



IMPORTANCE OF SKIN MOISTURE IN SKIN HEALTH WSR TO BHRAJAK PITTA

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ABSTRACT :

Skin is the largest organ in the body and requires regular attention to keep it healthy, young, wrinkles & blemish free. Our skin is exposed to direct sunrays along with dust, dirt and many other harmful particles present in external environment. These all affects the real health of skin in many ways but if we think about its maintenance than we certainly concentrate on its moisture level. This moisture level actually governs its protection barrier. If the skin's moisture level become disrupt along with its protective barrier than skin becomes prone to the disease condition. This skin health also affected with age. The skin becomes drier so needs special care and attention at this time. Here moisturizing of skin at right time plays an important role to enjoy healthy skin. It is very essential to keep skin well moisturized that help to prevent its protective level intact and safe so that skin remains healthy. But, unfortunately, many people do not realize the importance of moisturizing their skin daily which in turn produces their compromised skin health state. The different moisturizers used to maintain its protective barrier to correct the moisture level of skin but one must understand that every available moisturizer does not effectively suits for every skin type so according to particular skin type one must have to select his peculiar skin moisturizer in different seasons. According to Ayurveda, the *Bhrajak Pitta* is the factor which assimilates the external applications like moisturizers, sunscreen etc. in the form of *lepa*, *abhyanga* etc. to keep its protective barrier safe and effective. It is responsible for lustre and complexion of the skin.

Keywords : *Bhrajak Pitta*, skin moisture, skin health

INTRODUCTION: The health of the skin is an important factor as an external indicator of one's internal health as described in Ayurveda. This skin health is a reflection of what is going on inside or outside the body as affected by many factors both externally and internally. From the Ayurvedic point of view, *Bhrajak Pitta* is the responsible of skin's normal health because it maintains and also corrects the any fluctuation in the diseased state. If we thoroughly evaluate the

normal and abnormal condition of the skin than its moisture plays an important role to maintain the skin health. As per modern science, there is a skin moisture range which has a minimal and maximum value. This range of skin moisture help to keep maintains the skin health in normal condition both as per individual's internal & external condition. And if this normal skin moisture range affected by the individual's unsuitable *aahara* and *vihar* and externally by the envi-

ronmental effect like seasonal variation, sudden adverse temperature variation like deep sun exposure, irritants like chemical etc. results into damage of the skin's protective barrier by which skin becomes prone to disease condition. At this time one should have try to protect his skin from the further damage and recover the damage already happen to the skin layers as soon as possible. The skin moisture has an essential role to keep the skin protective barrier intact. So this protection of the skin, restored by the application of suitable skin moisturizers as per *Prakriti* and skin type. For this purpose whatever the external application applied on the skin is being assimilated by the *Bhrajak Pitta*. It is understood that *Bhrajak Pitta* is the responsible to restore & maintain the skin's normal moisture level both in healthy and diseased condition. This is also reflects by the virtue *ishat snigdha guna*¹ of *Bhrajak Pitta* that means somewhat in between moist and dry condition. It will be compared with skin's normal moisture level. If there is more dryness or moisture or vice versa than it will lead to a certain diseased condition of skin. So it is necessary to keep this *ishat snigdha guna* of skin by maintaining the skin moisture level with in its normal healthy range. In this study the importance of skin moisture in skin health in terms of *Bhrajak Pitta* has been evaluated.

AIMS & OBJECTIVE: There are many external and internal factors which affects the skin health so the aims and objectives of present study designed as follows

1- To highlights the factors that affect the skin health as skin moisture with special reference to *Bhrajak Pitta* directly or indirectly

2-To evaluate the importance skin moisture in maintenance of the skin health.

MATERIALS AND METHOD: The relevant available articles, research paper on internet, modern and Ayurveda classical texts thoroughly collected to support the fact.

***Bhrajak pitta*^{1, 2, 3}:** The *Pitta* which is responsible for the production of "Bha" (complexion) of skin is called as *Bhrajak*. It is mentioned that the production of normal and abnormal temperature, normal and abnormal skin moisture as well as normal and abnormal colour of the skin which is mentioned as the functions of *Pitta* are attributed to *Bhrajak Pitta*. These skin temperature, skin moisture and skin colour are directly or indirectly interrelated to each other. As the skin temperature varies the more it affects the skin moisture leads to the dryness of skin and tanning of skin colour. To understand their inter-relationship one should know about the skin layers.

