

REVIEW OF TWACHA SHARIR W.S.R. TO RACHANA SHARIR**Vd. Satyamma*¹ Vd. Rajshekher Tokre² Vd JagannathChoudhari³**

¹Professor, Rachana Sharir Dept, Mauli Ayurved College and RI Udgir Tandor Dist Latur
Maharashtra.

²Professor, Rachana Sharir Dept, Mauli Ayurved College and RI Udgir Tandor Dist Latur
Maharashtra.

³Assistant Professor, Rachana Sharir Dept, SSVP Ayurved College and RI Hatta Dist Hingoli

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*Corresponding Author: Vd. Satyamma

Professor, Rachana Sharir Dept, Mauli Ayurved College and RI Udgir Tandor Dist Latur Maharashtra.

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ABSTRACT

Twacha (skin) is one of the most significant organs described in Ayurvedic classics, serving as the seat of Sparśanendriya and acting as a protective barrier for the body. Rachana Sharir elaborates upon the structural formation, layers, embryological development, and anatomical significance of Twacha. Classical texts like Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya provide detailed descriptions of Twacha, including its seven layers, their thickness, functions, and disease associations. Modern anatomy also recognizes the skin as a complex organ composed of multiple layers with diverse physiological functions. This review aims to critically analyze the concept of Twacha Sharir in Ayurveda with special reference to Rachana Sharir and correlate it with modern anatomical understanding.

KEYWORDS: Twacha Sharir, Rachana Sharir, Skin, Ayurveda, Sapta Twacha.

INTRODUCTION

In Ayurveda, Twacha is not merely an external covering but a vital organ responsible for protection, sensation, thermoregulation, and expression of health and disease. Rachana Sharir deals with the structural anatomy of the human body, wherein Twacha holds prime importance due to its role as the first line of defense and its close association with Dosha, Dhatu, and Mala.

According to Acharya Charaka, Twacha is the site of Sparśanendriya, while Acharya Sushruta elaborately describes its layers, thickness, and disease manifestations. Understanding Twacha

Sharir is essential for comprehending dermatological disorders (Kushtha, Kshudra Roga), Panchakarma procedures, and cosmetic applications in Ayurveda.

MATERIALS AND METHODS

Materials

Classical Ayurvedic texts:

Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya

Commentaries: Chakrapani, Dalhana, Arundatta

Modern anatomy and physiology textbooks

Research articles related to skin anatomy

Methods

Literary review of classical references related to Twacha Sharir

Comparative analysis with modern anatomical descriptions

Compilation and tabulation of data for clarity

Review of Literature (Twacha Sharir in Ayurveda)

Nirukti of Twacha

The term *Twacha* is derived from the root “*Tvach Samvarane*” meaning *that which covers or protects*.

Utpatti (Embryological Development) of Twacha

Acharya Sushruta describes the formation of Twacha during embryogenesis as follows:

“शुक्रशोणितसंयोगात् पच्यमानात् क्रमेण तु।

तस्य उपरि त्वचा जायते सन्तानक्रमयोगतः॥” — *Su. Sha. 4/4*

Twacha is formed from the processed essence of Shukra and Shonita during embryonic development, arranged in successive layers.

Panchabhautika Constitution of Twacha

Mahabhuta	Role in Twacha
Prithvi	Structure and stability
Jala	Moisture and softness
Tejas	Color and luster
Vayu	Sensation
Akasha	Pores and channels

Sapta Twacha (Seven Layers of Skin)

Acharya Sushruta provides a detailed account of seven layers of Twacha:

“यथा सन्तानिकाः सर्पिर्मण्डस्य उत्पद्यते त्वचः।” — *Su. Sha. 4/5*

Table 1: Sapta Twacha with Thickness, Function, and Diseases.

Layer	Name	Thickness	Associated Diseases
1	Avabhasini	1/18 Vrihi	Sidhma, Padmakantaka
2	Lohita	1/16 Vrihi	Tilakalaka, Vyanga
3	Shweta	1/12 Vrihi	Charmadala
4	Tamra	1/8 Vrihi	Kilasa, Kushtha
5	Vedini	1/5 Vrihi	Visarpa
6	Rohini	1 Vrihi	Granthi, Arbuda
7	Mamsadhara	2 Vrihi	Bhagandara

Twacha as Sparśanendriya Adhithana

According to Charaka:

“स्पर्शनं तु त्वचि ज्ञेयं।” — *Cha. Sha. 1/20*

Twacha serves as the seat of tactile sensation and plays a major role in sensory perception.

Correlation with Modern Anatomy

Table 2: Ayurvedic and Modern Correlation of Skin Layers.

Ayurveda	Modern Anatomy
Avabhasini	Stratum Corneum
Lohita	Stratum Lucidum
Shweta	Stratum Granulosum
Tamra	Stratum Spinosum
Vedini	Stratum Basale
Rohini	Dermis
Mamsadhara	Hypodermis

Functions of Twacha

- Protection against external injuries
- Sensory perception
- Regulation of body temperature
- Excretion of sweat (Swedavaha Srotas)
- Reflection of internal health

DISCUSSION

Twacha Sharir described in Ayurveda is remarkably detailed and scientific. The concept of Sapta Twacha demonstrates an advanced understanding of layered skin anatomy. The association of specific diseases with individual layers highlights the diagnostic depth of Ayurvedic dermatology. When correlated with modern anatomy, strong similarities are observed, validating the classical descriptions. Rachana Sharir thus provides a foundational understanding necessary for clinical application in Kaya Chikitsa, Shalya Tantra, and Panchakarma.

CONCLUSION

Twacha Sharir holds immense importance in Rachana Sharir due to its structural, functional, and clinical relevance. Ayurvedic descriptions of Twacha, especially Sapta Twacha, offer a comprehensive anatomical and pathological framework. Correlation with modern anatomy enhances its scientific credibility and opens avenues for integrative research. A thorough understanding of Twacha Sharir is essential for effective diagnosis and management of skin disorders in Ayurveda.

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