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Time to restructure ayurveda : In focus Twak updhatu

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Abstract

All of us are aware that according to ayurveda there are seven dhatu in human body. Some of them have their respective updhatu. During restructuring of ayurveda Twak, the updhatu of mans dhatu, is one of such focus points where we should concentrate and start a discussion.

Due to invention of microscopes and analysers human senses are more powerful than ever. We can now see beyond the prior limits and can measure things in a better way. Developments of embryology and genetics have revealed some more truths before us, which were unknown in the past. In the light of modern advancements ayurveda is facing multifaceted challenges. Ayurvedic students are confused, so there is immense need to restructure ayurveda to make it relevant in the modern context also.

In ayurveda twak is considered as sparshnendriya, but it is more than a sparshnendriya. Twak is our first line of defense. It is a thermo sensor, pressure sensor, temperature regulator, chemical protector, excretor through sweat, infection deterrent, water regulator, absorber of medicines, suitable media to do experimental trials without involving whole human body.

Histologically Twak cells are entirely different from mans dhatu. Embryologically twak is derived from ectoderm and mans dhatu originates from mesoderm so these two are independent of each other.

Clinically if this outer body cover twak is not intact, it will lead to various health problems leading up to death as in case of bedsore, wounds, burn cases etc. It's time to rewrite ayurveda and twak should be promoted and counted as dhatu instead of updhatu

Biography

Dr. Ghanshyam Vatsa completed his BAMS (Ayurvedacharya) from SK Govt. Ayu College, Kurukshetra University, Haryana, India in 1998. He practiced as PMO at Seva Samiti Charitable Hospital & Shri Ramji Dharmarth Hospital, Faridabad till 2001, since then he is doing private practice as a GP at Faridabad Haryana Clinic. Now he is persuing his MD Kayachikitsa Scholar, Rajiv Gandhi University of Health Sciences, Bangalore, India.