

EARLY SKIN AGEING -PREVENTION AND MANAGEMENT THROUGH AYURVED.

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Abstract

This article delves into the impact of ageing on skin. Light is put on the predisposing factors that result in early ageing signs, the physiological changes on ageing skin. The various possibilities through ayurvedic approach to deal with prevention of early skin ageing and its management through herbal intervention are the key features covered in this article.

Keywords: *skin ageing, ayurved, cosmeceuticals, exercise, diet ,herbs*

INTRODUCTION

Modern perspective

Skin ageing is a natural phenomenon ,a youthful glowing age followed by fold, ridge and crease in the skin that occurs due to loss of body mass, poor hydration, disintegration of dermis and epidermis junction. It's a slow process of skin changes triggered by endogenous factors (gene mutation, cellular metabolism, medicines side effect, nutritional deficiencies and hormonal impact) or exogenous factors (U.V rays, pollutants, chemicals and toxins) or may be because of any of the theories which support ageing including DNA or genetic theory, free radical theory, neuroendocrine theory, membrane theory, Hayflick limit theory, telomerase theory and mitochondrial decline theory . Of all the signs and symptoms of ageing the visible signs of skin aging- wrinkles and sagging are the most line of concern especially to females.

Physiology Of Ageing

Wrinkles are result of shrinking of the superficial muscles, which have their points of insertion at the dermis. With reduction in muscle mass-skin thickness, diminished elasticity of dermal collagen and elastin and drying of the stratum corneum, the resulting behavioural change observed in the skin is loss of mechanical strength and viscoelasticity. At the cellular level, changes that contribute to aging include reduction in stem cell proliferation in a number of tissues, accumulation of toxic protein aggregates and free radicals, accumulation of senescent cells that trigger inflammation and impairment in mitochondrial function. At the genomic level, accumulation of mutations in DNA together with faulty DNA repair processes and telomere shortening are all associated with early signs of aging. Development of fine wrinkles begins to take place at the age of 30s, reaching a peak in 40s but deep wrinkles are considered to be increasing in the 50s.

Treatment

There are various therapies in trend nowadays including cosmeceuticals , peeling, injectable such as Botox, Fibrel , autologous fat grafting ,skin grafting, facelifting etc. along with nutritional supplements, hydra facials, RF treatments and collagen treatments.

Ayurved Perspective

Acharya Sushrut and Acharya Charak have emphasised on the different layers of skin in accordance to their functions and diseases related to them. Acharya Charaka describes twacha (skin) as the mula of mansavaha srotas and is considered as updhatu of mansadhātu. In accordance with Acharya Sushrut Avbhāsini, the outermost layer, reflects the complexion, aura and the quality of the Rasa Dhatu (nutrient fluid, the first of the seven tissues of the body). Mamsadhara is the innermost layer and is responsible for the skin's stability and firmness. When this layer is in balance, the skin looks young and supple. According to Ayurveda, a number of factors determine skin health and youthfulness, and these include proper moisture balance (Kapha in balance), effective functioning of the metabolic mechanisms that coordinate all the various chemical and hormonal reactions of the skin (Pitta in balance), and efficient circulation of blood and nutrients to the different layers of the skin (Vata in balance).

Physiology of skin ageing in accordance to ayurveda

According to Ayurveda, Jara i.e. aging is not considered as disease but a natural phenomenon just like hunger, thirst or sleep , influenced by factors affecting Shareera (physical), Indriya (emotional), Satwa (psychic level), Agni (metabolism) and Bala/Ojas (immunity). In addition, Parinama (cellular transformation), Sharira vridhikara bhavas (genotypic and phenotypic characteristics) and Garbhahinivrittikara bhava (pregnancyinduced fetal development and changes) also affect an individual's aging process. Ayurved considers dhatu kshaya the factor predisposing to early skin ageing. Although according to the different types of deh prakriti as mentioned in ayurveda pitta vataj have a comparatively early skin ageing signs yet it can precipitate in any prakriti due to vitiation of vata dosha and decrease in kapha dosha along with rasa ,rakta and mamsa dhatukshaya.

Treatment plan

The health of the following three types of body tissue are especially reflected in the skin: nutritional fluid (Rasa), blood (Rakta) and muscle (Mamsa). To be effective, an antiaging application has to provide support to all of these areas. Antiaging treatment includes two types of therapies Urjaskara (promotive) and Vyadhihara (curative).

According to vitiated dosha:

For vata skin to stay youthful skin care products that can nourish and rehydrate the skin should be used otherwise it may be susceptible to wrinkles and premature aging. Warm oil self-massage and all natural moisturizers may help.

For pitta skin good sunscreens for protection from the sun, good facial skin oils should be used daily. Tanning treatments and therapies that expose delicate sensitive skin for extended periods of time to steam/heat should be avoided.

For kapha skin a daily warm oil massage and cleansing of skin with gentle exfoliant should be done.

According to Aahar(nutrition)

Diet regimes in accordance with dhatukshaya, dosha vridhi ,dosha kshaya shall be planned for prevention and management of early signs of ageing.

According to Vihar

Face Excercises , Yoga and Pranayama along with Gym Excercises ,Walk can be the part of the management shedules.

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