Editorial Article

Ayurveda for Dermatological Solutions

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Abstract

Skin diseases, ranging from common conditions like acne and eczema to chronic ailments such as psoriasis and vitiligo, continue to challenge dermatological care worldwide. Ayurveda, with its deep-rooted knowledge of skin (*Twacha*) health and holistic treatment principles, offers promising integrative approaches for managing a wide spectrum of dermatological disorders. This editorial highlights the scope, relevance, and emerging evidence of Ayurvedic solutions in dermatology, while emphasizing the need for rigorous scientific validation.

Keywords: Ayurveda, dermatology, skin diseases, traditional medicine, herbal remedies, psoriasis, eczema

Introduction :

Skin diseases are among the most prevalent health conditions globally, impacting both physical comfort and psychosocial well-being. The increasing burden of chronic, relapsing, and inflammatory dermatoses—often inadequately managed by conventional therapies—has prompted interest in complementary and alternative approaches. Ayurveda, the traditional Indian system of medicine, presents a time-tested, personalized framework for managing skin health based on unique diagnostic and therapeutic principles.

In Ayurvedic literature, skin (*Twacha*) is described as one of the most important sense organs, composed of seven layers and governed primarily by the *Pitta dosha*. Classical texts like the *Charaka Samhita* and *Sushruta Samhita* extensively describe various *Kushtha* (skin disorders), classifying them into major and minor types based on clinical features, chronicity, and doshic involvement[(1)].

The therapeutic strategies in Ayurveda are multi-pronged and include internal herbal medications, topical formulations, dietary modifications, detoxification procedures (*Panchakarma*), and lifestyle regulation (*Dinacharya*, *Ritucharya*). Herbs like *Neem* (*Azadirachta indica*), *Manjistha* (*Rubia cordifolia*), *Haridra* (*Curcuma longa*), and *Khadira* (*Acacia catechu*) are widely used for their anti-inflammatory, antibacterial, and detoxifying properties[(2,3)].

In recent years, clinical and pharmacological studies have begun to validate some Ayurvedic dermatological treatments. For instance, *Wrightia tinctoria*-based preparations have shown efficacy in managing psoriasis[(4)], while *Rubia cordifolia* and *Curcuma longa* have demonstrated anti-inflammatory and antioxidant effects that are beneficial in eczema and acne[(5,6)]. A randomized controlled trial on *Ayurvedic lepa* (herbal pastes) in vitiligo reported statistically significant repigmentation compared to placebo [(7)].

Despite these developments, several challenges persist. Standardization of Ayurvedic formulations, quality assurance, reproducibility of results, and insufficient large-scale randomized controlled trials limit wider clinical acceptance. Moreover, integration of Ayurvedic care with conventional dermatology is hindered by limited practitioner collaboration, inconsistent regulation, and insufficient awareness among dermatologists[(8)].

To address these gaps, interdisciplinary research and collaborative clinical protocols are essential. Evidence-based integration can harness Ayurveda's strengths-personalization, minimal side effects, and chronic disease management-while ensuring safety, efficacy, and scientific rigor. Global skin health strategies would benefit from this integrative vision, especially in resource-limited settings.

Conclusion

Ayurveda offers a rich, underutilized reservoir of dermatological solutions. When backed by modern scientific validation and clinical evidence, Ayurvedic medicine could become a vital component of holistic dermatological care. Bridging traditional wisdom with evidence-based dermatology is not just timely—it is necessary.

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