

Mohammad Reza Mirzaei <sup>a</sup>, Javad Ghazi-Sha'rbaf <sup>b</sup>,  
Reza Mohammadinasab <sup>c,\*</sup>

Received 12 May 2021; accepted 9 June 2021  
Available online 21 July 2021

<sup>a</sup> Department of Traditional Medicine, School of Traditional Medicine, Tabriz University of Medical Sciences, Tabriz, Iran

<sup>b</sup> Department of Islamic History and Civilization, Faculty of Theology, Azarbaijan Shahid Madani University, Tabriz, Iran

<sup>c</sup> Department of History of Medicine, School of Traditional Medicine, Tabriz University of Medical Sciences, Tabriz, Iran

\* Corresponding author.

E-mail: [rmn.nasab@tbzmed.ac.ir](mailto:rmn.nasab@tbzmed.ac.ir) (R. Mohammadinasab).

<https://doi.org/10.1016/j.abd.2021.06.001>

0365-0596/ © 2021 Sociedade Brasileira de Dermatologia.

Published by Elsevier España, S.L.U. This is an open access article under the CC BY license

(<https://creativecommons.org/licenses/by/4.0/>).

## Earliest details of dermatology by Ayurveda

Dear Editor,

I read the article entitled “History of dermatology: the study of skin diseases over the centuries”,<sup>1</sup> which is, astonishingly, the earliest descriptions of skin and its disorders detailed in the Ancient Indian Vedic texts, especially in Ayurvedic treatises have been unfound.<sup>2,3</sup> Ayurveda, the Science of life, is the first treatise that contains numerous evidence of the origin of dermatology. *Sushruta* mentions seven layers of skin with a specific thickness and also dermatological disorders affecting each layer.<sup>4</sup> (Table 1). The layers of *twak* are, *Avabhasini*, *Lohita*, *Shweta*, *Tamra*, *Vedini*, *Rohini*, and *Mamsadhara*.<sup>5,6</sup>

Ayurveda designates Dermatological disorders as *Kushta*. *Kushta*, is the term assigned to the skin disorders in Ayurvedic texts, it includes various forms of pathologies of the integument system. The etiological factors for skin

disorders are classified as physical, physiological, hereditary, and psychological,<sup>7</sup> and there is one more segment of etiology which basically talks about sinful acts of an individual resulting in the development of pathological manifestation in the skin, the veracity of this cause has yet not been researched. Grossly, the disorders are grouped into two as *Mahakushta* (Skin disorders with a major imbalance of dosha or bodily humor with a deeper level of pathological invasion) and *Kshudra kushta* (skin disorders with less degree of vitiation of *dosha*).<sup>8,9</sup> The dreaded skin ailment, Leprosy, its etiopathogenesis, complications, and treatment modalities are described in detail in *Sushruta's* treatise.<sup>10</sup> Descriptions of Leprosy can be traced from all the ancient manuscripts of Vedic and post Vedic era, and numerous indigenous treatment modalities and certain other treatment modalities of religious and spiritual importance are also been described.<sup>11</sup> Plenty of Ayurvedic practitioners are successfully treating skin disorders by adhering to the principles of Ayurveda as obtained through texts.

**Table 1** Seven layers of skin with specific thickness.

Sl. n <sup>o</sup>	Layers of <i>Twak</i> (Skin)	Diseases affecting the layer
1	<i>Avabhasini</i>	<i>Sidhma</i> (Pityriasis Vesicular), <i>Padmakantaka</i> (Papilloma)
2	<i>Lohita</i>	<i>Tilakalaka</i> (Non elevated Mole), <i>Nyaccha</i> (Naevi), <i>Vyanga</i> (Freckle)
3	<i>Shweta</i>	<i>Ajagallika</i> (Molluscum Contagiosum), <i>Charmadala</i> (Atopic dermatitis), <i>Mashaka</i> (Raised Mole)
4	<i>Tamra</i>	<i>Kilasa kushta</i> (A form of Leucoderma)
5	<i>Vedini</i>	<i>Kushta</i> (Leprosy and other serious skin disorders), <i>Visarpa</i> (Erysipelas)
6	<i>Rohini</i>	<i>Granthi</i> (Cyst), <i>Apachi</i> (Cervical Lymphadenitis), <i>Arbuda</i> (Neoplasm), <i>Shleepada</i> (Elephantiasis), <i>Galaganda</i> (Goitre)
7	<i>Mamsadhara</i>	<i>Bhagadara</i> (Fistula), <i>Vidradhi</i> (Abscess)

<sup>☆</sup> How to cite this article: Rashmi TM, Sathish HS. Earliest details of dermatology by Ayurveda. An Bras Dermatol. 2021;96:649–50.

<sup>☆☆</sup> Study conducted at the TMAE'S Ayurvedic Medical College, Shimoga, Karnataka, India.

