

**A CONCEPTUAL STUDY OF AVBHASINI STAR WITH SPECIAL REFERENCE TO  
SIDHMA (TINEA VERSICOLOR)**

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**ABSTRACT**

Ayurveda is real wealth of medical science which gives preference to prevention of health in healthy person and provides best treatment to diseased one. In Ayurvedic classics Sharirsthan has vast description about internal and external body features. Acharya Sushruta has mentioned five sensory organs in Shareer sthana in that Twak (Twacha) is largest Sensory organ, Twak (Twacha) comprises seven layers and mentioned their respective disease. Each layer has importance as it is location for specific vyadhi out of which first layer named as Avbhasini is the location of 'Sidhma' there are two types of Kushtha explained by Sushruta as well as other Acharyas. i.e. Mahakushtha and Kshudra kushtha. The disease in which vitiated Doshas destroy the tissue of skin and produces discoloration and putrefaction forming Kotha in Kushtha. Modern science mentions the skin disorders 'TINEA VERSICOLOR' found to near about similar sign and symptoms as that 'SIDHMA'. Tinea versicolor having symptoms like with coppery and thin leaves out dust like powder on rubbing and simulates flower of bottle gourd. It appears mostly on the chest. This review study tries to correlate 'Sidhma' according to Ayurveda and TineaVersicolor which is present in AVBHASINI STAR.

**KEYWORDS:** Twak, Kushtha, TineaVersicolor, Sidhma

**INTRODUCTION**

Twak (skin) is one of component of PanchaGyanendriya. It is Adhithana of Sparshanendriya<sup>1</sup>. It is Panchabhautika but dominance of Vayu<sup>2</sup>. Twacha is the upadhatu of mamsa<sup>3</sup>. It is an originated from Matrujabhava<sup>4</sup>. Bhrajaka Pitta is situated in Twacha<sup>5</sup>. It is largest sensory receptor apparatus of body which is pigmented and protective covering of body. So before understanding Dooshitha Twachadi Lakshana it is necessary to understand the origin and PrakrutaTwachaSharir. Genesis of Twak had a described by Sushrutacharya

in Garbhavyakran Shareer Adhyaya. During the process of ShukraShonitaSamyogaand after the formation of Garbha, Twak begins to form just as the cream formed in the boiling milk<sup>6</sup>. Here Sushrutacharya has given Drushtanta of Santanikathat is cream of milk. Healthy and beautiful skin is a good indication of an individual's overall level of general health and fitness<sup>7</sup>.

Acharaya Charaka and Vaghbatta (Astanga Sangraha) have mentioned that there are 6 layers of Twacha<sup>8</sup>, whereas Acharya

Sushruta and Astanga Hrdayakara have mentioned seven layers of Twacha<sup>9</sup>.

Sushruta has described not only each every layer of Twak but also thickness of these layers for the first time and diseases present in that layer.

**Table no 1 Comparison of Skin layers:**

Sr. No.	SushrutaSamhita <sup>10</sup>	Modern Science <sup>11</sup>
1	Avbhasini	Stratum Corneum
2	Lohita	Stratum Lucidum
3	Shweta	Stratum Granulosum
4	Tamra	Stratum Spinosum
5	Vedini	Stratum Basale
6	Rohini	Papillary Layer
7	Mansdhara	Reticular Layer

According to Acharya Sushruta among seven layers of Twak (skin) Avbhasini is the first layer which called Stratum Corneum in modern science also, In day to day practice various skin diseases are seen. In that Avbhasini is first outer most layer which is seat of Sidhma. In Ayurveda Sidhma is under the broad heading of Kushtha which is further categorized in to Mahakushtha and Kshudrakushtha.

On the basis of presenting symptomatology most of the scholars has compaired Sidhma with 'PITYRIASIS

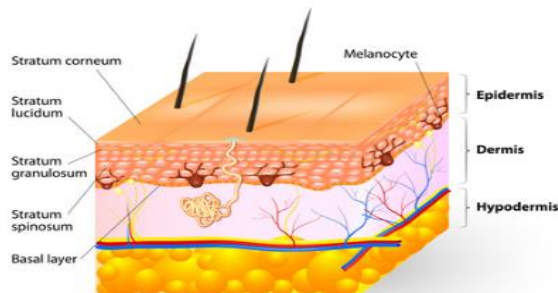
In modern Science total 7 layers of Skin (5 of epidermis and 2 of dermis) are described. This figure matches with the number told by Sushruta.

VERSICOLOR' (Tinea) through modern Perpectine this come under superficial fungal infection namely 'MALASSEZIA FURFUR'<sup>12</sup> of the skin the most common dermatological manifestation affecting to 15% of world's population in all age group.

