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## Comparative study of healthy and unhealthy skin in accordance to personality status

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### Abstract

Personality is a set of various external and internal character of male and female both. Personality influenced by healthy and unhealthy skin of a person. Identification of personality help in management of multi-dimensional issues relating health and behaviour. Healthy skin is the landmark of beauty and attraction through its colour and complexion i.e. Skin is the canvas on which most of the common emotions like anger, fear, embarrassment etc., are reflected. Psychogenic stress and emotional conflicts acts as a causative as well as complicating factors of a few skin diseases. This study covers the physiological and physical states human which play an important role in examination of skin. The unusual colour like dark or white patches are major problems for society. This study reveals characteristics of healthy and unhealthy skin group of persons accordance to their personality status i.e. physical (deha), mental (psyche) and physique.

**Keywords:** healthy skin, unhealthy skin, personality

### Introduction

Personality is like a mask of a person depends upon the kinds of mask like good, bad or mediocre mask. Reja stated that systematic cognitive style has share significant influence on personality of an individuals. He stated about personality cognition and decision making that individuals behave differently in similar situations and evaluate conditions differently based on their unique expectation, values, previous experience and temperament It can be said that Personality depends on cognition and health.

It is well known that personality is total character of physical appearance, attitude and culture of a person or group that become the cause of existing human behaviour which helps in health management in relation to healthy and unhealthy skin. Healthy and unhealthy skin support for physical appearance. It is said that the healthy skin is a parameter of personality measurement. In other hand unhealthy skin do not provoke the personality of human. Each and every person is unique in character i.e. attitude and cultural. Each person differs from other in its shape, size and physiological, psychological attitude and cultural characters because of they have predominant panchmahabhuta, dosha or triguna at the time of birth which decides their personality. Once the personality is sated, every tissue, every organ and every system in the body have its function according to these predominance. Therefore each person must know his own personality, so that person can take opposite qualities of food, drinks etc. to keep healthy skin. Hence Ayurvedic physician makes an attempt to understand personality of every patient. The skin is the outermost protective covering of body. Skin is the landmark of beauty and attraction through its colour & complexion. Skin is the canvas on which most of the common emotions like anger, fear, embarrassment etc., are reflected. Psychogenic stress and emotional conflicts acts as a causative as well as complicating factors of a few skin diseases. The skin lesion itself symbolically represent the type of psychological conflict. Colour of Skin is the expression of biological, social & psychological transaction in the daily life. Skin is ectodermal in origin and an important part of personal development of behaviour and ego. A number of diseases related to skin are described by ancient scholars. The colour, complexion & lusture and temperature of skin is maintained by Bhrajak pitta that become the physical character with plays on appearance of person Qualitative or quantitative changes in the bhrajak pitta bring changes in the normal colour, complexion and temp of skin. The luster of skin studied in two different way viz Aura (chaya) and the luster (prabha). The physiological and pathological states play an important role in the examination of skin. The unusual colour like excess darkness and white patches are the major problems for the society.

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## Review of literature

**Arunadatta:** Personality (prakriti) is the individual's nature.

**Rasavaishika:** Personality is the qualitative and unchangeable doshika predominance from birth to death.

**Reja:** Personality is outcome of state of cognition and management of decision making.

**Sushruta:** Stated that Personality (prakriti) is formed by doshika predominance at the time of union of male and female gamete. For example at the time of fertilisation if, Vata dosha is predominant (quantitatively and qualitative) compared to pitta & kapha, then the formed Vataj personality. Predominant vata dosha affects the anatomy, physiology psychology and immunity of the person. Features of personality are seen, according to properties and functions of vata dosha (Su. Sha.4/63). The union of Sukra & Sonita while being cooked gives rise to the formation of seven layer of twacha (skin) just like formation of cream when milk is boiled (Su.Sha.4/4). Skin is composed of seven layer (Su.Sha.4/4). Tejo dhatu (Fire element of embryonic activity) is the is the causative factor of complexion when at the time of conception and responsible for pigmentation of skin in embryo (Su.Sha.2/35).

**Charaka:** Says that the Skin is formed in third month of pregnancy (Ch.Sha.4/11). Matrija bhava is responsible for the formation of skin (Ch.Sha3/6). The colour of skin mainly development in the sixth month of pregnancy (Ch.Sha.4/22). Skin is an upadhatu formed from mamsa and vasa dhatu (Ch.Chi.15/17). Skin is composed of six layer (Ch.Sha.15/17). Skin is the seat of sweat (Ch.Chi.15/18). Skin envelops the entire body surface. It is the seat of tactile sensation i.e., cold, hot, touch, heavy, light etc. (Ch.Su.8/10). The abnormal & normal colour of skin is due to bhrajak Pitta (Ch.Sha.12/11). Tejas element (Fire element of embryonic activity) is the causative factor of complexion when at the time of conception and responsible for pigmentation of skin in embryo ((Ch.Sha.8/15).

**According to Vagbhatta:** Vayu mahabhuta is mainly concerned with the formation of twacha (skin) and play important role in the physiological function of it (A.S. Sha.5/6). Skin get formed just as a layer of cream forms on milk during the process of cooking of blood. (A.S.Sha.5/17). Agni mahabhuta residing within bhrajak Pitta is responsible for lusture and complexion. (A.s.Sha.5/6). Skin is the root of mamsavaha Srotas. (A.S.Sha.6/8). Skin is the essence of different dhatu (mamsa & vasa) described as an important updhatu (A.S.Sha.6/29). Skin is composed of six layer A.S.Sha.5/17). Matrija bhava is responsible for the formation of skin (A.S.Sha.5/7). Skin is produced from the metabolism of "Rakta" by Dhatu ushma. Skin is composed of seven layer (A.H.Sha.3/8).

## Object of research

The object of the present work is to compare between healthy and unhealthy skin group of persons accordance to their personality status i.e. physical (deha), mental (psyche) and physique.

**Samples:** Total fifty respondents were considered in the entire research. The total 50 respondents were divided in to

two groups' i.e., thirty healthy skin and twenty unhealthy skin group.

**Material and method:** The present work has been planned in the following steps.

1. Selection and categorisation of subjects in to healthy skin person and unhealthy skin subjects group.
2. To study the personality status between healthy skin and unhealthy skin subjects group.
3. To identify the healthy and Unhealthy skin group in OPD through the questionnaire given to patient.

## Selection of subjects

**Field of selection:** The selection of subjects (cases) was done from the opt in chitrukoot region of M.P.

**Criteria of selection:** The cases were selected by keeping the subjective characteristics of healthy skin and unhealthy skin in mind according to Ayurvedic compendia. At first, the physical characteristics of healthy skin are taken as criteria for selection because they were assessed more than the physio-psychological characteristics of healthy skin. The physical characteristics of healthy skin Subjects which were consider as a parameter for identification and selection of cases as follows:

1. Snigdha (unctuous)
2. Slaksna (smooth)
3. Mridu (soft)
4. Prassana (lustrous)
5. Prabha (clear)
6. Twak roga rahita (No skin disease)
7. Chavi (Well marked complexion) Sadyah Kshata praroha (Rapid healing of wound)
8. Varna (colour)

These characteristics are assessed by pratyaksha pariksha (physical examination), Prasan pariksha (interrogation) and anuman pariksha (Inference).

Therefore, initially the person who looks well build, lustrous and good appearance with physical parameters were taken for the assessment of healthy skin. This is according to features of physical characteristics of twak sara and other sara in predominance were taken as Unhealthy skin subjects.

**Grouping of cases:** For the purpose of getting the objects proposed in this study, fifty cases were selected as per mentioned criteria in to two groups.

**Group A: Healthy skin subjects:** Thirty cases having the characteristics of healthy skin subjects are taken for this study.

**Group B: Unhealthy skin subjects:** Twenty cases having the characteristics of other sara in predominance are taken for the comparison with finding of healthy skin subjects cases.

**Study of personality status:** In this study fifty cases were taken to observe the personality status for establishment a parameter to increase acknowledgement about them. The study of personality status is observed by Prasna pariksha (Interrogation). It includes Constitutional study i.e. deha prakriti (physical Constitution) and manas prakriti (mental constitution) and physique.

### Examination of personality status

The Physical personality (Dosika prakriti) and Psychic personality (manas prakriti) were assessed in each subjects as per method mentioned in Ayurvedic classics. The assessment is done on the basis of predominance of Doshaj Prakriti.

**A. Physical personality (doshika prakriti):** Though the dosha prakriti are seven in numbers but they are assessed on the basis of predominance of the three doshas

1. Vataj prakriti (Vataj personality)
2. Pittaj prakriti (Pittaj personality)
3. Kaphaj Prakriti (Kaphaj personality).

**B. Psychic personality (manas prakriti):** It is also assessed on the basis of predominance of one of following

1. Sattvika prakriti (Satvika personality)
2. Rajasika prakriti (Rajashika personality)
3. Tamashika prakriti.(Tamashika personality)

In this study of personality status Personality as a physique is

determined as per scale given by Sheldon.

**Assessment of physio-psychological characteristics:** The Physio- Psychological characteristics of healthy skin subjects as mentioned in Ayurvedic classics were taken for the assessment in healthy skin subjects. These are:-

Sukha	(Happiness)
Saubhagya	(Good fortune)
Aisvarya	(Prosperity)
Upabhoga	(Enjoyment)
Buddhi	(Intellect)
Vidya	(Knowledge)
Praharshana	(Enthusiasm)
Ayusya	(Longevity)

These are judged by prasna pariksha (asking some relevant questions) and anumana (Inference)

### Observation

**Table 1:** Showing the percentage of incidence of Deha Prakriti

Deha Prakriti	Healthy skin subjects (30)			Unhealthy skin subjects (20)		
	Male	Female	% in Total Population	Male	Female	% in Total Population
Vataj personality	4.50	0.00	3.30	20.00	50.0	35.00
Pittaj personality	63.63	62.50	63.33	50.00	30.0	40.00
Kaphaj personality	31.81	37.50	33.33	30.00	20.0	25.00
Total	100.0	100.0	100.0	100.0	100.0	100.0

### Comments

Analysis of physical personality (deha prakriti) reveals that the majority of healthy skin groups belong to pittaja personality (63.33%) and minimum to vataja personality.

Among the Un-healthy skin group's incidence of pittaj personality (40%) is maximum and minimum (25.00%) to kaphaj personality.

**Table 2:** Showing the percentage of incidence of Psychic personality (Manas Prakriti)

Manas prakriti	Healthy skin subjects			Unhealthy skin subjects		
	Male	Female	% in Total population	Male	Female	% in Total population
Satvika personality	57.14	100	70.00	40.00	30.00	35.00
Rajasika personality	28.57	0.00	20.00	50.00	50.00	50.00
Tamasika personality	14.28	0.00	10.00	10.00	20.00	15.00
Total	100.0	100.0	100.0	100.0	100.0	100.0

### Comments

Analysis of psychic personality (manas prakriti) reveals the maximum incidence of satvika personality among the healthy skin groups with almost equal incidence of rajasika and

tamasika personality. In case of un-healthy skin groups and rajasika personality were found in little higher incidence than the satvika and tamasika personality.

**Table 3:** Showing the percentage of incidence of physique

Physique	Healthy skin subjects			Unhealthy skin subjects		
	Male	Female	% in Total population	Male	Female	% in Total population
Ectomorphic	20.00	20.00	20.00	40.00	40.00	40.00
Mesomorphic	50.00	40.00	46.60	40.00	40.00	30.00
Endomorphic	30.00	40.00	33.33	20.00	20.00	30.00
Total	100.0	100.0	100.00	100.0	100.0	100.0

### Comments

Study regarding the physique, reveals the maximum incidence of mesomorphic physique in the healthy skin groups. On the contrary, incidence of ectomorphic physique was higher in un-healthy skin groups.

### Evaluation of characteristics of Healthy skin and Unhealthy skin

All the person were subjected to evaluation of physical and physio-psychological characteristics of healthy skin subjects in compendia. The observation are presented in tabular forms as following:

**Table 4:** Showing the no incidence of physical characteristics of healthy skin

Physical characteristics	Healthy skin	Unhealthy skin
Unctuous	93.33	10.00
Smooth	60.00	10.00
Soft	76.60	20.00
Clear	63.33	5.00
Lustrous	90.00	5.00
No skin diseases	83.33	40.00
Well marked complexion	93.33	50.00
Rapid healing of wound	90.00	35.00

Physical characteristics of Healthy skin subjects as given in Ayurvedic text were significantly higher among the healthy skin subjects. The physical characteristics like unctuous, lustrous, well-marked complexion and rapid healing of wound of skin were also more common in healthy skin subjects in same group.

**Table 5:** Showing the percentage of incidence of physio-psychological characteristics of healthy and unhealthy skin subjects

Physio-psychological characteristics	Healthy skin	Unhealthy skin
Happiness	96.60	20.00
Good Fortune	76.66	20.00
Enjoyment	100.00	45.00
Intellect	86.66	55.00
Knowledge	43.33	40.00
Health	80.00	35.00
Enthusiasm	66.66	15.00
Longevity	100.00	5.00

Physio-psychological characteristics of healthy skin subjects as given in Ayurvedic text were found significantly higher among the healthy skin subjects. The physio-psychological characteristics like happiness, good fortune, intellect, knowledge and longevity of healthy skin were also common in healthy skin subjects. Whereas these physio-psychological characteristics were found low in Unhealthy skin subjects.

### Discussion

Personality status study in healthy skin subjects shows that there is predominance of pattika personality (63.335%) in healthy skin subjects. The minimum incidence is of vatika personality (3.33%). on the other hand the maximum incidence of pattika personality (40%) is found in the unhealthy skin cases. As regards the manas prakriti the incidence of satvika personality is significantly high in Healthy skin subjects (70%) followed by rajas (20%) and tamasika personality (10%). It is also in consistent with the literature, that sattva Guna is related with pitta as bhrajak pitta which is residing in Skin. Therefore sattvika personality is predominant among the healthy skin subjects.

The incidence of Healthy skin subjects were found in mesomorphic constitution arises from the highly developed mesoderm, it result in dominance of mesodermal tissue like muscle, bone and connective tissue (Sheldon. W.H., S.S: In the variety of human temperament 1942). Body built of Healthy skin subjects indicating an increased basal metabolic rates (BMR) in them. Increased in the BMR results in increase in the erythropoiesis. Hence the mesomorphic built contain predominance of blood and so the incidence of healthy skin subjects become more in mesomorphs.

As for as the physical characteristics of healthy skin subjects described in the compendia are concerned. It is found that there is a gross difference in the incidence of percentage of

these characters in between of healthy and unhealthy skin subjects. It is observed that healthy skin have more incidence of unctuous (93.33%), lustrous (90%) well marked complexion (93.33%). rapid healing of wound (90%), no skin disease (83.33%). In contrast to this, only few unhealthy skin subjects possess unctuous, lustrous, well-marked complexion etc.

As for as physio-psychological characteristics of healthy skin subjects are concerned, factors like longevity and enjoyment constitute 100%, followed by happiness (96.66%), intellect (86.60%). In contrast to this, only few unhealthy subjects possess remarkable percentage regarding intellect (55%) and enjoyment (45%).

### Conclusion

On the basis of above entire study it can be concluded that Pittaj, Sattvika personality and mesomorphic physique consist healthy skin whereas vataj, rajasik personality and ectomorphic physique consist unhealthy skin. If unctuous, lusture, well-marked complexion and rapid healing of wound symptoms increases the healthy skin personality developed but in other hand decrease amount in above symptoms the personality of Unhealthy skin appears. Similarly if the psychological character such as happiness, intellect, knowledge and longevity increases, person got the Healthy skin whereas the decreases amount of in above psychological character the unhealthy skin personality appears.

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