and lustrous skin Delicate, fine, deep rooted soft body hairs	Happiness, prosperity, enjoyment, good fortune, knowledge, wisdom, enthusiasm and longevity	Unctuous, reddish and beautiful appearance of eye, ears, face, tongue, nose, lips, palm, sole, nails, forehead and genitals	Happiness, intellect, enthusiasm, tenderness, lack of endurance, intolerance to heat and moderate strength.
2.	SUSHRUTA ^[5]	Glistening Skin, Soft skin and Soft body hairs		Unctous and coppery red eyes, nails, palate, lips, tongue, palms and soles.	
3.	KASHYAPA ^[6]	Lustrous skin complexion, free from skin diseases and quick wound healing capacity		–	
4.	BRIHAT ^[7]	Unctuous, soft and thin skin.		Reddish colouration of palate, lips, gums, tongue, palpebral conjunctiva	

From the above table it is easy to understand that both the *Twaksara* and *Raktasara* individuals have unctuous skin and differentiating features are the smooth, clear and lustrous appearance of skin in *Twaksara* individuals and reddish, beautiful and dazzling appearance in *Raktasara* individuals. In conventional aspects, skin quality is assessed or judged by its smooth, clear and spotless appearance.

AIM & OBJECTIVES:

- ✓ To assess the skin quality in *Twaksara* individuals.
- ✓ To assess the skin quality in *Raktasara* individuals.
- ✓ Comparative analysis of skin quality in *Twak* and *Rakta Sara* individuals.

MATERIAL & METHODS:

The present study is a pilot work for descriptive observational study in order to assess the skin quality in *Twak* and *Rakta Sara* individuals. Total 20 healthy female volunteers were selected, 10 each from *Twaksara* and *Raktasara* group which were designated as Stratum A and B respectively. The study was conducted in Pt. Khushilal Sharma

Government Ayurveda College & Institute, Bhopal (M.P.). Screening was done with the help of proforma containing validated questionnaire for assessment of *Sara* and skin quality assessment criteria. After the assessment of dominant *Sara*, volunteers were categorised into two groups accordingly then again a questionnaire was filled by researcher through personal interview method and response was recorded and analysed.

INCLUSION CRITERIA:

1. Healthy, unmarried female volunteers.
2. Volunteers of age group 18 – 26 years.

EXCLUSION CRITERIA:

1. Volunteers with history of anemia.
2. Volunteers with any systemic or hormonal disorders.
3. Married female volunteers.

OBSERVATIONS & RESULTS:

In the present study all volunteers were unmarried female as this was inclusion criteria of this study. Maximum volunteers were belonging to the age group 21 – 23 years in both the Strata. Occupation wise distribution shows that maximum volunteers were students and rest were either in govt. or private job. Socio –economic distribution (as per modified Kuppuswami scale)^[8] shows that none of the volunteer was belonging to class 1 and 5, whereas maximum volunteers were of class 2 i.e. Upper Middle class in both the Strata (Table 2).

Table 2 – Demographic profile of registered volunteers

Factors	Sub divisions	No. of volunteers in Stratum A	No. of volunteers in Stratum B
Age	18 – 20 years	02	03
	21 – 23years	05	04
	24 – 26 years	03	03
Occupation	Students	08	06
	Govt /Private Job	02	04
Socioeconomic status	Upper (Class1)	0	0
	Upper Middle (2)	05	06
	Lower Middle (3)	04	04
	Upper Lower(4)	01	0
	Lower(5)	0	0

In Stratum A, maximum volunteers were consuming vegetarian diet in both the Strata, *Samashan* dietary habit was followed by majority of them, maximum volunteers were seen to have *Samagni* and *Madhyam Koshtha* in both the Strata (Table 3). In Stratum A, *Pitta –Kaphaja Prakriti* individuals were seen to be maximum whereas in Stratum B maximum volunteers were of *Vata – Pittaja Prakriti* (Table 4).

Table 3 – Personal History of registered volunteers

Factors	Sub divisions	No. of volunteers in Stratum A	No. of volunteers in Stratum B
Diet	Vegetarian	10	08
	Mixed	0	02
Dietary habit	Vishamashana	01	0
	Samashana	07	08
	Adhyashana	02	02
Agni	Vishamagni	01	02
	Mandagni	01	0
	Samagni	08	07
	Teekshnagni	0	01
Koshtha	Mridu	01	03
	Madhyam	08	07
	Krura	01	0

Table 4 – Prakriti wise distribution

Prakriti	No. of volunteers in Stratum A	No. of volunteers in Stratum B
Vata – Pittaja	02	05
Pitta –Kaphaja	06	04
Vata – Kaphaja	02	01

On analysing the skin texture and its characteristics on the basis of questionnaire, it was found that skin texture was thin and transparent in 8 volunteers of *Twaksara* whereas thickness was more in *Raktasara* volunteers. Visible pores were not marked in *Twaksara* volunteers, but were pronounced in 2 volunteers of *Raktasara*. Blemishes were seen occasionally in *Twaksara* individuals but were regular in 5 volunteers of *Raktasara*. (Table5) (Figure1).

Table 5 – Skin quality analysis in Twaksara and Raktasara volunteers

S.N.	Skin Characteristics	No. of volunteers in Stratum A	No. of volunteers in Stratum B
1	Whether skin is transparent and thin.	08	02
2	Skin consistency is thick	02	04
3	Rarely have skin breakouts	01	03
4	Marked visible pores	0	02
5	Presence of blemishes – either occasional or regular	02	05
6	Skin has sheen	0	04
7	Congestion / blackheads in T zone	0	02
8	Presence of skin rashes	0	01
9	Presence of itchy skin	0	02
10	Uneven colouration of skin	01	01
11	Skin reacts quickly towards heat	02	06
12	Spicy food causes skin to react	01	02

13	Presence of sagging in skin	02	01
14	Very oily kind of skin	01	04
15	Combination skin(Oily in T zone, dry/normal in cheeks)	06	01

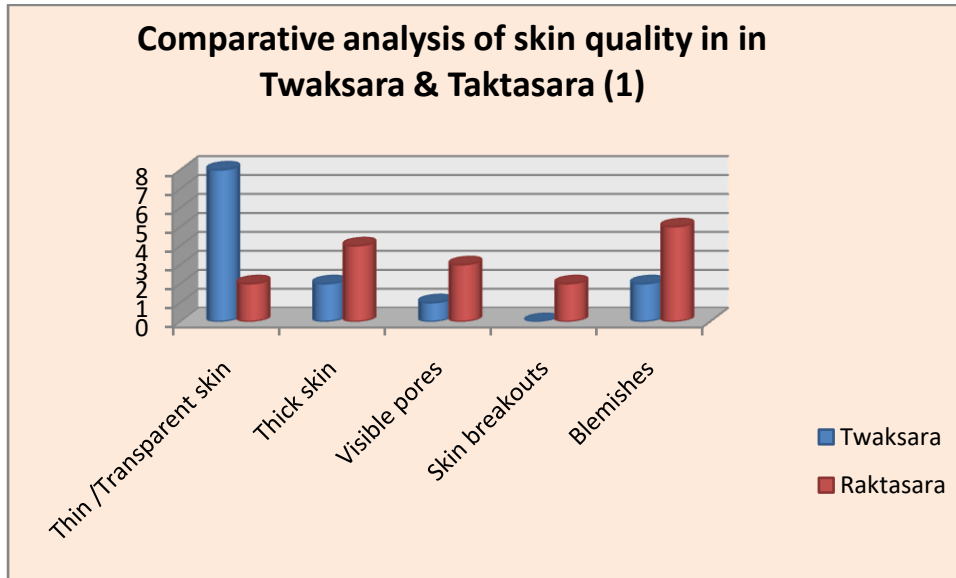


Figure 1- Comparative analysis of skin quality in Twaksara & Raktasara volunteers (1)

Skin has pronounced sheen in 4 volunteers of *Raktasara* and also congestion, blackheads in T zone were more visible in 2 *Raktasara* volunteers. Presence of easily getting affected with skin rash was found in 1 volunteer of *Raktasara* as well as itchy skin complaint was found in 2 individuals of *Raktasara*. Uneven skin colouration was not much marked in both the Strata (Figure 2).

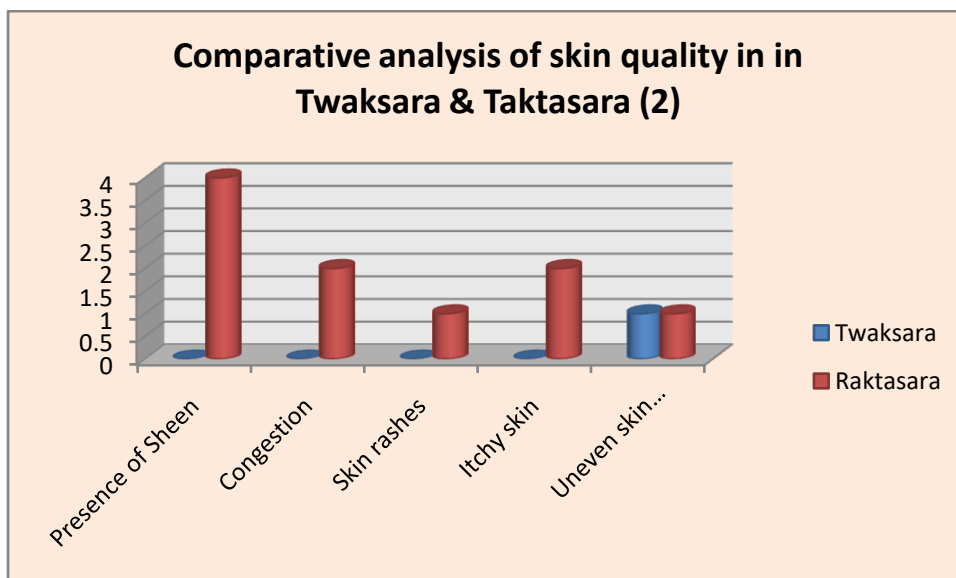


Figure 2- Comparative analysis of skin quality in Twaksara & Raktasara volunteers (2)

Skin was more sensitive towards heat in *Raktasara* individuals and was also affected more by intake of excess spicy food in *Raktasara* individuals. Sagging or wrinkles was not much marked and was present in 2 Volunteers of *Twaksara* and 1 volunteer of *Raktasara*. 4 out of 10 *Raktasara* individuals were having oily skin whereas Combination skin was marked in 6 volunteers of *Twaksara* (Figure 3).

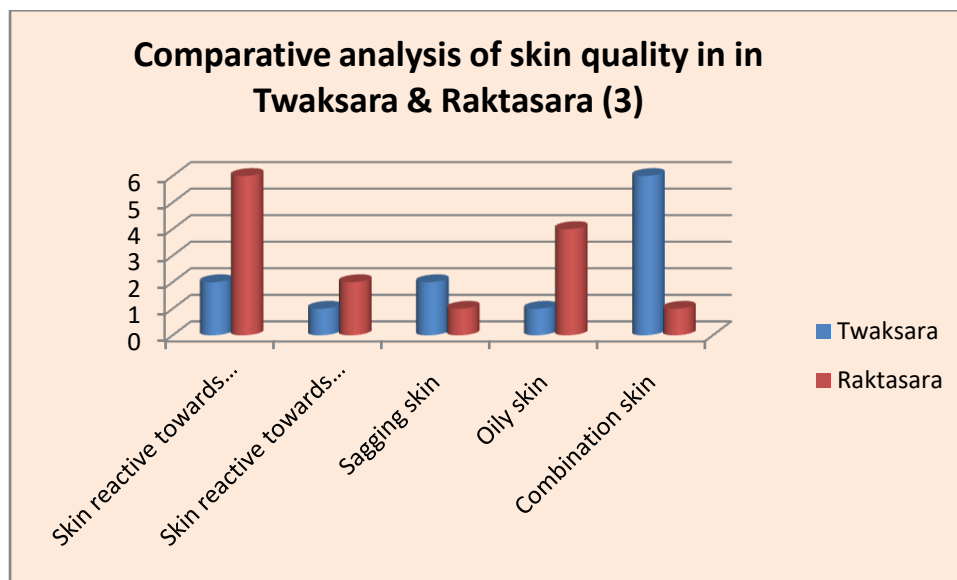


Figure 3 - Comparative analysis of skin quality in Twaksara & Raktasara volunteers (3)

DISCUSSION:

It is well acknowledged fact that skin texture has close relation with individual's status of health, *Agni*, *Dhatu* etc. and every individual is deemed as specific *Sara Purusha* on the basis of dominant features of respective *Dhatu*. In the present study *Twak* and *Rakta Sara* females were enrolled and the observations found were suggestive of different facts. *Twaksara* individuals have more smooth and unctuous skin as compared to *Raktasara*. Status of *Rasa Dhatu* is reflected through skin and as per *Ashraya Ashrayi Bhava*, *Kapha Dosha* and *Rasa* has close relation^[9]. Due to dominance of *Kapha Dosha* and its *Snigdha*, *Mritsna* etc. properties it provides proper nourishment and smooth appearance to skin. The body hairs are fine and deep rooted in *Twaksara* individuals, hence pores are not visible clearly or they remained close. Easy Sagging of skin in *Twaksara* can be due to *Mridu* nature and *Prithvi Mahabhoota* dominance of *Kapha Dosha*.

Raktasara individuals have more oily skin and have more sensitivity towards heat and spicy food.

Raktasara and *Pitta Prakriti* are having strong association^[10] hence get easily affected by *Ushna* and *Tikshna* properties of *Pitta*. Also blemishes develop easily in these volunteers and are more prone for rashes and itching of skin. It may be again due to sensitivity of *Raktasara* individuals towards *Ushna* and *Tikshna* properties. All these facts must be taken into consideration while choosing the enhancement procedure or products. For instance *Raktasara* individuals have oily skin, so the *Alepa* or any other procedures which pacifies *Pitta* and *Rakta* should be applied and *Pradeha* can be applied in *Twaksara* individuals which alleviates *Vata – Kapha Dosha*.^[11] Above all, efforts should be made to maintain *Sarata* and achieve beautiful and healthy skin naturally.

CONCLUSION:

People are nowadays more aware and cautious towards their skin for which they are ready to spend as much as required. By maintaining all *Dhatu Sara* one can attain the healthy skin naturally. *Twaksara* and *Raktasara* individuals have different kinds of

skin which decides their sensitivity towards specific factor. On the basis of observations it can be inferred that *Raktasara* individuals have oily skin as compared to *Twaksara* and is more prone for rashes or itching in the skin. Sagging appearance is more marked in *Twaksara* individuals and blemishes are more pronounced in *Raktasara* individuals. Hence methods and products applied for enhancement of beauty, after assessing the *Sara* can be beneficial and result oriented.

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