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Skin is an organ which represents some inner abnormalities and stress conditions within one's body. Tvak (Skin) is just like a mirror reflection and manifesting various type of inner abnormality or diseased condition. In Ayurveda, major skin diseases have been classified under the heading of Kustha. According to Ayurvedic classics, the word Nidana (Causative Factors) carries two meanings viz., causative factors and diagnosis. It is very important to know the cause of a disease, because in any disease where the cause is known, treatment becomes very easy. It is in this light only that Chikitsa has been defined as 'Nidana Parivarjanam' which means to avoid causative factors. The causative factors are classified into two groups namely Bahya (external) and Abhyantara (internal). Bahya Karanas are exogenous & Abhyantara are endogenous. Mainly four factors are responsible for causation of Kushtha. Treatment of skin diseases according to ayurveda is based on various factors of ayurveda diet and life style management which I shall discuss in my speech.

Biography

Gaurang Joshi, (BAMS, Gujarat Ayurved University) is an International Ayurveda Physician, Expert Ayurveda Skin Specialist, and Expert in Ayurveda Oncology. He is the Director and Chairman of Atharva Multispecialty Ayurveda Hospital, Cancer Research Center, Panchakarma and Skin Care Hospital, Rajkot, and President of International Psoriasis Foundation, practicing since last 21 years. He is an Adjunct Faculty of Hindu University of America, USA. He is an Editor of *Journal of Cancer Prevention and Research*, USA, *International Journal of Experimental and Clinical Dermatology*, USA, and *Madridge Journal of Dermatology & Research*, USA. He visited USA, Germany, Israel and more than 11 countries as a Speaker, Academician and Consultant of Ayurveda for the propagation of Ayurveda, He is felicitated by the Mayor of Jersey City, New Jersey in 2014, and recently awarded as Excellence Service Award 2017 by Vishwa Ayurved Parishad, and awarded with Brahma Gaurav Award 2017. He is doing extensive research on the management of side effect of radio therapy and chemotherapy with ayurveda (herbal) medicine and on psoriasis and vitiligo in renowned Dermatology Research Institute at USA. He is an international Blog Writer for many international websites including his own websites. His research interests are: Dermatology, Oncology, Arthritis, Stress Management, and Clinical Panchakarma. His recent international publications: a book "Ayurveda The Science of Life", published by Lamber Academic Publications, Germany and published a manuscript on Cancer an Ayurveda Perspective in *Journal of Cancer Prevention and Current Research*, USA.

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