Skin as per Ayurveda & modern: As per Acharya shushruta, the outer layer of *twacha -Avabhasini*² reflects the complexion, with appropriate range of skin moisture which keeps intact the skin's protective barrier and the second one *lohit* is the seat of moles, wrinkles, dark spots, and hyper-pigmentation/melanoma. We can understand that due to direct overexposure of sun rays and external dry environment the skin lack in nutrition due to poor circulation of skin leading to wrinkles, hyper pigmentation etc. these two superficial skin layer primarily affected by these acute cause. The rest of the skin layers reflect the chronic cause of skin disease. As per modern view skin is divided into three layers: the epidermis layer on the

surface, the dermis layer in the middle & the subcutaneous tissue layer deepest down. Each layer protects the body in a different way.

Epidermis: The epidermis, the uppermost layer of skin, protects from external environmental factors. It tends to be very thin, with a thickness of no more than around 0.1-0.3 mm. The epidermis has four layers named the stratum corneum, the stratum granulosum, the stratum spinosum, & the stratum basale. Epidermal cells are constantly being created on a 28-day cycle of rebirth and decay.

Dermis: The dermis is the middle layer rests between the epidermis and subcutaneous tissue. It is thicker than the epidermis. The dermis provides the firmness and elasticity of the skin. It is mainly made up of collagen that provides firmness, elastin that provides elasticity & polysaccharides such as hyaluronic acid. The dermis is made up of 60-80% water helps to provides moisture to the epidermis. It consists of blood vessels that supply nutrients to the epidermis, lymph vessels, receptors, and nerve endings. The dermis tissue also has the sweat and oil glands extending out to the epidermis making surface smooth & intact.

Subcutaneous tissue: The subcutaneous tissue mainly made up of subcutaneous fat. The subcutaneous fat protects the bones and muscles from external shocks and maintains body temperature.

Factors affecting the skin moisture⁷: When these factors come in contact with skin it reduces the moisture level makes skin's moisture compromise state. These are directly or indirectly affect the skin moisture resulting in breakdown of skin's protective

barrier. Pollution, Unhealthy diet plan, Intake of water, Extreme cold /hot weather exposure, Exposure to sunrays, Exposure of radiation of electric instruments

Stress

Application of Appropriate skin moisturizer as per skin type: Select an appropriate skin moisturizer according to skin type. There are mostly four types of skin found as per modern like Dry skin, oily skin, normal skin & combined skin. Other than it some sensitive and old mature skin also found. For dry skin type mainly oil based moisturizers are needed. This can be correlated with *Vataj Prakriti* type skin. For oily skin, a water-based moisturizer becomes more suitable. This can be correlated with *Kaphaj Prakriti* type skin. For normal skin, a water based moisturizer with some amount of oil but much less than dry skin is more helpful. This can be correlated with *Pittaj Prakriti* type skin. Combined skin must be correlated with *Dvandaj* skin and *Sannipataj* skin type.

For sensitive skin, moisturizers with soothing effect are needed with medicinal properties. And for mature skin, petroleum based oil rich moisturiser become more helpful with wrinkle reducing elements.

It is essential to select an appropriate moisturiser according to ones *deha Prakriti* & skin type because every skin type needs different solution to maintain or recovery.

Benefit of skin moisture:

- It keeps the skin hydrated helps to function properly.
- It protects the skin from sun exposure both in summer and winter seasons.
- It improves the skin's circulation with proper nutrition which stimulates the

collagen fibers of skin helps to remove fine lines and wrinkles.

- It helps to repair skin essential for healthy skin.

The overall sequence of breakdown of skin barrier due to depletion of skin moisture and again restore of skin moisture with the help of moisturizer understand as follows

The uppermost layer of our skin - the stratum corneum represents the top protective layer. It functions like a bricks and mortar wall, protecting us from the external environment.

a. The bricks are called corneocytes^{4,5}. These protective skin cells give the skin a compact structure and strength also contain Natural moisturizing factor (NMF) which hold moisture in the cells.

b. The mortar is made up of intercellular lipids. They form a continuous layer that surrounds the corneocytes i.e. 'the bricks'¹⁸ providing elasticity and flexibility and helps to retain appropriate moisture in the skin.

