

THE SKIN SUTRA

AYURVEDA BEAUTY SECRETS

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DHANWANTARI PRAYER

“Om namani dhanvantri

Adi devam, sura asura vanditham pada padam

Loke jara rugbhay mrityu nashakam, dathram eesham vivdha
ausdhinam”.

O lord, I bow down in front of you.

You are worshipped by both gods and demons.

Your divine powers bless the people of this world and bring
them out of the sufferings, diseases, ailments, oldness and
fear of death.

O lord, give me your blessings and medicine in abundance to
remedy the sickness confronting humanity.

PREFACE

There is a quiet curiosity in every mind—a longing to understand the root cause of illness, and to discover gentle, lasting ways to heal.

Yet, not everyone has the time or ability to study medical science for years.

This book is my humble effort to bridge that gap—to distill my learnings in Ayurveda into simple, practical wisdom focusing on one of the most visible reflections of our inner health: our skin.

In Ayurveda, beauty is not a surface-level pursuit.

It is the glow of balance, the softness of harmony, and the quiet radiance that shines when body, mind, and soul are aligned.

Healthy skin is not achieved through harsh chemicals or endless products, but through nourishment, mindful rituals, and understanding your unique nature.

The aim of this book is to reach every individual—to remind you that your body holds a deep intelligence and that healing is possible when you give it the space to restore.

Food can be your medicine, and your kitchen and garden can become your most trusted skin care shelf.

With the help of everyday herbs, age-old rituals, and Ayurvedic insights, this book is an invitation to rediscover beauty—not as perfection, but as balance, glow, and self-acceptance.

Let us return to nature, to ourselves, and to the timeless wisdom that tells us: your skin is your story—and Ayurveda helps you write it well.

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INTRODUCTION



“हिताहितं सुखं दुःखमायुस्तस्य हिताहितम् ।
मानं च तच्च यत्रोक्तमायुर्वेदः स उच्यते ॥ “

Hitāhitam sukham duḥkham āyuh tasya hitāhitam |
Mānam ca tac ca yatrōktam āyurvēdaḥ sa ucyatē ||

(Charaka Samhita)

The word Ayurveda is derived from two Sanskrit words:

"Ayur" means life, and "Veda" means knowledge.

Together, they form “the knowledge of life.”

Ayurveda is science which explains what is beneficial or harmful for life, what brings happiness or sorrow, the span of life, and the nature of life itself.

More than just a medical system, Ayurveda is a holistic science—a timeless tradition born in ancient India that teaches us how-to live-in harmony with nature, our body, and the world around us.

Ayurveda is not solely about diagnosing disease or prescribing herbs.

It is the art of conscious living—a philosophy that guides us toward balance, well-being, and longevity.

It embraces the entire spectrum of life: physical health, mental clarity, emotional stability, and spiritual growth.

At its core, Ayurveda understands that each individual is unique.

It assesses our innate constitution, or Prakriti, and the imbalances that manifest as Vikriti— helping to restore alignment through diet, lifestyle, herbs, and mindful practices.

In essence, Ayurveda is more than a healing system.

It is a way of life.

A way to listen to your body, nourish your mind, and awaken your inner wisdom.

It is not only about treating illness—

It is about preventing it.

Not only about skincare or remedies—but about reconnecting with yourself, and living with intention, grace, and balance.

CHAPTER 1– THE DIVINE BEAUTY



“You are so beautiful.”

These four words carry a vibration far beyond physical appearance. They echo the soul’s light, the spirit’s grace, and the mind’s quiet strength. In a world obsessed with flawless skin and perfect features, Divine Beauty reminds us that true beauty is not created with a brush or captured in a mirror—it is remembered from within. This chapter opens the door to the kind of beauty that cannot fade: the beauty of presence, of purpose, of purity. When someone says, you are so beautiful, they’re often responding not just to how you look, but to how you are—how your energy soothes, how your eyes speak truth, and how your kindness radiates peace.

In Ayurveda, beauty is a reflection of inner harmony. When the body, mind, and soul are in balance, your true essence shines without effort. This is not commercial beauty—it is divine beauty.

Let this chapter awaken in you the understanding that you’ve always been beautiful—not because of trends or treatments,

but because you are whole, sacred, and alive. The journey begins here: with reverence, rituals, and the remembrance that you are so beautiful, exactly as you are.

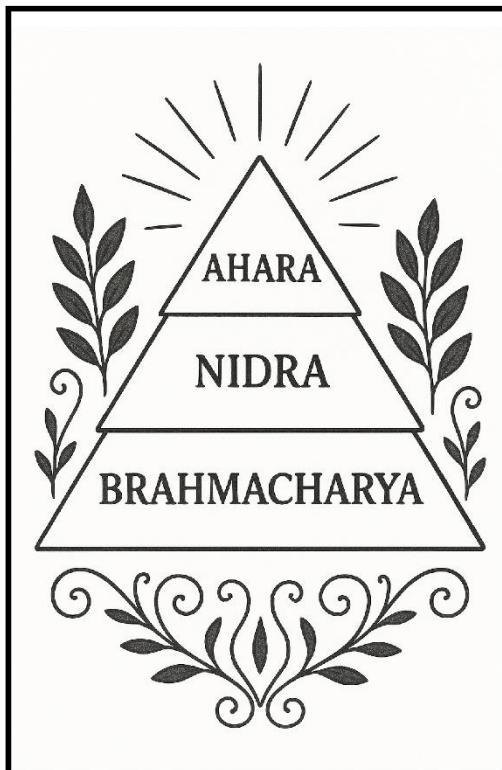
BEAUTY & AYURVEDA

"The most potent beauty ritual in Ayurveda is self-love—expressed through mindful food, gentle herbs, and soulful living."

In Ayurveda, beauty is not something you need to create or apply from the outside—it is something that already exists within you. This ancient science believes that true beauty, or *soundarya*, is a natural expression of a healthy, balanced body, mind, and spirit. When we align ourselves with nature's rhythms—through daily routines (*dinacharya*), seasonal care (*ritucharya*), proper diet, sleep, and herbal support—our inner harmony is reflected outward as glowing skin, sparkling eyes, strong hair, and a graceful presence. Unlike modern beauty standards that chase perfection through artificial means, Ayurveda teaches that beauty cannot be painted on—it must be revealed. This revelation happens when our doshas (Vata, Pitta, Kapha) are balanced, *agni* (digestive fire) is strong, and *ojas* (the essence of vitality and immunity) flows freely. By respecting your body's natural constitution (*prakriti*) and avoiding habits that disrupt your inner rhythm, you begin to radiate an effortless kind of beauty—one that doesn't need enhancement, only nurturing. Ayurveda reminds us that beauty is not a product—it is a state of being. When you live in tune with nature, you don't add beauty; you uncover what was already waiting to shine. When we talk about beauty in the context of ayurveda, it describes the inner and outer beauty that are intimately required. The more we nurture ourselves with

good eating habits and active lifestyle, the more radiant we become and we glow from inside and out.

In ayurveda there are basic 3 pillars for achieving that inside and out glow:-



“आहारश्च निद्राभ्यश्च ब्रह्मचर्यं च यः पुमान् ।
सम्यग्युक्तः सुखं तिष्ठेत् दीर्घं जीवनमृच्छति ॥”

Āhāraśca nidrābhyaśca brahmacaryam ca yaḥ pumān |
Samyagyuktaḥ sukhaṁ tiṣṭhet dīrghaṁ jīvanamṛcchati ||

“One who is well-balanced in food, sleep, and celibacy (or disciplined living) remains happy and attains long life.”

These three pillars are considered the foundation of strength, immunity, mental clarity, and longevity. When used appropriately, they support physical health, emotional stability, and spiritual growth. Any imbalance in these pillars is seen as a root cause of disease. This shloka highlights how nourishment, rest, and self-discipline are fundamental for sustaining beauty, vitality, and health according to Ayurveda.

In Ayurveda, true health isn't just the absence of disease—it's a state of dynamic balance between body, mind, and spirit. This balance rests on three fundamental pillars, known as the Tri-Upastambha, or the "three supports of life."

Food (Āhāra), sleep (Svapna), and regulated lifestyle or celibacy (Brahmacharya) are known as the three pillars of life. Their proper balance is the foundation for longevity, strength, radiance, and happiness.

Ahara –

The Charaka Samhita states,

"आहारः सर्वधातुनां प्राणस्याधारः"

Food is the foundation of all bodily tissues and the support of life.

A proper diet maintains the balance of the three doshas (Vata, Pitta, and Kapha) and strengthens the digestive fire (Agni), which is crucial for health and longevity. Ahara is not merely about quantity or taste but about quality, timing, and digestibility. The Ahara Vidhi (rules of diet) described in Charaka Samhita - emphasize eating according to one's

digestive capacity, season, and body constitution (Prakriti). Fresh, clean, and compatible food enhances Ojas (vital essence), immunity, and mental clarity.

Ayurveda also warns against Viruddha Ahara, It refers to combinations or forms of food that oppose each other's natural qualities (gunas) or overburden the digestive fire (Agni). Viruddha Ahara impairs digestion, leads to toxin (Ama) formation, and disrupts the balance of the three doshas (Vata, Pitta, Kapha). It can produce acute or chronic health issues including indigestion, skin disorders, allergies, metabolic disturbances, and even serious illnesses over time. Thus, Ayurveda views Ahara as a sacred, intelligent process that nurtures body, mind, and spirit in harmony with nature, reflecting as a clear skin and creating a natural aura of well-being.

Nidra –

The good quality of sleeping habits is essential for maintaining physical, mental, and emotional balance.

The Charaka Samhita describes Nidra as one of the three factors that promote health, longevity, strength, complexion, and happiness:

"निद्राविहारस्मृतयोः सम्पूर्णत्वमायुषः सुखं बलं तथा॥"

(Charaka Samhita, Sutrasthana)

Good quality sleep allows the body to undergo essential repair and rejuvenation processes. For the skin, sleep acts as a natural detoxifier and healer—repairing damaged cells, enhancing circulation, and promoting the production of collagen and elastin, which contribute to skin elasticity and glow. Ayurveda explains that lack of proper sleep aggravates Vata dosha,

causing dryness, dullness, and premature aging of the skin. Furthermore, sound sleep balances Pitta dosha, preventing inflammation and redness, and supports Kapha dosha to maintain skin moisture and softness. Thus, balanced Nidra nurtures Ojas—the subtle essence responsible for radiant skin and vitality.

Bharmcharya –

Refers to the proper disciplined lifestyle which includes control upon your senses, thoughts, actions and eating habits. It's also self-restraint, moderation, and disciplined living, especially regarding the control of sexual energy. It is considered essential for maintaining physical strength, mental clarity, and spiritual growth.

The Charaka Samhita states that Brahmacharya promotes longevity, immunity, strength, good complexion, and overall well-being:

“ब्रह्मचर्येण रक्ष्यते प्राणः शक्तिः स्मृतिः बलम्।
वर्णं धृतिं वीर्यं च तस्याः साध्यं विधिना पुनः॥”

(Charaka Samhita)

According to Ayurveda, excessive indulgence in sensual pleasures exhausts Ojas (vital essence), weakens Agni (digestive fire), and disturbs the balance of Vata and Pitta doshas, leading to premature aging, loss of vitality, and disease. Brahmacharya helps conserve vital energy, stabilize the mind, and strengthen the body's defenses. In modern terms, Brahmacharya encompasses moderation in all sensory indulgences, fostering a lifestyle that supports health, mental peace, and spiritual progress. It is regarded as a vital component of holistic Ayurvedic health. Your disciplined

lifestyle will lead you to maintain harmony between inner world and outer world, which means if your gut health and mental health representing your inner world is good then it will reflect on your skin indicating your outer world, which will make you look younger and radiant.

The Sushruta Samhita emphasizes that glowing skin (prabhā), symmetrical body structure (samhanana), and soft, unctuous skin (snigdha tvak) are key features of beauty. Beauty is also linked to a calm mind, proper sleep, nourishing diet (ahara), disciplined lifestyle (vihara), and celibacy or purity (brahmacharya), which collectively maintain physical charm and youthfulness.

Ayurveda recognizes different types of beauty: Sharirika Soundarya (physical beauty), Manasika Soundarya (mental/emotional beauty), and Atmika Soundarya (spiritual radiance). Herbal formulations like Kumkumadi taila, Anjana, and ubtans have long been used to enhance beauty naturally, alongside rituals like abhyanga (oil massage) and dinacharya (daily regimen). Ultimately, Soundarya in Ayurveda is not superficial, but a manifestation of health, purity, and inner balance, radiating through the skin, eyes, and overall presence of an individual. It is the union of aesthetics, wellness, and spirituality.

The D.U.N. principle—Discover, Understand, and Nourish—beautifully captures this ancient wisdom. First, we must Discover our prakriti, the unique constitutional type we are born with—Vata, Pitta, or Kapha. By discovering our nature, we take the first step toward authentic and sustainable beauty. Next, we must Understand the root cause of any imbalance that affects our appearance. Whether it is acne, dull skin, hair fall, or premature aging, Ayurveda teaches us to look deeper—to

the state of digestion (agni), toxin accumulation (ama), mental stress, or lifestyle disruptions. Modern beauty often addresses only symptoms, but Ayurveda urges us to treat the origin. When we understand our imbalances, we can begin to heal them holistically. Finally, we Nourish—not just the skin, but the body, mind, and soul.

Thus, Ayurveda doesn't promise overnight transformation—it offers a journey. A journey to Discover your true self, understand your imbalances, and Nourish your being on every level. This is the timeless Ayurvedic path to natural, luminous, and lasting beauty.

BEAUTY & EVOLUTION



“Don't let fake beauty standards dull your natural glow.”

Beauty is more than simply what the eye can perceive; it is the lifeblood itself, ephemeral yet timeless, concealed in the darkness and shined in the light. It can be found in the silence

of the night sky or in a calm moment. It may bring people to their knees and make their hearts soar, but it is also fierce and delicate. Many types of beauty—both concrete and abstract, dark and light, profound and basic—will be presented to you in the pages that follow. As you read, you might not be aware of how beauty is influencing you in unexpected ways.

you know those Instagram-perfect, “flawless” skin goals that make us all feel like we should glow 24/7 like a walking disco ball? Yeah, those beauty standards that promise glass skin, zero pores, and eternal youth? Honestly, they’re like chasing a unicorn wearing high heels — shiny and magical but totally unrealistic (and kinda exhausting). Your skin is not a filter or a Photoshop project; it’s a living, breathing thing that changes with your mood, the weather, and how many cups of coffee you’ve had. Trying to hit those flawless standards 24/7 is like trying to eat pizza without cheese — good luck with that!

Plus, obsessing over perfect skin can make us forget the real beauty: confidence, kindness, and a killer smile. About Wrinkles? They’re just laugh lines from all the good times. A few blemishes? Proof you’re human, not a robot! So instead of stressing about flawless skin, why not celebrate the quirks, the glow-ups, and the natural beauty that makes you totally unique? After all, life’s too short to spend it chasing glass skin when you could be busy glowing with joy instead! Beauty standards in the modern era are so complex as they are getting influenced by media, culture norms, technology, and individual expectations for oneself and society. Historically, beauty standards were often defined by physical traits that were valued in specific factors such as fair skin, slim figures, or specific facial features.