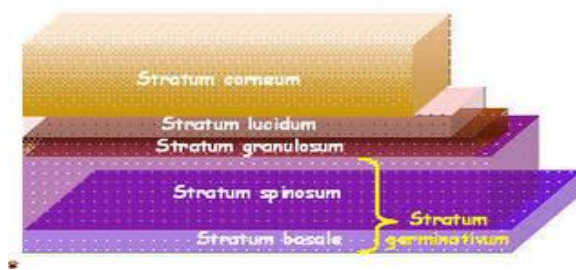
**Dermatophytes are classified as follows**

Kingdom	Fungi
Phylum	Ascomycota
Order	Onygenales
Genus	ArthrodermaNannizia

**THE LAYERS OF HUMAN SKIN**



**Layers (strata) of the epidermis**



According to Sushruta a rice grain is to be taken and its thickness is divided into small and equal parts to compare with the thickness of layers of Twacha. In that layers Avbhasini the first layer of Twacha and it's thickness as follows.

'Avbhasini - 1/18 th part of arice grain. The different layers mentioned by different Acharyas and Vikruties(Roga) which occurs in that layer are as mentioned in the table below.

**Table no. 2** Correlation of Ayurvedic Twacha layers and respective diseases.<sup>13</sup>

SR.NO.	SUSHROTAKTA TERM	DISEASES
1	Avbhasini	Sidhma Padmakantaka
2	Lohita	Tilkalaka, Vyanga Nyachchha
3	Shweta	Charmadala Mushaka, Ajagalika
4	Tamra	Kilas Kushtha
5	Vedini	Kushtha, Visarpe
6	Rohini	Apache, Shlipad, Arbud, Gandamala
7	Mamsadhara	Bhagandara, Arsha, Vidradhi

SIDHMA is caused due to vitiation of Vata and Kapha Dosh. In the Sidhma the patches of the skin have itching, white in color and thin generally seen in the upper part of the

body and not troublesness (Su./Ni./5/12). These all Lakshnas are similar with superficial fungal infection as 'TINEA VERSICOLOR'.

### PITYRIASIS VERSICOLOR<sup>14</sup>

Typical Furfuraceous Scaling



Hyper Pigmented Scaling



According to modern science it is mild chronic superficial fungal infection of the STRATUM CORNEUM characterized by patchy and scaly discoloration of the skin. It is one of the most common pigmentary disorders worldwide. The condition is usually asymptomatic and lesions are only

of cosmetic importance to the patient only. Sometimes mild irritation may occur. The organism enters the follicles, begins to spread and produces fine scales. The chief lesion is a macule that may be hypopigmented or hyperpigmented and covered with branny scales. As the name

versicolor suggest, the colour of lesion may be varied which includes pink to tan to dark brown and even black. Rarely, overlapping patches produce a trichromic pigmentary pattern. The typical eruption shows large confluent areas and scattered patches with

satellite lesions. In large lesions, the scale may be evident in the periphery of the lesion. Popular lesions may occasionally be seen, that are usually perfollicular. It rarely appears slightly atrophic. Mild pruritus sometimes arises.<sup>15</sup>

**Table No. 3** The correlation of Sidhma and Tinea Versicolor

Shwetam, Tamram	White and coppery in color
Tanu, Ghrushamvimuchati	Thin and when rubbed, it emits small particle of skin in the form of dust.
AlabupushpaVarnam	It resembles the flower of Alabu.
PrayenachaUraasi	It is generally located in the chest.

### DISCUSSION

The Conceptual aspect of skin needs to be understood because a Skin disorder is outer exhibition of internal pathology. Skin holds significant importance in maintaining normal human physiological condition. Classical texts and modern texts have different opinion about Twak (Skin), but they both describe the layers, pigments and thickness of skin. More over classical text describe the disease which occurred in particular layer of skin .There is a lot of description of Twacha and allied aspects in different Samhitas of Ayurveda. If description of Twacha in classical texts and description of skin in modern texts is read, we came to know that is tremendous similarity between these two regarding number, layers, and thickness. As per Ayurveda vitiation of skin layer which responsible for generation of specific Vyadhi (disease) in specific layer. There is contribution of dosha, dhatu, mala, panchabhuta in formation as well as generation of disease, when get vitiated . Avbhasini layer is responsible for the exhibition of Gaur, Shyamadi Varna (complexion) and five types of Prabha

(glory) and Chaya (shades ) of the body with help of Bharajak Agni present in this layer . Exhibition of complexion is done by Stratum Corneum hence Avbhasini Star correlated with Stratum Corneum.

Out of which first layer named as Avbhasini is the location of Sidhma. According to Modern science, skin is involved in primary and secondary manifestation of skin and systemic disorders. Modern Science mention the skin disorder which is fungal infection 'TineaVersicolor' found to have near about similar sign and symptom as that of Sidhma.

### CONCLUSION

As a site of particular 'TwachaVikar' layers of skin nomenclated only in Ayurveda. First layer, 'Avbhasini ' is considered as location of Sidhma mentioned in modern science. On the basis of layer involvement, thickness modern pathogesisalso indicate the infection in Epidermis i.e. upto layer first.

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