



## Ayurvedic Management of Skin Disorders

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The biggest organ of the human body is skin. Skin, according to Ayurveda, has seven layers. It is located not merely peripherally but extends itself to the deeper levels of the body. For this reason skin diseases have deep rooted causes; therefore its remedies also have to be penetrative. That is, most skin diseases are, rooted deeply into various dhatus or tissues like fat, muscles, blood etc.

The main causes of skin diseases in Ayurveda are a wrong diet and lifestyle, which an individual follows either knowingly or unknowingly.

Although skin diseases are caused due to imbalances in all the three *doshas*, the prime *dosha* involved is *pitta*. *Pitta* symbolizes heat or fire. Also with allergies, over exposure to hot conditions, genetic disorders and mental stress and fatigue being the most common.

**Psoriasis, eczema and urticaria are major skin diseases that are seen in Malaysian residents.** They are considered to be caused by outside disruptions, though these external factors do cause some aggravation in *pita* and *vata*.

As stress and other mental fatigues are big factors in the development of skin disease you should do all that you can to avoid them.

Simple things like keeping to a regular sleeping pattern can work wonders on this score.

Removing the root cause is the main line of treatment in Ayurveda. Therefore eliminating all the foods and activities that increase *pitta* is the main treatment.

### For registration and further details:

Date & Time  
22<sup>nd</sup> July 2017  
2:00 pm to 4:00 pm

Venue  
Ayur Centre  
Number, 8 Jalan Utara  
46200, Petaling Jaya

Organised By  
Ayur Centre Sdn Bhd

For registration, please contact:

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