Stage A- when skin is healthy & properly hydrated, naturally capable of defending itself against the cause of dry skin⁶ & continuously repairing itself. It protects the skin from the external elements.

Stage-B when there is exposure of factors^{7,9,13} like dry weather, air-conditioning, irritants or even showering (during which water & harsh cleanser can wash away skin's natural moisturizing factors) can weaken the skin cells & deplete the lipid layer affecting the skin moisture leading to dryness of skin.

Stage-C- The protective barrier gets worse, when the skin gets dry. There is break down of natural protective healthy barrier⁸, the skin cells become fragile and intercellular lipid layer become tighter and less flexible

leads to the damaged skin. As the skin moisture barrier becomes damaged, the skin becomes more prone to skin's moisture loss and so on.

Stage-D- As the skin moisture laks the skin becomes more dry and it feels rough & itchy. Its normal exfoliation process gets disturbed producing visible dead skin on surface. This condition becomes more worsen as repeatedly exposed to adverse environmental condition. This also contributed to impaired corneocyte^{11, 12} developments having less ability to protect against further damage on exposure.

Stage- E- Immediately application of appropriate moisturizer, will leads to recover the lost moisture of skin. Humectants hold water inside the skin, helping to promote natural moisturising factors (NMF) production¹⁴. Emollients- can replenish the lipid matrix like stearic acid or triglycerides oil. An occlusive replaces the lost protective lipid layer like Vaseline jelly, creating a barrier to lock in moisture and protect against the causes of dry skin¹⁰.

Stage F- as the skin moisture restored the healthy skin grows in lipid layers' producing their natural moisturising factors helps to protect the skin naturally without interruption^{19, 20}.

So here it can be concluded that all the above said factors make the skin extreme dry and there is only option to protect the skin by the use of appropriate skin moisture on routine basis.

DISCUSSION: According to Ayurveda different factors determines the skin health which includes proper skin moisture balance, proper metabolic function at *dhatvagni* level in coordination of proper circulation of

blood and nutrients in every layer of skin. Skin health can be assessed by many skin parameters like skin pH, skin moisture, skin temperature, skin colour & complexion, these all are mutually inter related with each other and regulated by *Bhrajak pitta*. And that's why the skin moisture is closely correlated with *ishat snigdha guna* of *pitta*. Because there is a certain range of skin moisture to perform well which is to be maintained at any cost otherwise it becomes prone to disease state¹⁶. This moisture range has its maximum and minimum value. Whenever it becomes disturbed or hampered by the external or internal factors which directly or indirectly affect its moisture range, the skin becomes prone to the compromised state. That means if this skin moisture depletes than its minimum skin moisture value or increase than its maximum skin moisture value by certain condition it is said to be compromised state of skin's protective barrier. This compromised state lacks in moisture level than before leads to further dryness of skin & if this dryness condition is further ignored then it will take much time to revert back. So to re-storage of skin moisture up to its normal level with the help of the suitable use of skin moisturizer is very necessary according to one's skin type and *prakriti*. It proves the prime importance of skin moisture in skin health to protect the skin's equilibrium state. The application of suitable skin moisturiser on skin surface gets assimilated by the *Bhrajak Pitta* with its own virtue to restore the normal condition & also this is achieved by following proper hygiene, timely & effective use of proper skin moisturizer to maintain skin health as such.

CONCLUSION: The unique structure of the stratum corneum of the skin contributes to its function as a barrier to water loss and the external environment. The injury to this barrier by the change in external environment and various irritants, resulting loss of water from the skin is the main reason for the development of dryness of skin¹⁵. This dryness of skin leads to further exposure of diseased condition. This can be understood in terms of distorted function of *Bhrajak Pitta*. This lack of moisture must be reverting back by restore of skin moisture level to its normal level within no time. Moisturizers can help to increase the hydration of the skin and possibly repair & restore the protective barrier through use of moisturising agents that are similar to the skin's natural moisturizing factors or occlusion of the skin to prevent water loss. These applications get assimilated by *Bhrajak Pitta* to regain its normal texture and complexity. These uses of moisturizer should be done according to skin type & *prakriti*, as per the need of skin to correct the abnormality & maintain the skin's health intact.

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