## Financial support

None declared.

## Authors' contributions

Rashmi TM: Approval of the final version of the manuscript; drafting and editing of the manuscript.

Sathish HS: Approval of the final version of the manuscript; drafting and editing of the manuscript.



## Conflicts of interest

None declared.

## References

1. Ferreira IG, Weber MB, Bonamigo RR. History of dermatology: the study of skin diseases over the centuries. *An Bras Dermatol*. 2021;96:332–45.
2. Singh OP, Das B, Padhi MM, Tewari NS. Kushtha (skin disorders) in Vedic and other religious literature – a review. *Bull Indian Inst Hist Med Hyderabad*. 2002;32:51–5.
3. Mitra J. Glimpses of the advancement of medical science as depicted in the Mahabharata. *Bull Indian Inst Hist Med Hyderabad*. 1995;25:20–37.
4. Giri JK, Majagaiyan P, Singrapu SK, Gopal UB. Understanding of Twak – a conceptual review article. *EJPMR*. 2021;8:599–604.
5. Bhishagratna KL. An English translation of the Sushruta Samhita (Volume 2). Calcutta (India): Bhishagratna KL; 1911, p.144.

6. Gurav G, Dhaked R. A conceptual study of Twacha Sharir. *IJAR*. 2017;2:300–6.
7. Gangwal VNR, Sawai VRV. Critical review of Psychodermatology in Ayurveda and contemporary science. *IAIM*. 2019;6:127–33.
8. Singh S, Rai PB. Concept of dermatological disorders in Ayurveda. *Medicine*. 2015;4:5.
9. Singh Satyapal, Tripathi JS, Rai NP. An overview of Ayurvedic & contemporary approaches to Psychodermatology. *J Phytothermacol*. 2014;3:286–99.
10. Robbins G, Tripathy VM, Misra VN, Mohanty RK, Shinde VS, Gray KM, et al. Ancient skeletal evidence for leprosy in India (2000 BC). *PLoS One*. 2009;4:e5669.
11. Hanumanthayya K, Manjunath KG, Yadav J, Balasubrahmanyam G. Leprosy discovered through religious books. *RGUHS J Med Sci*. 2017;7:122–5.

T.M. Rashmi <sup>a</sup>, H.S. Sathish <sup>b,\*</sup>

<sup>a</sup> Department of Shalya Tantra, TMAE's Society Ayurvedic Medical College, Shimoga, Karnataka, India

<sup>b</sup> Department of Shalya Tantra, TMAE'S Ayurvedic Medical College, Shimoga, Karnataka, India

\* Corresponding author.

E-mail: [ayursathishhs@gmail.com](mailto:ayursathishhs@gmail.com) (S. HS).

Received 23 March 2021; accepted 25 May 2021

Available online 15 July 2021

<https://doi.org/10.1016/j.abd.2021.05.002>

0365-0596/ © 2021 Sociedade Brasileira de Dermatologia.

Published by Elsevier España, S.L.U. This is an open access article under the CC BY license

(<https://creativecommons.org/licenses/by/4.0/>).

## On the History of dermatology: the study of skin diseases over the centuries - Response to the observations and comments by Mirzaei MR et al. and Rashmi TM et al<sup>☆☆</sup>



Dear editor,

We are grateful for the comments of “Earliest details of Dermatology by Ayurveda”<sup>1</sup> on our publication “History of dermatology: the study of skin diseases over the centuries”<sup>2</sup>. The information provided by the letter is interesting and complementary in one aspect, which demonstrates the rich history of dermatology throughout the centuries and in the most varied regions of the world.

Similarly, we are grateful for the comments by Mirzaei MR et al.<sup>3</sup> regarding our publication. The information provided is correct and is an addition to the published information. The history of Dermatology is complex, very rich and there are always very important data to be informed.

## Financial support

None declared.

## Authors' contributions

Iago Gonçalves Ferreira: Conception and/or design of the study; literature review and article selection; content analysis; results analysis; preliminary review and final drafting.

Magda Blessmann Weber: Conception and/or design of the study; literature review and article selection; content analysis; preliminary review and final drafting.

Renan Rangel Bonamigo: Conception and/or design of the study; literature review and article selection; content analysis; preliminary review and final drafting.

<sup>☆</sup> How to cite this article: Ferreira IG, Weber MB, Bonamigo RR. History of dermatology: the study of skin diseases over the centuries - Response to the observations and comments by Mirzaei MR et al. and Rashmi TM et al. *An Bras Dermatol*. 2021;96:650–1.

<sup>☆☆</sup> Study conducted at the Service of Dermatology, Santa Casa de Misericórdia de Porto Alegre and Universidade Federal de Ciências da Saúde de Porto Alegre (UFCSA), Porto Alegre, RS, Brazil.