

# CORRELATION BETWEEN EMOTIONAL STATES AND SKIN: A CONCEPTUAL STUDY

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**Abstract** : Modern science has described the physiological relation between skin and emotions. Emotions if not expressed properly; they end up showing disturbances at skin level. If you've ever blushed from embarrassment, you know that your skin can reflect what you're feeling inside. It makes sense, then that emotional trouble might show up as skin trouble. Psoriasis is non-contagious autoimmune chronic inflammatory skin disorder having unknown etiology characterized by dry, scaly, erythematous patches. Circumscribed, thickened plaques with an overlying silver white scales caused due to psychological and emotional stress. This disease sometimes aggravates due to seasonal and dietary habits. Ayurveda considers human life as a conjugation of sharir, indriya, manas and Aatma so, while considering the aetiopathogenesis of any disease, role of manas should be given most importance.

**IndexTerms** - Psychological and emotional stress, emotional and skin, psoriasis, manas bhava.

## I. INTRODUCTION

Ayurveda considers human life as a conjugation of sharir, indriya, manas and Aatma. So, while considering the aetiopathogenesis of any disease, role of manas should be given utmost importance. Manas bhava are studied from Charak Samhita for its effects on skin. Modern science has described the physiological relation between skin and emotions. Emotions if not expressed properly, they end up showing disturbances at skin level. If you've ever blushed from embarrassment, you know that your skin can reflect what you're feeling inside. It makes sense, then that emotional trouble might show up as skin trouble. In this study skin as a signal of emotional states is being studied from Ayurveda and modern science and the physiology of the same is determined. Not everyone responds emotionally through the skin, nor do all people react the same way to having a skin problem. But evidence suggests that in some people, psychological issues often intersect with skin physiology, and treating both may offer the best chance for improvement.

## AIM AND OBJECTIVE:

- To study the emotional states of human being.
- To study the physiology of emotional expression.
- To study the correlation between emotions and skin.

## II. MATERIALS AND METHODOLOGY:

Literature review is done from Ayurveda classical texts Charak Samhita, Sushruta Samhita and Ashtang Hridaya to study the manas bhava and their effects if any on the skin. Review is done from modern texts such as Tortora and Gray's anatomy to understand the physiology of emotional expressions. A correlation is established on the basis of available literature.

### • REVIEW OF EMOTIONAL STATES/MANAS BHAVA:

In Charak Samhita Sutrasthana it is quoted that 'sharir' as well as 'manas' are the seat of diseases. Charakacharya has also elaborated about the dharmaniya Vegas (psychological factors). It is told to suppress these urges, if not, can show various ill effects on human body. which includes lobha (greed), shoka (grief) Bhaya (fear) krodha (anger), Maana (vanity), Nairalajja (shamelessness) Irsha (jealousy), Atiraga (too much attachment) and Abhidhya (malice). Amongst these bhavas, Bhaya and krodha show adverse effects on the skin. Such as due to krodha, twakshosh is seen and bhaya is said to be hetu for kushth. Chinta is a hetu for Rasa dushti. Hence in person with Atichinta, Twak saara is seen to be affected. From the above references it can be quoted that Manas Bhava have effects on the skin.

### • EMOTIONS:

In psychology and philosophy, **emotion** is a subjective, conscious experience characterized primarily by psycho-physiological expressions, biological reactions, and mental states. **Emotion** is often associated and considered reciprocally influential with mood, temperament, personality, disposition, and motivation. As all the thousands of colors are 'only' combinations of the three basic colors red, blue and yellow, all the variety of emotions are combinations of the basic emotions, the so-called five b's: **Anger, fear, sadness, Happiness** and Bodily feelings (the emotions in your life)

### • PHYSIOLOGY OF MIND AND SKIN CONNECTIONS:

The brain and nervous system influence the skin's immune cells through various receptors and chemical messengers-neuropeptides. Scientists are investigating these and other substances in skin that may respond to psychological stress. Research also suggests that chronic negative stress can disrupt the function of the skin's permeability barrier, which normally keeps out harmful substances and prevents the loss of fluid from skin cell layers. This kind of disruption is thought to be a major factor in many skin diseases. The traditional theory of EDA (electro dermal activity) holds that skin resistance varies with the state of sweat glands in the skin. Sweating is controlled by the sympathetic nervous system, and skin conductance is an indication of psychological or physiological arousal. If the sympathetic branch of the autonomic nervous system is highly aroused, then sweat gland activity also increases, which in turn increases skin conductance. In this way, skin conductance can be a measure of emotional and sympathetic responses. The study of EDA has led to such important and vital tools as the electrocardiograph (ECG or EKG) and the electroencephalograph (EEG). There is a relationship between emotional arousal and sympathetic activity, although the electrical change alone does not identify which specific emotion is being elicited. These autonomic sympathetic changes alter sweat and blood flow.

**III. THE CORRELATION BETWEEN EMOTIONS AND SKIN.” MIND –SKIN CONNECTION’:**

Psycho dermatologic disorder usually fall into three broad and sometimes overlapping categories: Psycho physiological. These are skin problems that have a physiological basis but can be exacerbated by stress and other emotional factors. They include. Acne, alopecia areata (hair loss), various types of eczema or dermatitis (skin inflammation), herpes (oral and genital), hyperhidrosis (profuse sweating), pruritis zitching), psoriasis (skin scaling and redness) rosacea (skin flushing and eruption) urticarial (hives), and warts.

**Primary psychiatric:** some skin difficulties are symptoms of a psychiatric disorder, such as chronic hair-pulling (trichotillomania), the belief that the body is infested with organisms (delusional parasitosis), preoccupation with and distress about an imagined or minor defect (body dysmorphic disorder), and self-inflicted damage to the skin (dermatitis artefacta). Such illnesses require psychotherapy and sometimes psychiatric medications. But a dermatologist, who may be the first health professional the individual sees, can treat damage to the skin or scalp.

**Secondary psychiatric:** A cosmetically disfiguring or potentially socially stigmatizing skin disorder such as severe acne, psoriasis, vitiligo (the loss of pigmentation in the skin), or genital herpes can produce feelings of shame or humiliation, erode self-esteem, cause depression and anxiety, and in general lower quality of life. There is much evidence of a correlation between skin disorders and depressive symptoms. one study. For instance, found that patients with severe psoriasis and acne were twice as likely to be suicidal as general medical patients. However, in such cases, it can be hard to distinguish cause from effect.

**IV. DISCUSSION:**

In Ayurveda psychosomatic disorders are mentioned but the physiology is not mentioned in detail as to how emotion affects the skin. The various manas bhava are said to have effects on skin. Modern science also explains about the emotions and their effects on the skin. Some approaches have effect that is not disease-specific but general reducing stress and anxiety, improving the patient’s sense of control, and enhancing immune function. Clinicians may use one or more of the following: Hypnosis Relaxation and Meditation, psychotherapy.

**V. CONCLUSION:**

Emotion arousal shows effects on skin and when and expressed properly, they end up showing disturbances at skin level.

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