

Conceptual Study of *twak* (skin) from Ayurvedic Chikitsa and Modern Perspective

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Abstract: *Skin referred to as Twak in Ayurveda, is the outermost covering of the human body and serves as an essential organ responsible for protection, sensation, and maintenance of physiological balance. Skin disorders often reflect underlying internal pathological conditions; therefore, understanding its conceptual and functional aspects is important. Ayurveda has described the structure, functions, and clinical significance of skin since ancient times. This article aims to explore the anatomical, physiological, and functional aspects of skin from both Ayurveda and modern perspectives, with special reference to KriyaSharir and Chikitsa. The role of skin in thermoregulation, sensation, excretion, and overall homeostasis is discussed in detail. The article also highlights the diagnostic importance of skin examination in assessing an individual's health status according to Ayurveda principles. Additionally, commonly used indigenous Ayurveda drugs beneficial in various skin disorders are briefly reviewed. This work attempts to integrate classical Ayurveda concepts with contemporary understanding to provide a comprehensive overview of skin and its therapeutic relevance.*

Keywords: Twak, Skin, Ayurveda, Chikitsa, Thermoregulation

