

The skin is one of the largest organs in the body in surface area and weight. The skin consists of two layers: the epidermis and the dermis. Beneath the dermis lies the hypodermis or subcutaneous fatty tissue. The skin has three main functions: protection, regulation and sensation.

The primary function of the skin is to act as a barrier. The skin provides protection from: mechanical impacts and pressure, variations in temperature, micro-organisms, radiation and chemicals.

The skin regulates several aspects of physiology, including: body temperature via sweat and hair, and changes in peripheral circulation and

fluid balance via sweat. It also acts as a reservoir for the synthesis of Vitamin D.

The skin contains an extensive network of nerve cells that detect and relay changes in the environment. There are separate receptors for heat, cold, touch, and pain. Damage to these nerve cells is known as neuropathy, which results in a loss of sensation in the affected areas. Patients with neuropathy may not feel pain when they suffer injury, increasing the risk of severe wounding or the worsening of an existing wound.



# Ayurveda Skin Care

## History

Ayurveda is the oldest holistic healing system in the world, with its origins dating back over 5,000 years in ancient India. It is a divine science revealed to ancient sages (rishis) through deep meditation and spiritual insight.

Atharvaveda, Charak Samhita and Sushruta Samhita are Ayurveda's main classics, giving detailed descriptions of over 700 herbs. Ayurveda has several formulations for management of aging and related conditions. Its literature describes over 200 herbs, minerals and fats to maintain and enhance the health and beauty of the skin.

## Science

The term Ayurveda means "knowledge of life". Ayurvedic practice is used to restore life and balance. There are 5 elements (Panch Bhuta): Ether (Akasha), Air (Vayu), Fire (Agni), Water (Jala) and Earth (Prithvi). These five elements make up three key Doshas as follows:

### Vata Dosha:



Air + Ether

### Pitta Dosha:



Fire + Water

### Kapha Dosha:



Earth + Water

Each person has a dominant Dosha, known as their "Prakriti" or constitution that shapes their physical constitution and personality. It remains the same throughout the life, but, lifestyle, diet, stress and pollution can lead to a surge in other doshas, which can lead to skin conditions.