

**LIVER AND SKIN DISORDERS - A SCIENTIFIC REVIEW****O.P. Sing, V.C. Deep, B.Das, M.M. Padhi & N.S. Tewari**

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**INTRODUCTION:**

It has been well recognized that individuals having a healthy body can only properly afford to perform all the activities leading to happiness, heaven and salvation and for the preservation of health, an alertness to wards Ahar (food) is essential as it is a basic factor for the attainment of all of them, Considering the utility of Ahar, Charak had stated that it sustains the life of living beings and in this universe they run after it. Complexion, clarity, good voice, longevity, geniusness, happiness, satisfaction, nourishment, strength and intellect are all conditioned by Ahar (food). Biogenic contribution of Ahar in terms of metabolic transformations being directly governed by Jataragni (acids & enzymes responsible of gastrointestinal digestion) and the resultant effects apparently seen in maintenance of body tissue elements by means of its growth and repair process, were well known, in greater detail to ancient.

**SAMPRAPTI (PATHOGENESIS):**

Vitiated Vata, Pitta, Kapha gets involved with Twak (Skin), Rakta (Blood), Mamsaa (muscle tissue) and Ambu (body fluid). These are called Sapta Dravyas (haptoids). The Nidan described regarding Kushtha can be divided into sharirik (mainly Pitta Vardhak Ahar, Vihar) and Manasik (Bhaya, Krodha, Santap ect) leading to formation of Sama Pitta which ultimately leads to formation of Sama Rasa Dhatu alongwith

Kapha and Vata. Pitta is Saman Guna Bhuista (similar in nature) to Rakta Dhatu so it is vitiated more, eg. Just like in Prameha main Dosha is kapha (along with others) and it first involves mode Dhatu being similar in nature, Due to vitiated Pitta there is altered Ranjan karma (Colouration) of Rasa Dhatu in Yakrit & Pleeha leading to formation of Dusta Rakta Dhatu. The Dusta Rakta circulates all over the body through Raktavaha Srotas (involving Mansavaha & Ambuvaha also). The through the Uttan Siras (Superficial arteries & veins) it despises the Twak (skin) leading to production of Kushtha (skin disorder).

**Hepatogenous Photosensitization**

Mechanisms operates though hepatogenous photosensitization as a result of ingestion of certain plants or drugs containing toxins that damage hepatic parenchyma. Hepatogenous or secondary phototoxic photosensitization occurs when toxins, bacteria, viruses of neoplasm damage the liver sufficiently to prevent excretion of phyloerthin (Photodynamic chemical). When the Hepatic parenchyma is damaged, increase concentrations of phyloerythrin in the serum may occur causing photosensitization in light skinned animals following exposure to sunlight. The Photodynamic agent in the skin absorbs light energy and has the ability to transfer this energy to activated molecules, which in turn are oxidized. This reaction

causes cellular damage and inflammatory substances are released that give rise to the typical signs of photosensitization. These signs, regardless of the causative photoxic agents Pruritus are first noted, sometimes there is a vesiculation. Oedema may become severe, and there may be serous exudation with or without vesiculation, Necrosis may extend into the deeper layer of skin and lips, eyelids and ears may slough or permanently deformed.

### **Diet Vitiating Rakta (Blood)**

Like other body doshas the unwholesome food can also vitiate the tissue of the body. In charaka view the following conditions and food articles have capacity to vitiate blood. Thereon

1. Un-whole some, hot & sharp wine and food in large quantity.
2. Exceedingly saline, alkaline, acidic and pungent.
3. Kulattha (Dolichos biflorus), Masha (Blackgram), Nispava or sesamam and Til Tail.
4. Pindalu (Batatas edulis) and all green eatables, tila, radish etc.
5. Meat of aquatic, marshly & Prasah type of animals living in holes.
6. Curd, sourwhey, Vinegar, wine & Sauviraka (a type of wine)
7. Ralthen purified food articles and those having mutually contradictory qualities.

### **Enumerating the diseases resulting form vitiation of blood like**

- Stomatitis, Conjunctivitis, Rhinitis, foul smell (odour) from mouth, Upakush (type of mouth disease)
- Abdominal tumour

- Visarpa (Skin disease characterized by acute spread)
- Raktapitta (disease characterized by bleeding form different parts of body)
- Pramilak (drowsiness)
- Abscess, haematuria, menorrhagia
- Gout
- Suppression of the digestive power
- Heaviness of body, thirst, burning sensation
- Anorexia, Headache, Bitter sour eructations specially of diet and drinks that are not properly digested, Saline taste in mouth.
- Excessive anger, intoxication, excessive sleep
- Frequent attacks of faintings
- Pruritis, urticaria, eruption, pimples, obstinate skin disorders, leprosy, dermatoses etc are falling under this category. The curable diseases do not get cured by cold, heat, unctuous, drying and such other therapies. They are to be taken as diseases due to vitiation of blood.

### **Conclusion:**

Among the principles of treatment of skin disorders, Raktashodhan (Blood purifactory measures) has got equal importance. Since the period of our samhitas it is being adapted by Ayurvedic Physicians. As Yakrit (liver) and Pleeha (Spleen) are the Mulas (root) of

Raktavaha srotas (Blood circulatory channels) on the basis of modern scientific research, again we have

researched the same conclusion that good functioning of liver is the them for prevention of skin disorders even.

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