Today, however, beauty standards have become more diverse and exclusive, through certain trends which are being followed on social media—which is playing a huge role in shaping beauty ideals. Platforms like Instagram, TikTok, and YouTube have elevated certain physical traits, like a curvy body type, hourglass body type, flawless skin, and symmetrical features, as aspirational and on the other side youth is practising different different methods to reach out and achieve the beauty standards which all are created by social media. Editing tools, filters, and apps like FaceTune can create an idealized version of oneself, leading to a distorted perception of beauty. However, on the positive note there's also a growing movement on social media toward challenging these standards, with body positivity and self-love campaigns encouraging people to embrace their natural selves, regardless of shape, size, or color. Despite the positive shifts toward inclusivity, modern beauty standards are still heavily criticized for their unattainability and the pressure they place on individuals, especially women. The rise of unrealistic portrayals of beauty—particularly through the lens of social media—can contribute to issues like low self-esteem, body dysmorphia, and anxiety.

Overall, while modern beauty standards are moving toward a more inclusive and diverse representation, there remains a tension between reality and idealized portrayals, driven largely by media, technology, and evolving cultural values. The conversation about what is “beautiful” continues to shift, and that shift reflects deeper societal changes toward greater self acceptance and self-expression in the society.

Self-love and Self-acceptance. Think of them as your ultimate BFFs, who stick around no matter what — through your good

hair days and your "Why did I even get out of bed?" days. First off, what's the big deal about self-love? It's basically the radical idea that you deserve kindness — from yourself! Not just from friends or family, but from the one person you hang out with 24/7: YOU.

When you practice self-love, you stop being your own worst critic and start cheering yourself on. Instead of "Why did I mess that up?" it becomes "Hey, I'm human. I'll nail it next time!" Cool, right?

Now, self-acceptance is the sister to self-love. It's the art of saying, "Yep, this is me — the awesome, messy, perfectly imperfect me." No need to pretend or shrink yourself to fit someone else's idea of perfection. Spoiler alert: No one is perfect. So why torture yourself trying to be? Self-acceptance means embracing your quirks, your weird laugh, the things you thought were flaws but are actually your signature sparkle.

Okay, but why is all this so necessary? Because the world is loud. It's constantly throwing around standards and expectations like confetti at a parade. Social media? Filters and highlight reels everywhere telling you how you should look, feel, and live. It's exhausting! If you don't build your self-love and self-acceptance muscles, you end up trying to be someone you're not — and that's a full-time job with zero vacation days.

Here's the juicy secret: when you love and accept yourself, the rest of life gets easier. Your confidence skyrockets, your stress tanks get refilled, and suddenly, you're not scrambling for validation from others because you've got your own back. You start attracting better vibes, better relationships, and better opportunities — because people feel when you're genuinely comfortable in your own skin.

Plus, self-love is like a reset button for your mental health. It helps you bounce back from failures and heartbreaks because you know you're still worthy, no matter what. Instead of beating yourself up, you treat yourself like your own favorite person.

And here's a fun fact: when you accept and love yourself, you inspire others to do the same. It's contagious. Suddenly, you're not just surviving — you're thriving, shining your authentic light, and making the world a little brighter.

So here's the takeaway: Stop waiting for someone else to tell you you're enough. Because you already are. Love yourself fiercely, accept yourself fully, and watch how your life transforms. After all, you deserve to be your own biggest fan. Go on, give yourself that standing ovation — you've earned it!

CHAPTER 2 - FOUNDATION OF AYURVEDA



“Not a placebo - Ayurveda is science rooted in tradition.”

When you hear “Ayurveda,” you might think, “Old-school, complicated, way too deep for me.” But trust me, Ayurveda is actually your new bestie for glowing skin and feeling fab — and it’s been around way before Instagram filters made us obsessed with “perfect” pics.

Think of Ayurveda as nature’s original beauty hack. It’s a 5,000-year-old lifestyle guide that says, “Hey, real beauty isn’t just what you slap on your face. It’s about how you treat your body, mind, and soul every single day.” And spoiler alert: when you get this right, your skin literally lights up from within.

So, what’s the secret sauce? It’s all about something called doshas and dhatus. These are like your personal energy mix — the unique recipe that makes you, you. There are three main doshas: Vata, Pitta, and Kapha. Imagine them as your body’s

vibe DJs, each spinning a different track that controls how your skin behaves.

Vata is the free-spirited air and space dosha. It's all about movement and creativity, but when Vata's out of whack, your skin can get dry, flaky, and cranky. Think of it like your skin screaming for a moisturizing selfie—time to get that hydration game on point! Next up is Pitta, the fiery boss. Pitta's fire and water combo handles your metabolism and heat. When Pitta's balanced, your skin glows like a golden hour photo. But too much Pitta? Hello, redness, acne, and irritation. Time for some chill vibes—think cooling masks and calming herbal teas and then there's Kapha, the earthy, stable one. Kapha keeps your skin plump, soft, and moisturized. But if Kapha gets lazy, your skin might turn oily or dull. It's like your skin hitting snooze when it should be waking up with a fresh, radiant vibe.

Here's the coolest part: Ayurveda isn't about one-size-fits-all beauty. Nope! It's about your unique dosha combo. Once you know your dosha dance, you can choose the right foods, herbs, and skincare rituals that make your skin sing.

Ancient Ayurvedic wisdom says beauty comes from balance — when your body's energies are in sync, your skin will naturally glow. So instead of chasing endless filters or harsh products, Ayurveda invites you to a holistic glow-up party where self-love and care are the VIP guests. Ready to ditch fake beauty standards and tap into your natural radiance? In this book, you'll get easy tips, fun rituals, and Ayurvedic secrets to glow up inside and out—no complicated science degree needed.

So, let's kick off your beauty journey with a dose of ancient wisdom of dosha, a sprinkle of self-love, and a whole lot of glow!

Tri-dosha - "Inside Out: Your Body's Directors"

Imagine your body is like a Bollywood film. You've got three main characters running the show behind the scenes—Vata, Pitta, and Kapha. These three are called Doshas, and they decide everything about how you feel, think, digest, look, sleep, and even how you get moody on Mondays!

In simple terms, Doshas are the body's energies—kind of like your body's "managers." They're made from the five elements of nature: earth, water, fire, air, and space. These elements mix and match to form the three doshas:

Vata = Air + Space = The Windy Creative

Think of Vata like the fun friend who's always moving, talking fast, full of ideas, but also forgets where they kept their phone... again! Vata controls movement, speech, and nervous system.

Pitta = Fire + Water = The Hot-Headed Perfectionist

Pitta is that friend who plans everything, gets things done, but gets irritated when hungry. It rules digestion, metabolism, and your inner fire—literally!

Kapha = Water + Earth = The Calm Cuddler

Kapha is your chilled-out buddy who loves naps, sweets, and long hugs. It's the dosha of stability, softness, and immunity.

Everyone has all three doshas, but in different proportions—just like everyone has a unique spice mix! One person might be more fiery (Pitta), another more airy (Vata), or super grounded (Kapha). Your dominant dosha is your Prakriti—your natural body type.

How Doshas Affect Daily Life?

Your doshas are always talking to your body. When they're balanced, you feel great: glowing skin, smooth digestion, good sleep, happy mood. But when one dosha gets too bossy, things go off track:

Too much Vata? You feel anxious, dry-skinned, and can't sleep.

Too much Pitta? You feel angry, get pimples, and feel too hot.

Too much Kapha? You feel lazy, gain weight, and get bloated.

Vata dosha -

Vata Dosha is the subtle energy of movement, and is considered the driving force behind all biological activities in the body, often referred to as the "leader of the doshas." Vata governs all movement—breathing, circulation, nerve impulses, elimination, and communication. Its gunas (qualities) are: Ruksha (dry), Laghu (light), Sheeta (cold), Khara (rough), Sukshma (subtle), and Chala (mobile). These properties influence the skin profoundly—leading to dryness, rough texture, cracking, and premature wrinkles when aggravated. The karma (functions) of Vata include praspandana (motion), udvahana (transportation of nutrients), vivaksha (speech), and sanjna (cognition and perception). In terms of skin health, a balanced Vata gives a smooth, glowing, and clear complexion, while an imbalanced Vata causes dehydration, flakiness, and early aging signs.

Pitta dosha -

Pitta Dosha is the energy of fire and water and is responsible for all things hot, sharp, and transformative in the body. It

governs digestion, metabolism, body temperature, and intelligence. Think of Pitta as your inner fire—it helps break down food, absorb nutrients, and even “digest” thoughts and emotions. People with dominant Pitta tend to be sharp-minded, goal-oriented, and passionate, but can also get easily irritated or hot-headed when out of balance. Physically, they may have warm skin, good appetite, strong digestion, and a tendency towards acne, inflammation, or sensitivity to heat. The qualities (gunas) of Pitta include: hot, sharp, oily, light, and slightly fluid. These make Pitta types prone to skin issues like rashes, pimples, redness, especially if they skip meals, overwork, or spend too much time in the sun. To keep Pitta balanced, Ayurveda recommends cooling foods, calming routines, plenty of hydration, and avoiding spicy, oily, or fried foods. Emotional balance is also key—Pitta thrives with patience, compassion, and time to relax. Pitta is your power and clarity—but like fire, it must be tended carefully to keep you glowing, not burning

Kapha dosha -

Kapha Dosha is made of earth and water elements, bringing stability, strength, softness, and nourishment to the body and mind. It's the energy that holds things together—literally! Kapha governs structure, immunity, lubrication of joints, emotional bonding, and the moisture that keeps skin and tissues supple. People with dominant Kapha tend to have a strong build, glowing skin, thick hair, and a calm, caring nature. They are loyal, patient, and nurturing—but when out of balance, they may feel lazy, heavy, congested, and find it hard to let go (physically or emotionally). Kapha's qualities (gunas) are: heavy, slow, cool, oily, smooth, and stable. These traits give Kapha types beautiful, soft skin, but can also lead to oily

skin, clogged pores, water retention, and sluggishness when aggravated. To balance Kapha, Ayurveda recommends light, dry, warm foods, regular exercise, early rising, and staying mentally active. Avoiding cold, sweet, and dairy-heavy foods helps reduce excess Kapha. Kapha is like the grounding friend who brings peace and love—but needs a gentle nudge now and then to stay energized and vibrant.

The Magnificent Seven: A Playful Tour of the Dhātu Express

Grab your Ayur-ticket! We’re about to board an Ayur-train that stops at seven colourful stations—each one a dhātu (bodily tissue) that keeps your body-city alive, glowing and selfie-ready. Wave to Vata the conductor, wink at Pitta the stoker, and high-five Kapha the porter—our three dosha friends make sure every carriage runs on time.

Ready?

Toot-toot...

let’s roll!

How to Read This Map for each station you’ll see:

Stop No.	Dhātu	Guna (Key Qualities)	Karma (Primary Jobs)	Beauty-Angle
1	Rasa	Cool, Flowing Nourishing.	Delivers nutrition; hydrates; starts immunity	Dewy, plumped-up skin
2	Rakta	Hot, Red-tinged Sharp.	Oxygen freight; skin colour; energy spark	Rosy glow, vitality
3	Māmsa	Firm ,Heavy Stable.	Moves the limbs; shapes the face	Toned cheeks, body strength
4	Meda	Unctuous, Soft	Lubricates joints; stores energy; insulates	Supple curves, youthful padding

5	Asthi	Hard, Dry Supportive.	Framework; teeth & hair roots; posture	Tall stance, strong nails
6	Majjā	Oily-soft, Dense, Vital.	Fills bones; forms brain & nerve tissue; coordination	Quick reflexes, calm mind
7	Śukra / Artava	Cooling, Subtle Creative.	Fertility; cellular regeneration; Ojas source	Lasting radiance, charisma

(Psst—“Ojas” is Ayur-glitter: the distilled glow of perfect tissue nourishment.)

1. Rasa Dhātu – “The River of Life”

Guna: Sheeta (cool), Drava (liquid), Snigdha (unctuous).

Karma: Like a room-service cart, Rasa whisks freshly digested goodies (āhāra-rasa) to every cell, hydrates tissues, and jump-starts immunity.

Fun fact: Feel dull and wilted by 4 p.m.? Your Rasa station is low on water. Sip a warm herbal infusion—instant platform upgrade!

2. Rakta Dhātu – “Crimson Couriers”

Guna: Ushṇa (warm), Tikshṇa (sharp), Raga (red).

Karma: Rakta trains haul oxygen tanks, pick up carbon-dioxide hitch-hikers, support liver detox, and lend that healthy blush.

Beauty buzz: A sluggish Rakta line = sallow skin; a fiery overload = acne flare. Keep it chill with leafy greens and midnight-scroll breaks.

3. Māṃsa Dhātu – “The Body Builders”

Guna: Guru (heavy), Sthira (steady), Kathina (firm).

Karma: Muscles protect organs, power dance moves, and give your jawline its selfie angle.

Gym wisdom: Too much cardio without protein is like sending half-built wagons onto the track—Māṃsa starts cannibalising itself!

4. Meda Dhātu – “Cushy Cushions”

Guna: Snigdha (oily), Mridu (soft), Guru (heavy).

Karma: Stores emergency fuel, oils joints, pads organs, balances hormones.

Myth-buster: Meda isn’t the villain! A Goldilocks layer keeps skin plump and hormones happy. Trouble begins when the pantry overflows—cue weight gain, sluggishness, and oily breakouts.

5. Asthi Dhātu – “The Steel Rails”

Guna: Khara (rough), Kathina (hard), Sthira (stable).

Karma: Skeleton, teeth, hair roots, even the nails you paint rose-gold.

Posture check: Excess coffee and chronic stress leach calcium; your Asthi rails rust. Strengthen with sesame, leafy veggies, and five sun salutations.

6. Majjā Dhātu – “The Smart Jelly”

Guna: Snigdha (unctuous), Drava-Picchila (thick & fluid), Bahala (dense).

Karma: Fills bone cavities with red-cell factories, forms the brain, and wires the nervous system.

Geek alert: “oil-pulling” tickles cranial nerves, gently polishing the Majjā circuitry for better focus (and whiter teeth).

7. Śukra / Artava Dhātu – “The Creative Spark”

Guna: Sheeta (cool), Sara (flowing), Somya (lunar, gentle).

Karma: Governs fertility, tissue repair, and Ojas—the glow that makes strangers ask for your face-oil secret.

Pro-tip: Excessive late nights and doom-scrolling drain Śukra faster than you can say “double espresso.” Court it with good sleep, almonds, saffron milk, and happy thoughts.

Ticket Inspectors Wisdom: Sapta Dhātu Cascade

Ayurveda says each dhātu “cooks” a portion of itself to nourish the next one, like passing batter down a pancake conveyor belt. If Station 1 (Rasa) serves burnt batter, every pancake down the line tastes off. That’s why great digestion (Agni) is the station-master of glowing health.

Keeping the Train on Track

Meal Timing: Regular meal windows keep Rasa and Rakta on schedule.

Daily Sweat: Exercise stokes Māṃsa while melting excess Meda.

Sun & Moon Balance: Morning sunlight strengthens Asthi; cool moonlight walks soothe Pitta and preserve Śukra.

Mind Care: Meditation lubricates Majjā wires and boosts Ojas.

Last Stop—All Aboard the Glow-Express!

When each dhātu receives the right fuel, cooks it well, and passes it on, you radiate Ayur-aliveness: firm muscles, resilient

bones, sparkly eyes, and that “Can’t-place-it-but-you’re-glowing” charm. If the train rattles, don’t panic—tweak your diet, daily routine (Dinacharya), and self-love rituals.

Remember: You’re not just a passenger—you’re the conductor. Pull the whistle cord, adjust the speed, and steer your seven dhātus toward the destination called Vibrant You. Toot-toot and Namaste!

Final jam Session: Doshas, Dhātus & You

Balance is the key! Ayurveda says your body is like a rock band with ten superstar members—the three Doshas (Vata on drums, Pitta on lead guitar, Kapha on bass) and the seven Dhātus (Rasa through Śukra, forming the rhythm section, backup vocals, and dazzling light show). When everyone plays in tune, you get a perfect concert called health. When someone hogs the spotlight or misses a beat, the whole performance feels off—cue pimples, mood swings, or that mysterious creak in your left knee.

1. Tune the Big Three

Vata loves improvisation but hates missed meals, cold winds, and sleepless Netflix binges. Ground it with warm soups, regular routines, and cozy blankets.

Pitta shreds solos but overheats on too much spice, competition, and sun. Cool it with cucumber, coconut water, and sunset strolls.

Kapha lays down steady bass lines but dozes off if buried in sweets, naps, and sofa time. Wake it up with morning jogs, lively music, and a sprinkle of chili.

2. Feed the Magnificent Seven

Every bite you eat becomes Rasa (fluids), then trickles down the line—Rakta (blood) to Śukra (reproductive essence)—like a seven-course relay dinner. Of course one is burnt, every dish that follows tastes worse. Protect your digestion (Agni) with mindful eating: sit down, chew well, quit doom-scrolling during lunch, and finish when you're 80 % full. Your dhātus will high-five you all the way to Ojas, the subtle glow that makes people ask, “What highlighter are you wearing?”

3. Jam with Daily Rhythms

Morning soundcheck (6–10 a.m.): Kapha time—stretch, sweat, and plan your day before inertia sets in.

Midday encore (10 a.m.–2 p.m.): Pitta peaks—eat your largest, most nourishing meal while your digestive fire is roaring.

Evening acoustic set (2–6 p.m.): Vata rises—brainstorm, journal, take that creative dance class.

Night cool-down (after 6 p.m.): Dim lights, sip warm milk with nutmeg, and slide into bed by 10 p.m. so your dhātus can run their nightly repair tour.

4. Crowd-Control for Mind & Skin

When your skin breaks out, stomach rebels, or you snap at your bestie, don't just blame traffic or Mercury retrograde. Ask: Which dosha is throwing a mini tantrum, and which dhātu needs backstage snacks? Maybe fiery Pitta singed Rakta, inflaming your cheeks. Perhaps airy Vata dried out Rasa, leaving lips chapped. Or sleepy Kapha over-fed Meda, causing puffiness. Spot the diva, apply the matching antidote, and watch harmony return.

5. The Encore: Your Personal Setlist

Eat real, colorful food—fuel for both doshas and dhātus.

Move daily—a sweaty rehearsal keeps Kapha light and Māmsa toned.

Breathe & meditate—quiet applause that calms Vata and polishes Majjā nerves.

Stay cool but passionate—balanced Pitta powers dreams without burn-out.

Sleep like a headliner—prime time for tissue repair and Śukra sparkle.

Mic-drop moment!!

Your body already knows the melody of balance; Ayurveda just hands you the sheet music. Keep tuning, keep listening, and you'll turn everyday life into a sold-out show of vibrant energy, resilient health, and radiant skin. Now step onto your own stage—and rock that Ayur-groove!

CHAPTER 3 - DECODE YOUR SKIN BLUEPRINT



“Mirror, Mirror... *What’s My Skin Telling Me?*”

Let’s be honest—we’ve all stood in front of the mirror, poked at a pimple, stretched our under-eyes, or wondered why our skin glows one day and acts grumpy the next. You may have even tried to decode your skin type with online quizzes: “Is your skin dry, oily, or a confused mess like your weekend plans?” But what if we told you that your skin isn’t just a type—it’s a story? And Ayurveda knows how to read it like an ancient, glowing scroll. Before we dive into creams, oils, and face packs made of magical kitchen herbs, it’s time for some skin-sleuthing. That’s right—this chapter is about playing detective and getting to know your skin like a best friend. Because your skin isn’t just a surface issue; it’s a reflection of your inner world—your doshas, your digestion, your sleep, and yes, even your mood swings.

Ayurveda believes that your skin is a direct mirror of your internal balance. Each of us has a unique blend of Vata (air & space), Pitta (fire & water), and Kapha (earth & water) energies

that shape not only our personality and body type, but also how our skin behaves. This isn't your average oily-dry-combination chart. In Ayurvedic skincare, we decode your "Skin Prakriti"—your natural skin constitution based on your doshas.

Meet the Skin Types:

Vata Skin: Think of it like that cool boho artist—creative, expressive, but sometimes flaky (literally). It's thin, dry, and prone to early wrinkles and dullness. It needs love, oils, and a warm hug in a bottle.

Pitta Skin: The passionate perfectionist—clear, glowing, and fiery. It tans easily, blushes quickly, and often rebels with redness, breakouts, or sun sensitivity. It loves cooling care and soothing vibes.

Kapha Skin: The calm beauty—smooth, thick, soft, and rarely has drama. But when imbalanced, it gets sluggish, oily, and acne-prone. It thrives with light, detoxifying, and energizing routines.

The fun part?

You might be a combination of two (or all!) doshas, which makes your skin super unique—like a custom-blended herbal tea.

Why Does This Matter?

Once you understand your Ayurvedic skin type, you'll stop copying random skincare trends and start choosing rituals that truly work for you. No more blaming your moisturizer for that zit. No more hoarding 12 face serums. Just clear, radiant skin—powered by ancient science and personalized wisdom. So grab a mirror (or just your selfie cam), open your mind, and

let's play skin detective. We'll walk you through the clues—texture, tone, oiliness, reactions, and even your morning glow status—to help you figure out what your skin is trying to whisper (or scream).

Spoiler alert: it's been trying to tell you what it needs all along—you just needed the Ayurvedic decoder!

“DECODING YOUR PRAKRITI”

प्रकृतिः नाम जन्म मरणान्तर काल भाविनी,
गर्भावक्रान्ति समये स्वकारणोद्रेक जनिता निर्विकारिणी दोष स्थितिः।

prakṛtiḥ nāma janma maraṇāntara kāla bhāvinī,
garbhāvakrānti samaye svakāraṇodreka janitā nirvikāriṇī doṣa
sthiṭiḥ |

(Reference – Rasavaisheshika)

Prakriti is the state of the doshas (vata, pitta, kapha) which remains unchanged formed due to the dominance of respective causal factors (svakāraṇa) at the time of conception (garbhāvakrānti), and it persists throughout life – from birth (janma) to death (maraṇa) and even beyond (antara kāla).

Prakriti: Your Cosmic DNA

Think of Prakriti as your Ayur-shaped genes —the unique Vata, Pitta, and Kapha that makes you you. Modern genetics says our blueprint is stamped by DNA. Ayurveda smiles and adds: “Sure—but the software upgrade happens right at conception, when cosmic Wi-Fi uploads your doshic settings!”

Prakriti of an individual is attributed at the time of conception, these attributes refers to the physical, mental, emotional, spiritual blend of qualities that one inherits and makes an

individual to differ from others and it doesn't change over the period of time, it remains constant throughout lifespan. The changed condition which stays for the acute or chronic phase is called Vikriti, that means disruptions leading to some kind of disorder.

How the Download Happens ?

1. Parental Dosha Cloud

Each parent carries their own skin-deep Vata swirls, fiery Pitta riffs, and grounding Kapha basslines. When sperm (Śukra) high-fives ovum (Ārtava), their doshic vibes merge like two Spotify playlists into a brand-new mash-up. Dad's dry Vata hair + Mom's rosy Pitta cheeks? Voilà—your trademark beach-curl blush.

2. Seasonal Soundtrack (Rtu)

Conception in late spring, when Kapha rules the stage, tends to sprinkle extra moisture and calm into the mix. High-summer conceptions, with Pitta blazing, can bake in extra metabolism (hello, heat tolerance). Autumn, ruled by Vata's gusty solos, might gift quick reflexes—and slightly colder hands.

3. Dietary Ingredients (Āhāra)

Mom's midnight pickle-and-mango cravings? Dad's month-long love affair with chili noodles? The dominant tastes (rasa) in the weeks before conception flavor your doshic smoothie. Lots of spicy, sour food cranks up Pitta; sweet, heavy desserts add Kapha; light, dry salads top up Vata.

4. Parental Mindset (Manas & Satva)

Ayurveda says thoughts are subtle food. Loving, calm, optimistic parents at the “moment of download” infuse sattva—clarity and resilience. Stressy, doom-scrolling vibes

spike Rajas (restlessness) or Tamas (inertia), nudging the baby toward jittery Vata spikes or sluggish Kapha dips later in life.

5. Age of the Parents

Youthful parents have higher Pitta and Kapha juice; older parents trend Vata. That's why grandpa's energy sometimes shows up in newborns with delicate skin and wide-open eyes—they've inherited a pinch of seasoned Vata wisdom.

6. Chrono-Clock (Time of Day)

Classical texts even mention the hour! Conception at dawn (Kapha time) leans calm and sturdy; midday (Pitta time) adds zest; midnight (Vata time) infuses creativity—plus a lifelong love of late-night snacks.

7. Geography & Climate

Conceiving in chilly mountains versus humid tropics tweaks the baseline. Cool climates naturally amp Vata; sultry coasts drip extra Kapha moisture; desert heat bakes in Pitta spice.

8. Karma & Cosmic Inbox

Not to get too mystical, but Ayurveda whispers that past-life karmic emails also ping the server. Think of it as bonus tracks on your Prakriti album—moods, talents, or quirks that arrive preloaded, no parental download required.

Why This Matters

Your Prakriti never changes—just like a vinyl record's grooves remain the same. But playback quality depends on how you treat the record. Dust it (good diet), store it right (balanced routine), and avoid scratches (stress overload)—and your original mix sounds sublime. Ignore the care instructions, and the music warps: Vata crackles, Pitta overheats, Kapha

drags. So when Ayurveda designs a diet, detox, or face mask just for you, it's basically reading the liner notes of your cosmic DNA mix-tape. The more you honor your birth playlist, the better you dance through life—glowing skin, steady energy, catchy mood, and all.

Now cue the turntable, embrace your doshic soundtrack, and spin those timeless Prakriti beats!

Analyzing your own very unique Prakriti is a way of understanding your own peculiarity. Once you get to know your identity through this analysis then you will get a better idea for taking the best care for your health and natural beauty.

Decode your Prakriti

These defining characteristics are only based on skin and hair in order to determine your skin type.

<u>Vata attributes-</u>	<u>Score yourself</u>
Dark complexion	
Tans easily	
Skin is cold to touch (especially hands and feet)	
Dry and rough skin (Fish like skin texture)	
Skin is thin and fine pored	
May have corn, callus and cracks if vata is in an imbalance state.	
Hairs are dark black and coarse, frizzy and wavy in texture	
Hairs tangles easily	
Hairs are more prone to split ends and dandruff	
Eyelashes are short and scanty	
Eyebrows are thin	
Lips dry and chapped	

Pitta attributes :-	Score yourself
Coppery or pinkish complexion	
May develop freckles and sunburn even in less duration to sun exposure	
Skin is oily or of combination type	
The skin is warm to touch	
May prone to premature aging	
Skin problems may include rashes, acne, blackheads, whiteheads, acne.	
Hairs are may prematurely greying and baldness	
Scalp gets oily quickly even after washing frequently	
Nails are strong and in even shape with pinkish hue	
Average eyelashes and eyebrows	
Lips are prone to cold sores and pigmentation.	

Kapha attributes :-	Score yourself -
Pale skin that burns after long exposure to the sun	
Skin is fair is tone and tans evenly after long sun exposure	
Skin is cool to touch	
Skin is moist, cool to touch and thick	
Skin is of combination type	
Skin have tendency towards open pores	
Skin is sensitive and may develop itchiness and pustular acne after using harsh chemicals	
Hairs are thick and voluminous & lustrous	
Nails are strong and board & pale in hue	
Eyelashes and eyebrows are thick	
Lips are moist and have a pinkish shade naturally.	

From the above list, analyse your Prakriti by giving a score to each attribute of a particular dosha.

Analysing your skin type according to your Prakriti you will have better understanding for making diy recipes and treating particular skin concerns.

Analyse your skin type:

A skin type test helps determine whether your skin is dry, oily, combination, sensitive, or normal.

How to Perform a Skin Type Test:-

1. Cleanse your face:
2. Gently wash your face with a mild cleanser to remove makeup, dirt, and oils.
3. Pat your face dry with a soft towel.
4. Wait for an hour:
5. Let your skin rest for about an hour without applying any products like moisturizers, serums, or toners. This gives your skin time to return to its natural state.
6. Assess your skin:
7. After an hour, evaluate how your skin feels in different areas of your face:

Forehead, nose, chin (T-zone): Does it feel oily or greasy?

Cheeks: Does it feel dry, tight, or comfortable?

Around the eyes and mouth: Do you notice any flakiness or dry patches?

Skin Type Classification:

Oily Skin: Your skin feels greasy or shiny across most of your face, particularly the T-zone (forehead, nose, chin).

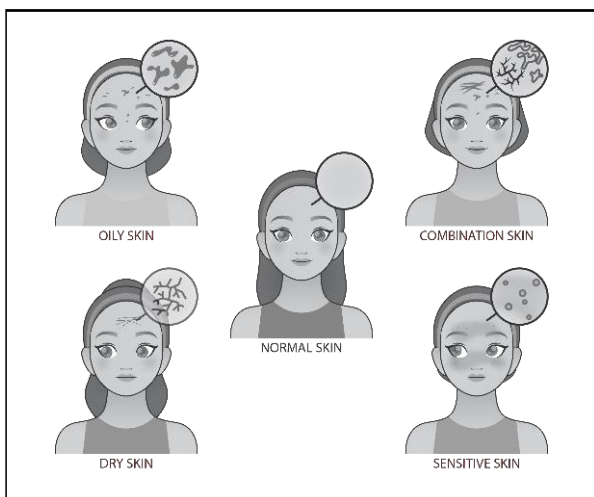
Dry Skin: Your skin feels tight, flaky, or rough. There may be dry patches and a lack of moisture.

Combination Skin: Your skin shows characteristics of more than one type (e.g., oily in the T-zone but dry or normal on the cheeks).

Normal Skin: Your skin feels comfortable, not too oily or dry. There are no visible dry patches or excessive shine.

Sensitive Skin: Your skin may feel irritated, red, or inflamed easily after exposure to products, weather, or environmental factors.

I hope you have determined your skin type by now, as this will make it much easier for you to comprehend the upcoming sections.



Know Your Prakriti, Glow Your Way

Hey glow-getter, ever wondered why your bestie's skincare routine gives you breakouts, while her skin looks like a glazed gulab jamun?

Simple answer: your skin has its own vibe — and it's written in your Prakriti (a.k.a. your Ayurvedic body type).

Are you Vata — a dreamy, dry-skin fairy who needs warmth, oils, and sweet self-care?

Or, maybe Pitta — the fiery glow boss who burns bright but needs to cool that temper (and those rashes)?

Or, the calm and collected Kapha — stable, soft, and prone to glow... and maybe the occasional pimple party?

Ayurveda says: don't copy-paste someone else's routine. Align with your nature, and magic happens.

Vata babes, say yes to hydrating oils, creamy textures, and warm teas. No skipping meals and no cold smoothies in winter, please!

Pitta queens, go for cooling herbs like rose, aloe, mint, and sandalwood. Avoid over-exfoliating and spicy food feasts. Your skin loves a chill lifestyle (literally).

Kapha beauties, keep it light, fresh, and stimulating. Herbal steam, dry brushing, and bitter greens are your besties. Keep moving, stay inspired, and glow will follow!

So instead of chasing what's "in," chase what's within.

Your prakriti is your personal skincare GPS — once you read it right, your skin says THANK YOU in glowspeak.

So vibe with your elements, not the trends.

Because the best skincare isn't viral — it's Vata, Pitta, or Kapha approved.

CHAPTER 4 :- AYURVEDA SKIN CARE RITUALS



“Glow Like the Sun, Flow Like the Seasons.”

Welcome to the world where your skincare doesn't chase trends—it follows time-tested rhythms. In Ayurveda, beauty isn't bottled, it's built. one sunrise and one season at a time!

Dincharya is your skin's BFF—think of it as a daily love letter to your face, signed with oil massage, herbal cleansing, and a splash of rose water.

Ritucharya? That's your seasonal skincare wardrobe. Just like you switch your clothes, your skin needs a new game plan when summer sizzles or winter bites!

At the heart of it all is a golden truth: when you live in sync with nature, your skin doesn't just glow—it radiates wisdom.

Let's ditch the confusion and build a skincare ritual that rises with the sun and blossoms with the seasons because beauty isn't a one-size-fits-all serum—it's a lifestyle. Ayurvedic skincare rituals encompass both daily and seasonal practices. Effective skincare goes beyond merely applying serums and

creams; it also involves nurturing your body from the inside out. Two ancient Ayurvedic principles hold the key to unlocking your skin's natural radiance: Dincharya and Ritucharya.

Dincharya: Your Skin's Daily BFF-

Think of Dincharya as your skin's personal assistant. It's the daily routine designed to keep your skin happy, healthy, and glowing every single day. From the moment you wake up to the moment you rest your head at night, Ayurveda offers simple, mindful steps that make your skin say, "Thank you!" This isn't just about pampering (though it definitely feels amazing); it boosts circulation, nourishes your skin deeply, and helps flush out toxins.

The beauty of Dincharya? It's consistent but flexible. Whether your skin is dry, oily, or sensitive, Ayurveda shows you how to tailor your daily care to your unique Prakriti (body constitution). The result? Skin that feels balanced, cared for, and ready to glow from within — every day.

A person feels more confident in society when a person is healthy and has good radiant , clear skin. When a person is having any kind of skin disorder, it might be as common as acne or might be rare as vitiligo. It can affect the person's self confidence.

In ancient times people were having a healthy lifestyle by doing their own daily activities but nowadays due to high tech machinery and facilities being provided by the modern era people are more inclined towards the sedentary lifestyle which is leading to the metabolic disorders in turn which are affecting their skin and mental health.

“wealth can be earned if you’re healthy but health can not be earned, if a person is wealthy”

It’s always better to prevent any kind of disorder than curing it. If a person is very rich but doesn’t have a healthy lifestyle, good mental health and sound sleep then the person is inviting so many lifestyle disorders. When a person is healthy they have charm on face and good aura. In order to maintain that charm and radiant glow on your face, let's talk about the daily rituals which can be followed to enhance one's beauty.

Pratauthana :-

“ब्राह्मे मुहूर्ते उत्तिष्ठेत् स्वस्थो रक्षार्थमायुषः।

"Brāhme muhūrte uttiṣṭhet svastho rakṣārtham āyusaḥ."

(Ashtanga Hridayam, Sutrasthana)

One should wake up during Brahma Muhurta (roughly 1.5 hours before sunrise) to protect and preserve health and longevity.

In ayurvedic classics getting early in the Brahma Muhurta has been mentioned which refers to the total day being divided into 30 equal parts to 48 minutes. Brahma muhurta is the second last muhurta before sunrises which means the sunrises around 5 to 6 am.

Ayurveda classics mentions the benefits of getting up in brahma muhurta are to help individuals to prevent any kind of disorders and to promote health.

Acharya bhavaprakasha (one of the guru’s who has written ayurveda classics) has said that when you wake-up, you should see yourself in mirror as its auspicious, brightens your face and ensures longevity and to remove poverty and sins.

Ushnapana :-

In the early morning, drinking water that is warm is highly beneficial. It alleviates Vata and Kapha, is good for the heart, and acts as a digestive stimulant and cleanser.

As per ayurveda, a person drinking a glass of water on empty stomach after waking up at the time of sunrise, can slow down the process of ageing and prevent skin disorders, haemorrhoids, edema, fever and obesity all of this comes with one condition that person should drink water from copper vessel or clay pot.

Copper is necessary for the body as it regulates the growth of our body, regulates enzymatic reactions, enhances the health of tissue, stabilizes the digestive system, promotes cell regeneration, and replaces dead skin cells with new & healthy ones. Water stored in copper vessels is also said to be a detoxifying agent, as it dissolves fat tissues effectively and flush out toxins from the body.

Ushanpana according to prakriti -

Prakriti	Ushnapana
Vata	Overnight kept in copper vessels because copper vessels regulate the digestive system and mostly vata prakriti people do feel constipated.
Pitta	Clay or mud pot which is kept overnight because clay or mud have cooling properties which can help pitta prakriti people to balance out the pitta dosha.
Kapha	Detox water which aids digestion and metabolism and clears excessive mucus and supports respiratory health. This detox water will also help to clear acne. Recipe : → Bring the water to a gentle boil. → Add ginger, pinch of cumin seeds, 1-2 black pepper seeds, pinch of turmeric and 2-3 leaves of tulsi. → Boil it for 5 minutes and then cool it off → Once the water is warm, not hot, add lemon juice or raw honey. → Sip it in the morning or between meals.

Sauchkarma -

After drinking a glass of water, a person should evacuate the body waste i.e stool and urine regularly in the morning which will prolong the life span and its quality.

It's said in ayurveda that when you have good agni (digestive fire) than you will have a good radiant and acne free skin because when you feel constipated or bloated or suffering from any digestive related concerns that will show up on your skin by a process in ayurveda known as Dhatu poshan in which the bodily tissues that is Rasa(plasma), Rakta(blood), Mamsa (adipose tissue) and so on are getting nourished in a chain Patterns, if the chain breaks that means if one dhatu like plasma is not getting nourished properly due to weak digestive fire than that will affect blood And adipose tissue that will flare up acne, blemishes or dull and Dehydrated skin.

So if you want to say hello! to glowing & clear skin you should say bye bye to excrements in the morning on a regular basis.

Danta Dhavana :-

"Toothbrushing (Danta Dhavana) should be done using twigs or substances that are astringent (kashaya), bitter (tikta), and pungent (katuka) in taste. The sticks used should be light, firm, non-toxic, and should promote strength, luster, and fragrance of the mouth."

Teeth should be cleansed twice a day, one in the morning after voiding your natural urges (stool & urine) and one in the night after having a meal.

Danta dhavana helps in maintaining oral health by maintenance of salivary ph to prevent dental carries.

Herbal twigs for different prakurti -

Vata

- a. Licorice
Properties - warming, sweet and pungent.
Benefits- soothes digestive tract, moistens the dry mouth.
Usage- twigs can be chewed lightly and then massaged on gums and teeth.
- b. Cinnamon
Properties - warming, sweet and pungent
Benefits- stimulates digestion, balances the blood sugar, controls bad breath
Usage- chew the small sticks.
- c. Ashwagandha
properties - sweet, bitter and warming
Benefits - calms the nervous system, strengthens gums & teeth.
Usage - chew the roots.

Pitta

- a. Neem
properties - bitter, cooling and detoxifying
Benefits - purifies the blood, reduces gum inflammation and mouth sores.
Usage- chew the twig as datun (traditional toothbrush)
- b. Manjistha
properties - bitter, astringent and cooling
Benefits- excellent blood purifier, calms the acne eruptions and inflammation, balances pitta.
Usage- root or stem can be made into paste and can be mixed with ghee or milk and then paste can be

rubbed on teeth and gums (it can leave little red tinge to teeth and gums, so rinse out properly).

c. Amalaki

Properties - sour, astringent and cooling

Benefits - high in vitamin c, reduces acidity, supports liver and skin, calms the mouth ulcers.

Usage- dry pieces or chunks can be chewed.

Kapha

a. Dry ginger

properties - hot and pungent

Benefits - boost metabolism, clear mucus and reduce bloating.

Usage - dried slices can be sucked.

b. Bay leaf

properties - bitter and warming

Benefits - aids in fat metabolism, clear excess mucus from mouth and throat, lungs and stomach.

Usage - chew the twigs.

c. Tulsi

properties - pungent, aromatic

Benefits - decongestant, immunity booster, controls bad breath

Usage - chew soft twigs.

Nasya:-

The head is the gateway to the body; therefore, it must be taken care of with proper practices.

The nose is considered as one among the five sensory organs. Nose is believed to be the entry to the Head, hence all diseases of organs above the clavicle can be treated using nasals route i.e. Nasya. There are various types of Nasya described in

Ayurvedic literature for treatment and maintenance of health. Medicated oil or ghee is indicated depending upon the person's prakriti. It is prescribed for daily use in one or two drops, especially strengthening the sense organ, improves health of the hairs, skin and throat.



Note - consult a ayurvedic physician, in case you have any long-term illness before practising nasya into your daily life.

For Vata :	Anu taila	→ Facial benefits - It enhances facial glow, reduces pigmentation and dark circles. → Hair benefits - Prevents hair fall and premature greying of hairs and scalp dryness i.e dandruff.
	Ksheerabala taila 101	→ Facial benefits- It has anti-aging benefits, it hydrates the dry and dull skin. → Hair benefits - It strengthens the hair follicles and reduces hair fall.
	Sesame oil	→ Facial benefits- it provides deep nourishment for facial skin by improving the facial circulation resulting in natural glow. → Hair benefits- its help to prevent and reduce dandruff and premature greying of hairs.
For Pitta :	Ghrita	→ Facial benefits- It is useful in sensitive or inflamed skin or acne caused by internal

	(ghee)	heat for hormonal imbalance and ghee as rasayana;It rejuvenates tissues, improves skin elasticity and gives natural radiant glow and useful to reduce dark circles. → Hair benefits - It improves hair strength and shine by improving the blood flow to the scalp.
	Brahmi ghrita	→ Facial benefits - it calms the inner stress and heat which often shows up as acne or rashes or dullness. → It helps to reduce wrinkles and puffiness caused due to poor sleep and stress. → It helps to soothe the pitta related skin concerns like rosacea, heat rashes or acne. → Hair benefits- It reduces stress induced hair fall by strengthening the nervous system as its medhya rasayana. → It prevents premature greying by promoting natural pigmentation by calming heat and oxidative stress.
For Kapha (avoid these oils during hot weather as they may aggravate pitta dosha)	Shadbindu taila	→ Facial benefits - It helps to reduce face puffiness and under eye bags. → It regulates sebum production and is beneficial in acne prone skin. → Hair benefits - It keeps the scalp clean and promotes the hair growth by stimulating hair follicles.
	Mustard oil	→ Facial benefits - It boosts the facial blood flow and improves the skin tone by eliminating dullness from the face. → Hair benefits - it is mildly anti-microbial so it helps with sticky scalp, excessive oiliness and congestion of hair follicles.

While Nasya is recommended for all ages and conditions, certain contraindications must be considered:

Pregnancy, especially in the first trimester

Menstruation

Acute fever or flu-like symptoms

Nasal injuries or abnormalities

Recent nasal surgeries

Certain medical conditions like epilepsy, hypertension, or bleeding disorders

Gandusha :-

A person should perform Gandusha daily using medicated liquids. It should be done until the liquid reaches and spreads thoroughly in the mouth and throat area.

Filling the mouth with some fluid and retaining it for some time is called Gandush. It is a simple rejuvenation and preventive therapy, when done routinely, enhances the senses, maintains clarity, brings about a feeling of freshness, and invigorates the mind. These oral cleansing techniques can also benefit bad breath, dry face, dull skin, exhaustion, anorexia, loss of taste, impaired vision, sore throat, puffy eyes and dark circles etc.

Dosha	Oils for Gandusha
vata	Cold pressed pure sesame oil
pitta	Pure cow ghee or cold pressed pure coconut oil
kapha	Cold pressed pure mustard oil

Abhyanga :-

Ready to trade your stress for serenity?

Ayurvedic massages are like a warm hug for your whole being.

Ayurvedic oil massage is an integral part of the daily routine or Dinacharya, recommended by the ancient healing system for overall health and wellbeing, known as Ayurveda. It is a type of bahiya snehan or external oleation. The Sanskrit word Sneha

means both “oil” and “love,” and the effects of Abhyanga are similar to the effect of saturation with love. Both experiences can give a deep feeling of stability, warmth, and comfort.

अभ्यङ्गं च नित्यं आचरेत्।
स्निग्धाङ्गत्वात् सुसंहननत्वाच्च।
त्वग्दृढत्वाद्वर्णप्रसादनाच्च।
वायुनाशनाच्च।

Abhyāṅgaṁ ca nityaṁ ācaret —
snigdhaṅgatvāt susamhananatvāc ca |
tvag-dṛḍhatvād varṇa-prasādanāc ca |
vāyu-nāśanāc ca ||

(Ashtanga Hridaya)

Abhyanga (oil massage) should be done daily, as it provides unctuousness (moisture) to the body, improves strength and stability of muscles and joints, enhances skin tone and texture, and helps to pacify vata dosha.

Abhyanga or massage therapy is not just good for our muscles but also for our entire physical and mental wellbeing. Research shows that a single massage stroke can help reduce anxiety and stress.

Abhyanga is a powerful balancing treatment that stimulates the body’s energy channels. This Ayurvedic massage is a therapy for cultivating blissful awareness, which is the ultimate basis of radiant and everlasting beauty.

In Ayurveda, the body is compared to the tree, and when the root of the tree is given water regularly, it survives for an extensive duration. Similarly, the daily practice of Abhyanga imparts long-term health benefits to our body and mind.

As per Ayurveda, body oils offer a natural response to an unbalanced state of skin and help to combat all types of skin concerns including dehydration, inflammation and dull and dehydrated skin. This ancient science also recommends Dosha specific oils for different skin types.

Dosha	Body oils
Vata	Sesame oil, sweet almond oil, ksheerabala oil, kumkumadi oil, moringa oil
Pitta	Coconut oil , nalpamaradi oil, jojoba oil, eladi oil, vetiver oil
kapha	Eladi oil, mustard oil, triphala oil, punarnava oil.

Once absorbed into the body, the massage oils have numerous effects besides just softening and soothing the skin. When we massage the oil, it lubricates the internal environment; releases stored up toxins and carries them back to the digestive tract for elimination. It also stimulates dhatu agni, the metabolic fire of tissue, and thus enhances ojas.

Ayurvedic texts suggest that the oil massage or Abhyanga should be done daily because it bestows the body with the following properties-

Varna Prada – improves the body complexion

Twakdardyakara – helps to maintain skin elasticity

Vyadhikshamatwa – restores natural immunity

Jarahara – rejuvenates body tissues, promotes health and prevents ageing process

Vatahara – alleviates Vata dosha, Kaphahara – alleviates Kapha dosha, and Abhigata sahyatva – reduces the effects of any trauma

Kleshasaha – helps to overcome anxiety and stress

Shramahara – relaxes the muscles and relieves fatigue

Balavan – improves physical strength

Snana:-

“Bathing relieves fatigue and exhaustion, removes impurities and vitiated Vata, improves vision, promotes health, enhances strength, and brings radiance to the body.”

Regular bathing as a part of Dinacharya clears all the dirt of the skin caused by the environment. Daily bathing not only keeps us fresh and smelling good but also serves to keep us fit and healthy. While bathing we stretch and move our body parts as well as we give gentle massage to joints, muscles and organs by our hands or scrubber.

Benefits of bathing according to ayurveda:

Purifies and detoxifies your body.

Stimulates your libido, enhances virility, and improves sexual vigor.

Increases strength and endurance.

Relieves fatigue and exhaustion.

Promotes a healthy heart and improves blood circulation.

Beautifies and nourishes your skin.

Improves appetite and boosts your overall digestive power.

DIY BATH MIX :-

Mix equals parts of mentioned herbs for different prakriti's.

Make them into powder form.

Add into muslin cloth and keep in bath water.

Prakirti	Herbs	Benefits
Vata	licorice	moisturizing, anti-inflammatory, skin healer.
	calendula	reduces dryness and flaky skin.
	oatmeal	deeply hydrating, reduces itching.
Pitta	dried rose petals	hydrating, cooling effect.
	sandalwood powder	reduce skin redness and heat.
	vetiver root essential oil	balances body heat and emotional intensity.
Kapha	Tulsi	clears the blocked channels of body and mind.
	Turmeric	clears excess oiliness, helps with dull skin, reduces itching and skin rashes.
	Clove	helps uplift the mood and enhance circulation.
	Eucalyptus essential oil	clears kapha buildup in sinuses or lungs.

Vyayama:-

Exercise is the root cause and fundamental means for maintaining good health. It promotes well-being, clarity of mind, and happiness.

Vyayama or physical exercise is an important preventive, curative and rehabilitative measure. It is common knowledge that when a machine is not in use it becomes rusty. In the same way if the human body is not used, it can very easily be a waste away. Because of the routine nature of daily work, only some body parts or groups of muscles are used more than the others. The aims of vyayama are to promote harmonious development of the whole body. In all the seasons' daily vyayama should be performed by persons desiring their wellbeing by balardh (half of the strength). Moreover, arddhashakti vyayama is indicated in sheeta and vasanta kala only. As vyayama practiced beyond the capability of the body can be harmful.

Individuals practice daily vyayama causes physical development, lustre, radiant skin, compactness of body parts, stimulation of digestive power, nonexistence of idleness, firmness, lightness, cleanliness, tolerance to fatigue, cold, heat and provide optimum immunity.

Chaur Karma :-

Nails, Scalp hair, body hair, moustache and other hair should be cut at least every five days. This enhances brightness, increases span of life and provides strength. Hair should be combed with a comb which helps in the growth of hair and removing dust, dirt and you will look more presentable.

Vastradharan-

Wearing a clean dress adds to the bodily charm, reputation, longevity and prevents inauspiciousness. It brings about pleasure, grace, competence to participate in conferences and good looks. It protects the wearer from rough surfaces, thorns and prickles by providing a barrier between the skin and the environment.

It is advised that one should take care of the body at all costs because if the body is lost (to ill health) everything else is lost. So one should keep this in mind and strive for a healthy living.

Ritucharya: Your Seasonal Skincare Wardrobe -

Now, just like you wouldn't wear a heavy sweater in summer or flip-flops in winter, your skin doesn't want the same treatment all year round. This is where Ritucharya — the seasonal routine — steps in.

Ayurveda divides the year into six seasons, each bringing different weather and environmental changes that affect your

skin in unique ways. In hot summers, your skin may feel oily and prone to breakouts. Winters might leave it dry, flaky, or dull.

Ritucharya teaches you to switch gears smoothly with the seasons:

In summer, you might favor light, cooling oils like coconut or aloe vera, and avoid heavy creams.

During winter, richer oils such as sesame or almond keep your skin nourished and protected from dryness.

Spring and autumn require balancing formulas to soothe and detoxify the skin, keeping it fresh and resilient.

By tuning into these seasonal shifts, your skin isn't fighting against the elements—it's thriving with them.

Ayurveda's timeless wisdom reminds us that true beauty starts with balance—balance in how we live, what we eat, and how we care for ourselves. When you align your skincare Ritucharya, you're not just putting on products; you're embracing a ritual that honors your body and nature.

No more confusing ingredients lists or quick fixes. Instead, you get a glowing, radiant complexion that reflects inner health and harmony.

Hemanta - Sishiram

(mid November to mid March)

Kapha dosha is prominent during this season. Thus, one could consume energy rich food items like milk and milk products, carbohydrate rich food items like rice, wheat, whole gram, etc to help restore the balance in the body. Wine prepared from jaggery (molasses) can also be consumed. Typically, one could

get a hot oil massage and an udwarthanam (application of dry powdered herbs on the body that is anointed with oil) with fine paste/powder of kumkum (kesar or saffron).

Vasantham

(mid March to mid May)

During this season, increased kapha is liquified by the heat of sun and pitta dosha is dominant causing the digestive activity to diminish. One must consume easily digestible food such as barley, honey, roasted meat, mango juice etc. Beverages such as asava (fermented infusion), arista (fermented decoction), sidhu (fermented sugarcane juice), honey mixed with water and water boiled with extracts of chandan (sandalwood) also help during this season. Hard to digest food items, cold food, sour, sweet and fatty food must be avoided as it increases kapha. Typically, dry massages with chandan powder, licorice powder, rice flour powder, etc. and nasaya with pitta pacifying oils are taken during this season. The use of chandan (sandalwood) and karpura (camphor) is also recommended.

Greeshma

(mid May to mid July)

Vata dosha is prominent during this season. One must increase the intake of water, juice, butter-milk, lemon juice, etc. All possible seasonal fruits must be included in one's diet. Heavy physical exertion must be avoided in this season. Wine should be avoided or taken in very little quantities as it can cause burning sensation and/or debility. One could anoint the body with chandan (sandalwood) paste and bathe in cold water during this season.

Varsham

(mid July to mid September)

This is the season when humans are most prone to diseases. The digestive activity of the body weakens further and gets vitiated by doshas. Hence all methods to mitigate doshas and measures to enhance digestive activity should be adopted. One should consume easily digestible food items to avoid further irritation of the digestive system. Pulses, meat juice, soups, old grains and thin water of yoghurt can be taken in food. Thippali (Indian long pepper), honey, dried ginger could also be consumed with grains like rice, wheat etc. One could get a Panchakarma (purification and detoxification) treatment to help restore the balance of the doshas in the body. Sleeping in the daytime and heavy exertion must be avoided in this season.

Sarath

(mid September to mid November)

Pitta dosha is prominent during this season. Thus, one could include bitter, astringent and sweet tastes in their food consumption. The diet must include easily digestible food items like honey, small peas, green vegetables, green berries, red-rice, etc. Heavy food, curd, oil and strong liquors must be avoided in this season. One could get an udwarthanam with chandan (sandalwood).

Your Year-Round Glow Guide –

Hey skincare lover! Want that glow that sticks around like your fav song on repeat? The secret isn't just fancy creams or serums — it's in how you treat your skin every day and respect the seasons.

Daily Rituals That Never Fail

Start simple. Your skin wakes up every day ready to show its best self, if you give it the right love:

Cleanse gently — no harsh scrubs, please!

Hydrate inside & out — sip that warm water and mist your face.

Moisturize with love — find what your skin type needs and stick to it.

Sun protection — your daily shield! No excuses.

Sleep like a baby — beauty rest is real magic.

Seasonal Skincare: Dance With Nature's Rhythm

"You wouldn't eat ice cream during a snowstorm or sip hot soup on a scorching beach day—your skincare needs that same seasonal common sense."

Spring & Summer:

Go light and fresh. Aloe vera, cucumber, and rose water are your best friends. Stay hydrated, avoid heavy oils, and always, always sunscreen.

Monsoon:

Humid weather means you might feel oily but don't skip cleansing! Use gentle exfoliation to keep pores happy and prevent breakouts.

Autumn & Winter:

Time to nurture dry, flaky skin. Embrace nourishing oils like sesame or almond, rich creams, and warm herbal teas to keep your glow cozy inside and out.

So, are you ready to glow like the sun every day and flow gracefully through the seasons? Your Ayurvedic skincare journey begins here.

CHAPTER 5 - DEBUNKING BEAUTY MYTHS



“Skincare myths spread faster than pimples- let’s pop them together.”

Healthy and glowing skin can not be achieved through gimmicks or quick fixes - it can be achieved by informed and consistent skincare which is grounded by science.

In the era of technology we have advises and diy recipes overflowing from group chats or trending on social media else passed down from grandmothers, it is very easy to get lost in the swirl of half truths and outdated beliefs like “plucking one grey hair can worsen it” or “natural or herbal means safe” - we all had come across these kind of convincing myths which does not always stand up with science.

This chapter will debunk some of the beauty myths with the intention of replacing confusion and clarity because glowing skin starts with truth.

THE MYTH: FAIR SKIN = HEALTHY SKIN

THE TRUTH: ONLY FAIR SKIN IS NOT HEALTHY SKIN.

“समदोषः समग्निश्च समधातु मलक्रियः।
प्रसन्नात्मेन्द्रिय मनाः स्वस्थ इत्यभिधीयते॥ “

Samadoṣaḥ samāgniśca samadhātu malakriyaḥ,
Prasannātmendriya manāḥ svastha ityabhidhīyate.

(Sushruta Samhita)

“A person is considered truly healthy when the doshas, digestive fire, tissues functions and waste eliminations are in perfect balance—along with a clear mind, sharp senses, and a contented soul. This shloka captures the foundation of Ayurvedic beauty: balance in the body leads to glow, strength, and charm. ”

According to ayurveda, skin colour is determined by one's prakriti like vata type will have dry or dull skin with wheatish or brown complexion, pitta types will have fairer and reddish skin and kapha types will have cooler toned and more radiant skin.

According to modern dermatology skin colour is determined primarily by the type and amount of melanin (pigment which imparts skin color) is produced by melanocytes (skin cells), which is genetically regulated and serves as a protective mechanism against uv radiations, it has no bearings on the quality and health or attractiveness of the skin.

Moreover, excessive use of skin lightening agents - such as topical steroids, hydroquinone or unregulated herbal creams which claim to have skin lightening effects can lead to some serious dermatological consequences.

THE MYTH: OILY SKIN DO NOT NEED MOISTURIZING

THE TRUTH: OILY SKIN DO NEED MOISTURIZING

Excessive washing or harsh cleansing can strip natural oils (Sneha) from skin. This dryness triggers the body to produce excess oil/sebum to compensate. Skipping appropriate moisturizing (snigdha chikitsa) leads to increased Kapha dosha imbalance (oiliness). Proper, balanced application of herbal oils or moisturizers helps maintain skin health by stabilizing Kapha without aggravation.

Our skin has a natural protective barrier made of oils (sebum) and moisture that keeps it healthy and hydrated, preventing dryness, irritation, and infections. However, using harsh cleansers or overwashing strips away these essential oils, disrupting the skin barrier. When this happens, the skin feels dry and signals oil glands to produce more sebum to compensate. This rebound effect makes the skin even oilier, causing clogged pores, acne, and discomfort. A good moisturizer helps restore hydration and supports the skin barrier without clogging pores. Lightweight, non-comedogenic moisturizers soothe the skin, prevent dryness, and balance oil production effectively.

The key is choosing the right formulation-

1. Gel based, oil-free, non-comedogenic moisturizers are ideal for acne prone skin.
2. Hyaluronic acid, niacinamide, ceramides hydrate without clogging pores.
3. Avoid heavy occlusives like petroleum or thick creams.

What Ayurveda and modern dermatology agree on:

Balance is key: Just like Ayurveda's concept of maintaining Sneha in the skin, modern science stresses keeping the skin barrier intact with gentle cleansing and appropriate hydration.

Tailored care: Different skin types need personalized care. Oily skin still needs moisturizing—just with the right products that don't aggravate oiliness.

THE MYTH: ACNE IS A SKIN PROBLEM.

THE TRUTH: ACNE IS NOT JUST SURFACE PROBLEM.

"रक्तपित्तप्रकोपे तु मुखे यः स्फोटकान्वितः।
ते यौवनोद्भवा पिडका यौवनपिडिकाः स्मृताः॥"

"Rakta-pitta-prakoṇe tu mukhe yaḥ sphoṭakānvitaḥ |

Te yauvanodbhavā piḍakā yauvana-piḍikāḥ smṛtāḥ ||"

(Madhava Nidana)

“When there is aggravation of Pitta and Rakta dosha, it results in eruptive lesions (sphoṭaka) on the skin. These are commonly seen during youth, hence called Yauvana Pidika (pimples of adolescence/youth).”

In ayurveda we do not see acne as a superficial or just skin problem, its manifestation of an internal imbalanced state particularly involving gut issues, hormonal issues or impure blood.

Factors which contributes for underlying causes for acne as said above are,

1. Poor lifestyle & improper diet

2. Spicy, oily, and heavy foods, stress, hormonal changes, poor digestion, and late nights all contribute to Pitta-Rakta dushti.
3. Disturbed digestion
4. Stress
5. Hormonal imbalance

Acne is not merely a cosmetic issue, it's a deeper pathological concern which reflects on skin as a sign that something is not going well in your inner world, So we should not just apply different creams and serums to treat acne, we should treat the root cause of acne.

Note - consult your dermatologist if you have active acne before using home remedies.

THE MYTH : NATURAL IS ALWAYS SAFE.

THE TRUTH : NATURAL DO HAVE ALLERGENS.

"भेषजं नाम तद्विद्याद्येन सन्तः प्रमोद्यते।

अयुक्तयुक्तमल्पं वा, मात्रा वा व्यत्ययं नयेत्॥"

Bheṣajam nāma tad viddyād yena santaḥ pramoddyate |

Ayukta-yuktam-alpam vā, mātrā vā vyatyayaṁ nayet ||

(Bhavapraksaha)

“A substance is considered a medicine only when it is used properly. If used improperly, in the wrong combination, dose, or time, even a good (natural) substance can lead to disease.”

If something is claiming that it is natural or herbal that does not mean it's safe, Ayurveda emphasizes on the importance of correct dosage and formulation and proper processing of drugs.

Common examples ;

1. Neem is natural but used in excessive amount can cause dull and dehydrated skin.
2. Adulterated turmeric & honey can cause contact dermatitis if applied without patch test.
3. Lemon juice can lead to skin irritation as it does not match with skin ph levels.
4. Herbal or organic creams may contain adulterated ingredients which are not safe for skin.
5. Skincare labelled as “natural” doesn't offer safety, always do patch tests before using any skincare or makeup products.
6. “In Ayurveda, even nectar can be poisoned if misused — and poison can heal if used wisely.”
7. This deeply reflects the Ayurvedic truth: “Yukti (intelligent application)” matters more than the natural label.

THE MYTH: AGING IS SOMETHING TO FIGHT WITH.

THE TRUTH: AGING IS GRACEFUL.

दीर्घमायुः स्मृतिं मेधामारोग्यं तरुणं वयः।

प्रभावर्णस्वरौदार्यं देहेन्द्रियबलं परम्॥७॥

वाक्सिद्धिं प्रजातिं कान्तिं लभते न रसायनात्।

लाभोपायो हि शस्तानां रसानां रसायनम्॥८॥

dīrghamāyuh smṛtiṁ medhām ārogyaṁ taruṇaṁ vayah |

prabhāvarṇasvaraudāryaṁ dehendriyabalaṁ param || 7 ||

vāksiddhiṁ prajātiṁ kāntiṁ labhate na rasāyanāt |

lābhopāyo hi śastānām rasādīnām rasāyanam || 8 ||

(Charaka Samhita)

“Rasayana is a rejuvenation therapy in Ayurveda that enhances not only lifespan but also mental, physical, and emotional excellence. It is both preventive and promotive in nature, deeply rooted in the science of longevity, strength, and brilliance. Among the excellent rejuvenation therapies (Rasayana), one can conquer the effects of aging and even death by promoting longevity and vitality.”

Ayurveda sees aging as a natural and graceful milestone of individual life which should not be feared but nourished and supported. One should understand that aging is a complex and inevitable biological process which is being influenced by genetics, lifestyle, and diet.

Ayurveda says that you can start taking herbs which are having rasayana (rejuvenating) benefits like AMLA, BRAHMI, SHATAVARI and daily oil massage and meditation can help you to embrace this change with a relaxed body and mind and you can age radiantly.

THE MYTH: DARK CIRCLES ARE ONLY CAUSED DUE TO LACK OF SLEEP.

THE TRUTH: DARK CIRCLES COULD BE MULTIFACTORIAL.

As there is no such direct reference in ayurveda for dark circles, we can interpret dark circles as hyperpigmentation around the eyes. So ayurveda says disturbed sleep could be a reason for dark circles but its multifactorial like due to grief (śoka), stress (chintā), and excessive exposure to the sun (atisaptāha), Pitta gets aggravated and lodges in the skin and muscle tissue (tvak and māṃsa dhatu). This leads to the formation of Vyanga (pigmented spots), which appear as bluish-brown or coppery discolorations around the eyes.

Modern science says that Sleep is an important factor for maintaining health and beauty, but dark circles always do not show up because of lack of sleep or irregular sleeping habits.

Dark circles can arise from other factors also,

- ☐■ Dehydration
- ▣■ liver stress
- ⊞■ Anemia
- ⚡■ Poor digestion
- ◇■ Toxin build up in body
- ◆■ Stress
- ◆■ Genetics
- ◆■ Aging
- ∞■ Poor dietary habits

Dark circles are multifactorial. Sleep helps, but you also need to care for your diet, hydration, mental health, skin, and digestion — inside and out.

THE MYTH - EXTERNAL TREATMENTS IMPROVES BEAUTY.

THE TRUTH - INNER RADIANCES SHINES MORE.

It's a common belief that external treatments alone can create lasting beauty. The truth, however, runs much deeper. While face masks, serums, and cosmetic procedures can provide a temporary glow, true radiance comes from within.

“Ojas is characterized by strength (bala), radiant complexion (varṇa), happiness (sukha), stability (sthairya), longevity (āyusya), and joy (praharṣa). It arises in those who follow a wholesome diet and lifestyle in harmony with nature.”

In Ayurveda, this inner vibrance is known as Ojas – the pure essence of life, vitality, and wellbeing. Beauty reflects from the

cumulative health of the mind, body, and spirit, radiating outward as a natural, unforced glow. Without a strong foundation of inner health, even the most luxurious external treatments can only scratch the surface. Real, lasting beauty demands a holistic approach – nourishing the body with wholesome foods, managing stress, maintaining emotional balance, and embracing a lifestyle that supports vitality. Only then can the skin truly shine, reflecting the harmony within.

Therefore, the beauty that arises from within (from the self) remains untainted by doshic imbalance. When the self is pure and in balance, beauty manifests naturally as a radiant glow.

THE MYTH - IF PRODUCT TINGLES, ITS WORKING.

THE TRUTH - JUST BECAUSE TINGLES DOESN'T MEANS IT MAGICAL.

“The best treatments are those that are cooling or soothing, pleasant to the touch, nourishing, stabilizing, and gentle — not excessively hot, cold, or irritating. Such balanced therapies are beneficial for all. “

Many believe that a tingling sensation indicates a product is actively working. However, this perception can be misleading and even harmful. The tingling or burning feeling often signals irritation or disruption of the skin's natural barrier. Ingredients like alpha hydroxy acids (AHAs), menthol, or alcohol commonly cause this reaction.

From an Ayurvedic standpoint, healthy skin is a reflection of balance and inner harmony. When the skin tingles or burns, it may indicate an imbalance leading to the skin barrier disruption particularly involving Pitta dosha, which governs heat and transformation in the body. An aggravated Pitta can manifest as redness, irritation, inflammation and sensitivity,

undermining the skin's natural glow. Ayurveda emphasizes that skincare should be calming, nourishing, and supportive of the skin's innate healing processes. Ingredients that soothe and balance, like aloe vera, sandalwood, and rose water, align with this philosophy. Unlike harsh chemical exfoliants, Ayurvedic preparations focus on gentle rejuvenation and maintaining the skin's natural barrier. In essence, a skincare product that tingles is not necessarily beneficial. True beauty lies in fostering balance, both internally and externally. Instead of seeking instant, often superficial results, focus on long-term skin health by choosing products that honor the body's natural rhythms and promote holistic wellness.

THE MYTH - NIGHT CREAMS AND SERUMS ARE OPTIONAL.

THE TRUTH - NIGHT CREAMS OPTIONAL? SO IS ADULTING .. BUT HERE WE ARE!

“In the evening, one should bathe, apply fragrant and nourishing oils or creams, and sleep in a peaceful state. This soothes the senses and rejuvenates the body, especially in adults.”

While it might seem like a modern marketing tactic, night creams and serums play a crucial role in skin health. During the night, your skin undergoes repair and regeneration, making it more receptive to active ingredients. In Ayurveda, this aligns with the body's natural Rasayana (rejuvenation) cycle, where the deeper tissues are nourished and repaired. Night time is considered the ideal period for Ojas restoration – when the body absorbs nutrients more effectively. Skipping this step can mean missing out on deeper hydration, collagen support, and repair, essential for maintaining youthful, resilient skin.

During the night, internal repair and tissue regeneration begins. This is when the skin undergoes its most intense repair processes, rebuilding collagen, repairing DNA damage from UV exposure, and flushing out toxins. Using a night cream or serum with nourishing, restorative herbs like Manjistha (Indian Madder), Brahmi (Gotu Kola), and Kumkumadi Tailam can enhance this natural process, promoting Ojas – the essence of vitality and radiance.

THE MYTH - AYURVEDA IS TO SLOW.

THE TRUTH - AYURVEDA IS HEALING, NOT HURRYING.

“ Diseases that are suppressed quickly with strong or instant treatments may appear to go away,

But they don’t lead to true relief — and often return with even more suffering.”

Ayurveda doesn’t just mask the symptoms – it gets to the root of the problem. Sure, some Ayurvedic remedies can give you quick results, but the real magic happens when we focus on addressing the underlying causes of skin issues. It’s not that Ayurveda is slow – it’s just that it’s designed to work deeply and sustainably. By balancing the Doshas and nurturing the skin’s inner health, Ayurveda provides long-term benefits that go beyond temporary fixes. Quick solutions might give you a fast glow, but only by treating the root cause can we achieve lasting radiance and resilience that stays with you for the long haul.

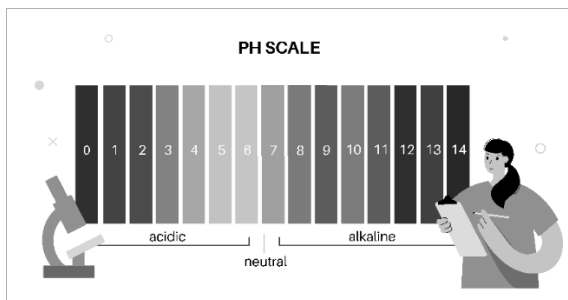
For example, a breakout might be quickly suppressed by a topical cream, but Ayurveda looks at the deeper Dosha imbalances (Pitta for inflammation, Vata for dryness, Kapha for congestion) and works to correct them, providing lasting results.

Immediate and Long-Term Benefits, While it's true that deep tissue repair and cellular rejuvenation can take time, many Ayurvedic treatments offer noticeable benefits quickly. For instance:

1. Instant Calm and Clarity: Herbs like Sandalwood (Chandana) and Rose (Gulab) have cooling, anti-inflammatory properties that can immediately soothe irritated skin.
2. Improved Texture and Glow: Regular use of Kumkumadi Tailam or Aloe vera (Kumari) can quickly enhance skin texture and brightness.
3. Radiance from Within: A detoxifying practice like Panchakarma can provide a noticeable glow within days, as it clears toxins and revitalizes the entire body.

THE MYTH - DIY MASK ARE ALWAYS SAFE.

THE TRUTH - IF IT IS IN YOUR KITCHEN, THAT DOESN'T MEAN IT BELONGS TO YOUR FACE.



DIY face masks can be a fun and natural way to care for your skin, they aren't always as safe as they seem. One major issue is the pH imbalance. Our skin has a slightly acidic barrier that keeps it healthy, but many natural ingredients, like lemon juice, are highly acidic. Applying these directly to the skin can

disrupt this balance, leading to irritation, redness, or even chemical burns over time. Allergic reactions are another common risk. Even natural ingredients like honey, turmeric, or essential oils can cause rashes, itching, or swelling if you're sensitive to them. That's why a patch test is always a good idea before trying a new DIY mix.

Hygiene is also a concern. Unlike store-bought products, homemade masks lack preservatives, making them prone to contamination. Bacteria from your kitchen or hands can find their way into your mix, potentially leading to infections or breakouts. while Some popular DIY scrubs, like those made with sugar, salt, or baking soda, can also be too abrasive. These harsh particles can cause tiny tears in the skin, disrupting its protective barrier and making it more prone to inflammation and infection.

Additionally, certain natural ingredients, like citrus oils or raw papaya, can increase your skin's sensitivity to sunlight, leading to photosensitivity and a higher risk of sunburn or hyperpigmentation if not followed by sunscreen.

THE MYTH: INTAKE OF EXCESS SUGAR HAS NOTHING TO DO WITH YOUR SKIN.

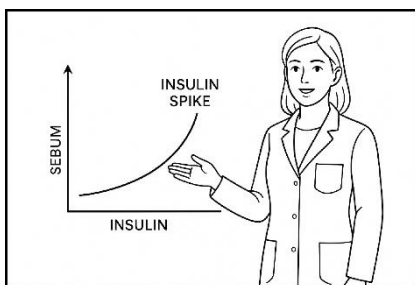
THE TRUTH: EXCESS SUGAR HAS NOTHING TO DO WITH YOUR SKIN EXCEPT BETRAY IT.

Excessive consumption of sweet taste (sugary foods) increases Kapha and Meda (fat) in the body.

This disturbs the sweat (sveda), pitta (bile), and other secretions, leading to the manifestation of Kustha (skin diseases).”

Eating too much sugar can take a serious toll on your skin, and the effects can be more than just the occasional pimple. One of the biggest issues is premature aging. When you eat a lot of sugar, it enters your bloodstream and attaches to proteins like collagen and elastin, which keep your skin firm and elastic. This process, called glycation, forms harmful compounds that make these proteins stiff and weak, leading to wrinkles, sagging, and a loss of that youthful bounce in your skin.

In Ayurveda, excess sugar is said to aggravate the Kapha dosha, which is associated with heaviness and sluggishness. This can lead to dull, puffy skin and premature aging, as the body struggles to clear out toxins. To



balance this, Ayurveda suggests cutting back on heavy, sweet foods and including more bitter, astringent tastes in your diet, which help cleanse and rejuvenate the skin. High sugar intake can also trigger inflammation. When you consume sugary foods, your blood sugar spikes, which forces your body to produce more insulin. High insulin levels increase inflammation, which can worsen acne, eczema, and psoriasis. Another problem with too much sugar is that it can make your skin oilier. This is because insulin spikes also increase sebum (oil) production, leading to clogged pores and breakouts. Ayurveda connects this excess oil to both Kapha (which increases oiliness) and Pitta (which causes inflammation). Lastly, too much sugar can dull your skin's natural glow. Glycation damages the protective barrier of your skin, leaving it dehydrated and lifeless. Cutting back on sugar can have a big

impact on your skin's health and appearance. It's not just about avoiding wrinkles, but also keeping your skin clear, bright, and youthful.

THE MYTH - SHAVING CAN CAUSE THICKER HAIR GROWTH.

THE TRUTH - HAIRS NOT HITTING THE GYM AFTER A SHAVE — RELAX.

“Hair (keśa), body hair (loma), nails (nakha), teeth (danta), eyes (cakṣus) and so on cannot manifest without proper bīja, meaning they are genetically determined.”

Ayurvedic standpoint, hair thickness and growth are primarily influenced by genetics, hormones, diet, and the balance of the doshas,

The misconception likely comes from the way hair feels as it regrows. When you shave, the razor cuts the hair at the surface of the skin, creating a blunt, flat edge. This blunt tip can feel coarser or thicker as it grows out, even though the actual thickness and density of the hair remain unchanged. The combination of a blunt end and darker appearance can create the illusion of thicker hair, but this effect is purely temporary.

THE MYTH - EMOTIONS DOES NOT AFFECT ON YOUR SKIN.

THE TRUTH - MOOD SWINGS = SKIN SWINGS.

“Mental stress (santapa) leads to a disturbance in the body, and increases doshas, especially Pitta and Vata. Stress aggravates doshas → which directly manifests on the skin (especially in Pitta skin issues like rashes, pigmentation).”

It's a common myth that emotions don't affect your skin, but the truth is, your mind and skin are closely connected. This relationship is known as the "mind-skin connection" or psychodermatology, and it explains why your emotional state can have a big impact on your skin's health. When you're stressed, anxious, or overwhelmed, your body releases stress hormones like cortisol and adrenaline. These hormones trigger a series of changes in the skin. For detailed explanation refer chapter 7.

From an Ayurvedic perspective, emotions play a key role in skin health. Ayurveda views the mind and body as deeply connected, with different emotions impacting each dosha uniquely. For instance, anger and frustration can aggravate Pitta, leading to acne, rashes, and redness, while anxiety and fear can disturb Vata, causing dryness, dullness, and fine lines.

THE MYTH - AYURVEDA SKINCARE IS JUST ABOUT OILS.

THE TRUTH - THAT'S LIKE SAYING PIZZA IS ALL ABOUT CHEESE.

“समदोषः समग्निश्च समधातुमलक्रियः ।
प्रसन्नात्मेन्द्रियमनाः स्वस्थ इत्यभिधीयते ॥”

(Sushruta Samhita – Sutra Sthana 35/24)

“One whose doshas, agni, dhatus, and malas are balanced, and who has a calm mind, clear senses, and glowing soul—is called truly healthy (and beautiful).”

Many people think that Ayurveda skin care revolves only around applying oils, but this is a limited view. While oils are indeed an essential part of Ayurvedic self-care, Ayurveda

offers a comprehensive, holistic approach to skin health that includes cleansing, exfoliation, nourishment, and balancing the body's inner energies known as doshas—Vata, Pitta, and Kapha.

Ayurvedic Facials Beyond Oils

Ayurvedic facials involve much more than just oil application. They use a variety of natural ingredients carefully chosen based on your skin type and dosha imbalance. For example:

Herbal Cleansing Powders: Ingredients like chickpea flour (besan), turmeric, and multani mitti (Fuller's earth) gently cleanse and absorb excess oil without stripping the skin of moisture.

Soothing Masks: Masks made from sandalwood, rose water, and neem cool the skin, reduce inflammation, and brighten the complexion. These masks often include anti-bacterial and anti-inflammatory herbs to calm acne-prone or irritated skin.

Exfoliation: Ayurvedic facials use fine herbal powders or ground grains to exfoliate dead skin cells gently, improving texture and promoting natural radiance.

Herbal Steam: A steam infused with herbs like tulsi (holy basil), mulethi, or neem with added essential oils, it opens pores and detoxifies the skin, allowing deeper absorption of herbal treatments.

Together, these steps create a facial ritual that cleanses, nourishes, and balances the skin without relying solely on oils.

Ayurvedic Mani-Pedis: More Than Nail Care

Ayurvedic mani-pedis extend the concept of self-care to the hands and feet, focusing on restoring balance and promoting circulation:

Herbal Oil Massage: Warm oils like sesame or coconut oil, infused with herbs such as ashwagandha and manjistha, are massaged into the hands and feet to nourish the skin, relax muscles, and improve blood flow.

Natural Scrubs: Scrubs made with ground herbs, grains, or pulses gently remove dead skin and smooth rough patches, especially on heels and knuckles.

Herbal Pastes and Masks: Using herbal pastes made from ingredients like licorice and sandalwood strengthens nails, soothes dry or cracked skin, and adds a natural glow.

Reflexology and Pressure Points: Some Ayurvedic mani-pedi treatments incorporate gentle pressure on reflex points in the hands and feet to promote overall wellness and balance doshas.

Note - For more detailed herbal mani-pedi, do refer to chapter 8.

In Ayurveda, skincare is a ritual and lifestyle that connects your external appearance to your internal health. It's about cleansing the skin and body, nourishing tissues, balancing doshas, and calming the mind. Oils certainly have their place, especially in nourishing and protecting the skin barrier, but Ayurvedic skincare is truly about harmony and balance using the full spectrum of nature's gifts—herbs, oils, powders, steam, massage, diet, and meditation.

By embracing this holistic approach, Ayurveda helps you achieve radiant, healthy skin that reflects your inner vitality, not just surface-level beauty.

THE MYTH - DRY SKIN PEOPLE DOES NOT
BREAKOUT.

THE TRUTH - BREAKOUTS DOESN'T DISCRIMINATE.

The interpretation is widely used in Ayurvedic dermatology:

“When Vata is aggravated, it dries up the Rasa Dhatu (nutritive fluid) and impairs skin hydration, leading to dry, irritated, and pimple-prone skin, especially if Ama (toxins) or Pitta are also involved.”

Blackheads and whiteheads form when pores get clogged with a mix of dead skin cells, oil (sebum), and sometimes bacteria. Even if your skin is dry, it still produces some oil — and dry skin often leads to a buildup of dead skin cells because it doesn't shed as smoothly. This dead skin can mix with the natural oils and block pores, causing both blackheads (open comedones) and whiteheads (closed comedones).

In fact, dry skin can sometimes be more prone to these because when the skin is dry and flaky, the shedding process is uneven, increasing the chance of clogged pores. Plus, if you use heavy creams or oils to combat dryness without properly exfoliating, these products can trap dirt and dead skin, making blackheads and whiteheads worse.

THE MYTH - ALWAYS SCRUB SKIN WHEN ITS DULL.

THE TRUTH- DULL SKIN CRY FOR HELP NOT
SCRUBBING BATTLE.

“Excessive lekhana (scraping or reducing therapy) leads to - Dhatu kshaya (tissue depletion), Emaciation (karshya) , Dryness of the skin (rūkṣatā tvacaḥ), Wasting and depletion of strength (bala) and complexion (varṇa), Overuse of lekhana herbs, excessive scrubbing, ubtan, dry brushing, or excessive

weight-loss therapies without samyak sneha (proper nourishment) can lead to: Premature aging, Skin dullness, Hair fall and rough skin ”

More scrubbing will make it brighter and healthier. But actually, over-scrubbing or using harsh scrubs can do more harm than good. When you scrub too hard or too often, it can damage the skin’s natural protective barrier, causing irritation, redness, and increased sensitivity. This can make your skin look even duller and more tired because it loses moisture and becomes inflamed. Instead of harsh scrubbing, gentle exfoliation is key. Using mild, natural exfoliants helps remove dead skin cells without stripping away essential oils. Ayurveda recommends gentle scrubs made with ingredients like besan (chickpea flour), powdered oats, or rice flour mixed with soothing agents like honey or milk to brighten the skin safely.

- Dry skin can exfoliate twice a month.
- Oily skin can exfoliate once a week.
- Normal or combination skin can exfoliate skin once in every 15 days.

THE MYTH - NATURAL SKINCARE DOESN'T EXPIRE.

THE TRUTH - IT'S YOUR SKINCARE, NOT WINE.

That’s a common myth — just because something is natural doesn’t mean it never expires!

In Ayurveda, the term "साविर्यता अवधि" (Sāviryatā Avadhi) refers to the potency period or shelf life of a formulation — i.e., how long a medicine or skincare product remains effective. The classical references to the concept of shelf life come most explicitly from the Sharangadhara Samhita, not with that exact phrase, but with the meaning clearly described.

All natural products, like oils, herbs, and homemade skincare, can and do expire over time.

Natural ingredients can break down, lose their potency, or even go rancid, especially if they contain oils or water. Exposure to air, heat, and light speeds up this process. Using expired natural products can cause skin irritation, infections, or simply be ineffective.

So, it's important to store natural products properly—in cool, dark places—and check their smell, color, and texture before use. Even natural homemade masks or oils should be used within a recommended time frame to stay safe and effective.

THE MYTH - PIGMENTATION IS JUST SKIN CONCERN.

THE TRUTH- YOUR HORMONE & SUN EXPOSURE AND BAD LIFESTYLE MIGHT JUST HAVE ENTERED IN CHAT.

Pigmentation is “just” a skin concern—and why it's actually much more than that.

“Aggravated Vāyu, combined with Pitta—especially due to factors like anger (krodha) and overexertion (āyāsa)—when acting suddenly on the facial skin, produces flat, painless, thin, dark (shyāva) macular patches, known as Vyanga.”

Pigmentation, which includes dark spots, uneven skin tone, melasma, and post-inflammatory hyperpigmentation, might seem like a purely cosmetic issue at first glance. But in reality, pigmentation often signals underlying imbalances or deeper health concerns in the body and mind.

Why Pigmentation Is More Than Skin Deep?

Pigmentation often reflects an imbalance in your body's systems. In Ayurveda, it's linked to an aggravated Pitta dosha,

which governs heat, metabolism, and inflammation. When Pitta is out of balance—due to stress, poor digestion, hormonal fluctuations, or sun exposure—it can cause excess melanin production, leading to pigmentation spots.

Causes for skin pigmentation could be following also,

1. **Hormonal Influences:** Hormonal changes during pregnancy, menopause or thyroid disorders can trigger pigmentation like melasma. This indicates that skin pigmentation might be a sign of hormonal imbalance rather than just a surface issue.
2. **Environmental & Lifestyle Factors:** Sun exposure, pollution, and lifestyle habits such as smoking or poor diet can worsen pigmentation. These external factors often increase oxidative stress and inflammation in the skin, worsening pigmentation and accelerating aging.
3. **Emotional Stress:** Chronic stress not only disrupts hormone balance but also weakens skin's healing ability, making pigmentation stubborn and slow to fade. Ayurveda links emotional imbalances directly to skin health, showing how mental well-being influences pigmentation patterns.

THE MYTH - MEN DONT NEED SUNSCREEN.

THE TRUTH- MEN DO NEED SKINCARE.

“स्वस्थस्य स्वास्थ्य रक्षणं आतुरस्य विकार प्रशमनं च।”

“Swasthasya swasthya rakshanam, aaturasya vikāra
prashamanam cha.”

(Charaka Samhita)

“The goal of Ayurveda is to maintain the health of the healthy and to treat the diseased. This applies universally—to men,

women, and all genders—including preventive skincare and grooming.”

For years, many people believed that skincare was primarily a woman’s concern, and men could get by without any special attention to their skin. This myth likely arose because of cultural stereotypes and because men’s skincare products and routines weren’t as widely marketed or talked about in the past.

1. Skin Structure Differences:

Men’s skin is typically about 20-25% thicker than women’s due to higher collagen density. While this can make it more resilient in some ways, it also means men tend to produce more oil (sebum), which can clog pores and cause acne. The thicker skin also means men can experience deeper wrinkles and more pronounced signs of aging if their skin isn’t cared for properly.

2. Daily Exposure & Stressors:

Men often face daily skin stress from shaving, sun exposure, pollution, and sweat, all of which can damage skin and cause irritation or dryness. Shaving, for example, can create micro-cuts and inflammation, making skin more sensitive and vulnerable without proper care.

3. Aging and Skin Health:

Like women, men’s skin loses collagen and elasticity over time, leading to wrinkles, fine lines, and sagging. Proper skincare—like moisturizing and using antioxidants—helps slow this process and keeps skin healthy and youthful.

4. Prevention is Key:

Men’s skin care is not just about fixing problems but also about prevention. Regular cleansing removes dirt and excess oils that cause breakouts, moisturizing keeps skin hydrated and

balanced, and sunscreen protects against sun damage and reduces the risk of skin cancer.

5. Emotional and Psychological Well-being:

Healthy skin can boost confidence and improve overall well-being. Skincare routines can also be a form of self-care, helping men feel relaxed and more connected to their health.

Ayurveda recognizes that each person's skin is unique, influenced by their dosha constitution (Vata, Pitta, Kapha) and lifestyle. Men tend to have a predominance of Kapha dosha in the skin, which can make it oily and prone to congestion. Balancing this through diet, lifestyle, and natural skincare helps maintain clear, healthy skin.

Ayurvedic practices for men often include:

- Gentle cleansing with herbs like Neem and Tulsi to purify the skin.
- Using light and non-greasy moisturizers for hydration and cooling.
- Incorporating stress-relief practices like pranayama and Abhyanga (self-massage) to promote overall skin and mental health.

Myths, Be Gone! You're Too Smart to Believe That Stuff Now

Okay, let's get one thing clear — beauty myths are basically gossip your skin never asked for. From “fair skin is flawless” to “don't smile, you'll get wrinkles” — we've heard it all. And guess what? Most of it is pure nonsense, dressed in fancy packaging and Instagram filters. Let's stop giving energy to outdated advice like:

“The more products, the better.”

“Oily skin doesn’t need moisturiser.”

“If it burns, it means it’s working.”

“Dark skin needs to be lightened.” (EXCUSE ME??)

Breathe. Blink. Smile. You’ve officially graduated from the School of Skin Lies.

Your beauty isn’t a trend. It doesn’t live in a fairness tube or under 10-step routines that your skin never approved of. Your beauty lives in truth — in knowing your dosha, listening to your gut (hi, Agni!), and giving your skin what it actually needs, not what the internet is screaming about today. So next time someone says,

“Drink 20 litres of water and your pimples will vanish,”

or “Use toothpaste on your zits,”

Myths out, magic in.

CHAPTER 6 - GUT & GLOW – THE INNER FIRE BEHIND OUTER RADIANCE



“Beauty Begins in the Belly”

Imagine this: no matter how many fancy creams, serums, or masks you apply, if your digestion is sluggish, your skin might still look dull, tired, or breakout-prone.

Why?

Because Ayurveda teaches us a simple truth — your glow comes from within.

“रोगाः सर्वे अपि मन्दाग्नौ।”

“Rogāḥ sarve api mandagnau” – All diseases begin with poor digestion.

“अग्निमूलो हि वायुश्च रोगाणाम्।”

"Agnimūlo hi vāyusca rogānām" – "Agni and Vata are the roots of all diseases."

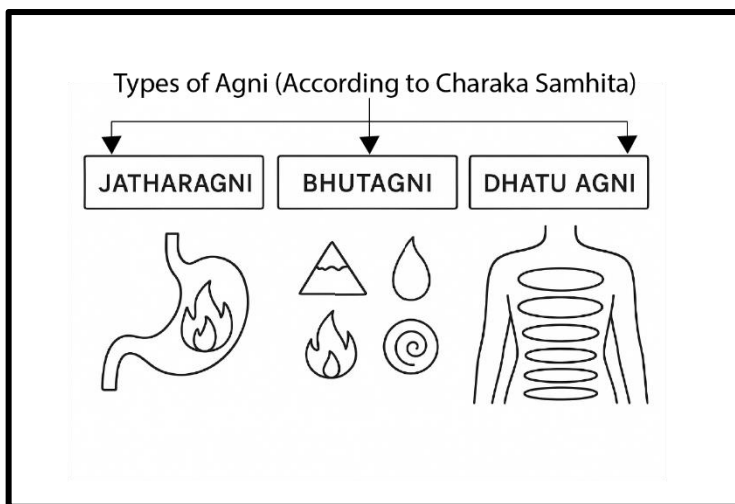
(Charaka Samhita)

When your digestive fire (Agni) is strong, your body absorbs nutrients well, cleanses toxins naturally, and your skin reflects this vibrant health. But if Agni falters, toxins (Ama) build up, creating a suitable environment for various diseases and that will be clouding your skin's natural radiance.

Agni – Your Digestive Fire

Agni is the Sanskrit word for fire—the sacred fire inside your belly that breaks down food, extracts nutrients, and fuels your body. Agni is not just "digestive fire" in the stomach — it operates at multiple levels, from digesting food to processing thoughts, emotions, and experiences. It determines whether what we consume becomes nourishment or toxins (Ama).

Types of Agni (According to Charaka Samhita)



Jatharagni – Main Digestive Fire

Located in the stomach and duodenum which is Responsible for the digestion of food.

Bhutagni – Elemental Agnis

Prithvi Agni (Earth)

Apas Agni (Water)

Tejas Agni (Fire)

Vayu Agni (Air)

Akash Agni (Ether)

Dhatu Agni – Tissue-level Agnis

Rasa Agni – Plasma

Rakta Agni – Blood

Mamsa Agni – Muscle

Meda Agni – Fat

Asthi Agni – Bone

Majja Agni – Marrow/Nerve

Shukra Agni – Reproductive tissue

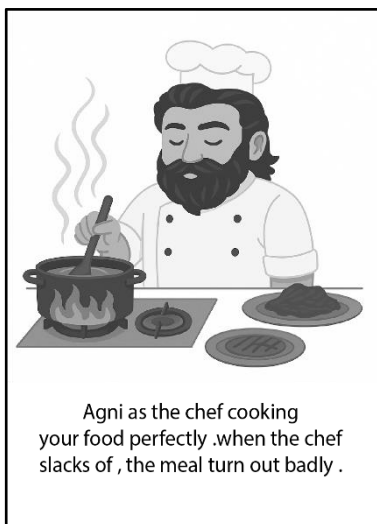
States of Agni

Type of Agni	Dosha Dominance	Symptoms
Sama Agni	Balanced	Healthy digestion, strong immunity, glow
Vishama Agni	Vata	Bloating, gas, irregular digestion
Tikshna Agni	Pitta	Hyperacidity, burning sensation, hunger spikes
Manda Agni	Kapha	Slow metabolism, heaviness, lethargy

How to Support & Balance Agni?

1. Eat freshly cooked, warm food.
2. Avoid overeating and eating when not hungry.

3. Use digestive spices: ginger, cumin, black pepper, hing
4. Drink warm water instead of cold.
5. Fasting or light meals on sluggish days. (e.g., khichdi)



The Gut-Skin Connection in Ayurveda

“Your skin is the mirror of your inner health.”

Lets see how Ayurveda connects the dots:-

Acne and inflammation often mean Pitta imbalance and excess heat or toxins in the gut.

Dry, flaky skin is usually a sign of Vata imbalance—poor nutrient absorption and dehydration.

Dull, sluggish skin points to Kapha imbalance and toxic buildup slowing metabolism.

The first tissue nourished after digestion is the rasa dhatu—the plasma that feeds all cells, including skin cells. When rasa is

pure and abundant, your skin glows effortlessly. Rasa will further nourish rakata dhatu (blood) and if you blood is pure then it will give radiant and acne free skin.

How the Gut and Skin Are Connected ?

Microbiome Influence-

- Gut microbiome (the trillions of bacteria and microbes in the gut) affects systemic inflammation and immune responses.
- An imbalance (dysbiosis) in gut bacteria can trigger skin issues like acne, eczema, rosacea, and psoriasis.

Immune System Crosstalk

- Around 70% of your immune system resides in your gut.
- Chronic gut inflammation can lead to systemic inflammation, showing up as skin flare-ups or disorders.

Leaky Gut Syndrome

- When the gut lining becomes overly permeable (often due to stress, poor diet, or infections), toxins and partially digested food can enter the bloodstream.
- This can provoke immune responses that manifest as skin inflammation or rashes.

Nutrient Absorption

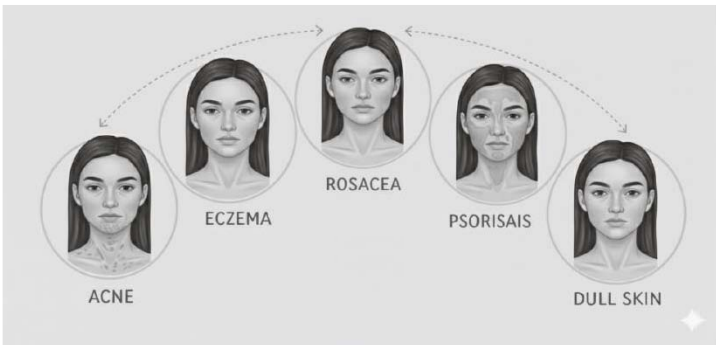
- Healthy gut function ensures the absorption of skin-essential nutrients like zinc, vitamin A, vitamin D, and omega-3 fatty acids.
- Malabsorption can lead to dry, dull, or irritated skin.

Hormonal and Neurotransmitter Effects

- The gut affects hormone regulation and neurotransmitter production (like serotonin), which play roles in skin conditions affected by stress and mood (e.g., acne, eczema).

Skin Conditions Linked to Gut Health?

Skin Condition	Possible Gut Link
Acne	Dysbiosis, inflammation, hormonal imbalances
Eczema (Atopic Dermatitis)	Leaky gut, immune dysregulation
Rosacea	Gut bacteria imbalance, particularly <i>H. pylori</i>
Psoriasis	Chronic inflammation from gut issues
Dull/Dry Skin	Poor nutrient absorption, dehydration



The Emotional Gut – The Second Brain

Ayurveda sees digestion as more than physical—it's emotional too. The Sadhaka Pitta (mental fire) and Samana Vata (digestive wind) govern how stress impacts your gut.

Stress and anxiety can reduce Agni, causing bloating and breakouts.

Practicing mindful eating and self-love helps balance your inner fire, improving both mood and skin.

Your gut truly is your “second brain,” influencing your beauty from within.

Conclusion: Trust Your Gut, Glow Your Skin

Remember, the radiant skin you desire isn’t made in a jar or bottle—it’s made in your digestive fire and daily choices.

Skincare products can only do so much; true beauty is born from a balanced Agni, pure rasa and rakta dhatu, and mindful living.

So, listen to your gut—it knows the way to your natural glow. When your digestion is happy, your skin will be your proudest reflection.

Bonus: Agni Quiz

- Do you often feel bloated or heavy after meals?
- Do you crave spicy or sour foods?
- Do you experience dry or oily skin?
- How often do you have bowel movements?
- How stressed or calm do you feel around meals?

Answers to these help you understand your Agni strength and dosha imbalances.

The Bottom Line?

Want outer glow? Tend to your inner flame.

Balanced Agni = Radiant skin, High spirit, and Good vibes.

So here’s your new mantra:

*“Feed the fire. Feel the glow.
Because beauty starts in your belly.”*

CHAPTER 7 : GLOW FROM WITHIN - RECIPES FOR RADIANT GLOW



“Because Your Skin Isn’t a Drama Queen – It’s Just Hungry.”

Let’s be honest: most of us have blamed our skin problems on everything from bad genes to venus retrograde. We slather serums, chase the latest 10-step routines, and pray that the next face mask will magically erase that breakout we got from “just one” paneer tikka night.

But what if your skin is just trying to send a message from deep within—like, really deep? Spoiler alert: it’s your gut talking. And no, it’s not asking for another green smoothie. It’s asking for balance, peace, and maybe a little less stress-eating biryani at midnight.

Think of your gut as your skin’s gossip hotline. Everything that happens in your belly—whether it’s a dodgy samosa, too many lattes, or a gut full of stress—gets broadcast straight to your face. Pimples? That’s the gut saying, “Help me out here!” Dullness? That’s your microbiome rolling its eyes.

In this chapter, we'll dive into how your digestive system secretly controls your glow, and why your next skincare upgrade might actually be a spoonful of ghee—not a ₹5000 serum. It's time to stop blaming your skin and start making friends with your gut.

Because glowing skin isn't about covering up—it's about clearing up... from the inside out.

Gut-Healing Rituals

(a.k.a. Your Skin's Secret Spa)

Let's face it—your gut has been through a lot. Midnight Maggi, that “cheat week” that turned into a lifestyle, and a relationship with coffee so toxic it should come with a warning label. But don't worry! It's never too late to win back your gut's love and finally give your skin the glow it's been crying for. Below are some simple, tasty, and slightly magical rituals to turn your gut from a grumpy roommate into your skin's glowing bestie.

The Kitchari Cleanse – Because Your Gut Deserves a Soft Launch.

If your gut had a Tinder bio, it would say:

“Looking for something warm, mushy, and drama-free.”



What It Is ?

A warm, porridge-like meal made of split mung dal and rice, spiced with gut-soothing herbs.

यवागूः सागसिद्धा वा सैन्धवोपहिताऽपि वा ।

पथ्या गुल्मोदरारुच्यशोथनक्तन्द्यरोगिणाम् ॥

Yavāgūḥ sāgasiddhā vā saindhavopahitā'pi vā |

Pathyā gulmodarārucyaśothanaktandyarogiṇām ||

(Charaka Samhita Sutra Sthana 27.219)

Yavāgū (rice gruel), prepared with vegetables or seasoned with rock salt (saindhava), is wholesome (pathya) for patients suffering from gulma (abdominal tumor), udara (abdominal enlargement), aruchi (anorexia), shotha (inflammation).

Recipe:

1. 1/2 cup yellow moong dal
2. 1/2 cup white rice
3. 1 tsp cumin seeds
4. 1/2 tsp turmeric
5. 1 tsp grated ginger
6. A pinch of hing (asafoetida)
7. 1 tbsp ghee (yes, glow-up grease)
8. Salt to taste
9. 2 ½ cups water

How to make it ?

Sauté cumin, ginger, and spices in ghee. Add rinsed dal and rice, water, and let it simmer into cozy deliciousness. Eat warm. Skip the side of guilt.

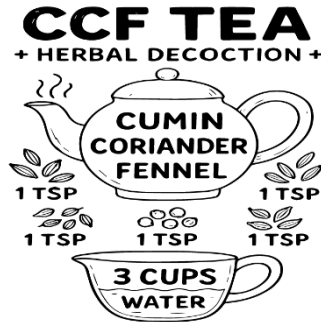
CCF Tea – AKA Chai’s Ayurvedic Cousin That Went to Therapy.

“Not all heroes wear masks. Some are brewed in your teacup.”

What It Is ?

Cumin + Coriander + Fennel (CCF) tea.

It's digestion-boosting tea that gently scrubs your gut from the inside out, Also makes you feel like an herbal goddess.



Recipe:

1. 1 tsp cumin seeds
2. 1 tsp coriander seeds
3. 1 tsp fennel seeds
4. 3 cups of water

How to make it?

Boil everything together for 10 minutes, strain, and sip warm throughout the day.

Warning: Side effects may include spontaneous feelings of zen and reduced bloating. Your jeans might forgive you.

Why does it work?

Herb	Rasa (Taste)	Guna (Quality)	Veerya (Potency)	Vipaka (Post-digestive Effect)	Prabhava (Special Action)
Coriander Seeds	Madhura (Sweet), Tikta (Bitter), Kashaya (Astringent)	Laghu (Light), Snigdha (Slightly unctuous)	Sheeta (Cooling)	Madhura (Sweet)	Pittahara, Deepana, Tridosha-shamaka (esp. Pitta-Kapha)
Fennel Seeds	Madhura (Sweet), Tikta (Slightly Bitter)	Laghu (Light), Snigdha (Unctuous)	Ushna (Hot)	Madhura (Sweet)	Deepana, Vata-Kaphahara, Grahi (Absorptive)
Cumin Seeds	Katu (Pungent), Tikta (Bitter)	Laghu (Light), Ruksha (Dry)	Ushna (Hot)	Katu (Pungent)	Deepana, Pachana, Vata-Kaphahara

Morning Ghee Shot – The Ayurvedic Espresso

Forget lemon water (okay, don't totally forget it)—the real hero of morning gut glow-ups is ghee on an empty stomach.

What It Is?

1 tsp of warm, melted desi ghee taken first thing in the morning. It lubricates your digestive tract, soothes inflammation, and helps your body absorb nutrients like a pro. Chase it with warm milk + a pinch of turmeric and black pepper if you're feeling fancy.



⚠️ Pro tip: Don't wash it down with a coffee chaser. Let the ghee do its golden magic first.

Why does it work?

Ghee	Description
Rasa (Taste)	Madhura (Sweet)
Guna (Qualities)	Snigdha (Unctuous), Mridu (Soft), Guru (Heavy), Picchila (Sticky)
Veerya (Potency)	Sheeta (Cooling)
Vipaka	Madhura (Sweet)
Prabhava	Medhya (Enhances intellect), Yogavahi (catalyst that carries drug properties), vyastahpana (slows down aging).

Ayurvedic Gut Podi – Grandma-Approved Spice Mix

Ever noticed how your nani never had gut issues and had glowing skin at 70? That's because she didn't fear spices—she weaponized them.

Make This Gut-Healing Podi (Powder) by dry roasting and grinding the following ingredients,

1. 1 tbsp ajwain (carom seeds)
2. 1 tbsp fennel seeds
3. 1 tbsp coriander seeds
4. 1 tsp cumin
5. 1/2 tsp dried ginger powder
6. A pinch of hing
7. Pink salt to taste



How to use : Sprinkle on your dal, soups, or khichdi like a healing fairy dust.

Bonus: Clears bloating, gas, and even helps with skin puffiness.

Why does it work?

Herb	Rasa (Taste)	Guna (Qualities)	Virya (Potency)	Vipaka (Post-digestive Taste)	Prabhava (Special Actions)
Ajwain / Yavani	Katu (Pungent), Tikta (Bitter)	Laghu (Light), Ruksha (Dry), Teekshna (Sharp)	Ushna (Hot)	Katu (Pungent)	Dīpana-pāchana (enhances digestion), Anulomana (carminative), Shūlaghna (relieves colic)
Fennel / Shatapushpa	Madhura (Sweet), Katu (Pungent), Tikta (Bitter)	Laghu (Light), Rūksha (Dry)	Ushna (Hot)	Madhura (Sweet)	Vata-Kapha-hāraka (balances Vata & Kapha), Agnideepana (stimulates digestion), Hridya (heart tonic, cooling sweet after-effect)
Coriander / Dhanyaka	Kashaya (Astringent), Tikta (Bitter)	Laghu (Light), Snigdha (Slightly unctuous)	Ushna (Hot)	Madhura (Sweet)	Tridoṣa-hara (esp. Pittashamana), Dāhaprāśamaṇa (relieves burning sensation), Mutrala (diuretic)
Cumin / Jeeraka	Katu (Pungent)	Laghu (Light), