



# DINACHARYA FOR SKIN HEALTH – AN AYURVEDIC PERSPECTIVE

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## BACKGROUND:

Skin (Twak) is not only the largest organ of the body but also a vital indicator of internal health in Ayurveda. Preventive skin care in Ayurveda is primarily achieved through Dinacharya (daily regimen), which harmonizes the body with natural cycles, ensuring balanced Doshas and healthy Dhatus.

## AIM:

To elaborate on the role of Dinacharya in maintaining skin health from an Ayurvedic perspective and correlate it with modern dermatological science for integrative preventive care.

## METHODOLOGY:

A literature review was conducted from primary Ayurvedic texts (Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya) and contemporary dermatology literature. Preventive measures for skin care described under Dinacharya were identified, classified, and compared with modern skin health principles.

## RESULTS:

Dinacharya encompasses practices such as early rising, oil massage (Abhyanga), herbal powder massage (Udvardana), appropriate bathing (Snana), nasal oiling (Nasya), wholesome diet (Ahara), moderate exercise (Vyayama), yoga, and adequate sleep (Nidra). These promote optimal circulation, hydration, detoxification, and mental well-being. Modern research supports their benefits in improving barrier function, delaying aging, and preventing inflammatory skin disorders.

## CONCLUSION:

Dinacharya offers a sustainable, preventive, and holistic approach to skin health. Integration of these ancient practices into modern dermatology can enhance long-term patient outcomes and promote skin wellness in a cost-effective manner.

**KEYWORDS:** Dinacharya, Twak, Ayurveda, Skin Health, Preventive Dermatology, Holistic Care

## 1. INTRODUCTION

The skin (Twak) in Ayurveda is described as the seat of the sense of touch (Sparshanendriya adhisthana) and a reflection of the body's internal balance. It is nourished primarily by Rasa Dhatu and supported by Rakta, Mamsa, and Meda Dhatus (1,2). In Charaka Samhita, the prime aim of Ayurveda is Swasthasya swasthya rakshanam (preservation of health) followed by Aturasya vikara prashamanam (cure of disease) (1).

Skin disorders today are exacerbated by pollution, poor diet, sedentary lifestyle, stress, and irregular sleep. Ayurveda offers Dinacharya (daily routine) as a time-tested preventive regimen that aligns the body's rhythms with nature, thus maintaining doshic balance and skin vitality.

## 2. AYURVEDIC CONCEPT OF SKIN HEALTH

### 2.1 Twak and Dhatus

- Rasa Dhatu – Hydration and nourishment
- Rakta Dhatu – Complexion (Varna) and detoxification
- Mamsa Dhatu – Firmness and elasticity
- Meda Dhatu – Lubrication

Sushruta's seven-layer concept of Twak (Su. Sha. 4/4–7) correlates with modern epidermal and dermal histology, with each layer having distinct pathological associations (2).

### 2.2 Doshic Influence on Skin

- Vata Prakriti – Dry, rough, thin skin prone to cracks
- Pitta Prakriti – Warm, soft skin prone to redness, rashes
- Kapha Prakriti – Thick, oily skin prone to clogging

## 3. DINACHARYA FOR SKIN HEALTH

- Waking in Brahma Muhurta – Early rising optimizes circadian hormone secretion and promotes skin repair.
- Ushapana – Lukewarm water intake on an empty stomach aids detoxification and supports skin hydration.
- Dantadhavana & Jivha Nirlekhana – Oral hygiene prevents toxin (Ama) formation, which can manifest as skin eruptions.
- Abhyanga (Oil Massage) – Improves microcirculation, elasticity, and delays aging (Vayah sthapana).
- Udvartana (Herbal Powder Massage) – Exfoliates and stimulates lymphatic flow.
- Snana (Bathing) – Neem or manjishtha decoctions purify skin and reduce microbial load.
- Nasya – Lubricates mucosa, prevents facial dryness, and supports skin glow.
- Ahara (Diet) – Avoid Viruddha Ahara to prevent Rakta dushti; include antioxidant-rich foods.
- Vyayama & Yoga – Enhances circulation and detoxification.
- Nidra (Sleep) – Supports collagen synthesis and repair.

## 4. HOLISTIC EXTENSIONS BEYOND DINACHARYA

- Ritucharya – Seasonal adjustments in skin care to prevent seasonal dermatoses.
- Manasika Swasthya – Meditation and pranayama regulate stress hormones, reducing flare-ups.
- Rasayana Therapy – Amla, Guduchi, and Manjishtha act as antioxidants and rejuvenators.

## 5. MODERN CORRELATION

Ayurvedic Principle	Modern Equivalent
Abhyanga	Moisturization, barrier repair
Udvartana	Physical exfoliation
Ritucharya	Seasonal skincare regimen
Rasayana	Antioxidant, anti-aging interventions
Satmya Ahara	Balanced nutrition for skin health

## 6. CONCLUSION

Dinacharya provides a preventive and holistic framework for skin health. These measures, grounded in Ayurvedic physiology, address the root causes of skin disorders, promote systemic balance, and support long-term skin vitality. Integrating Dinacharya into modern dermatology can bridge traditional wisdom with evidence-based care, leading to sustainable skin wellness.

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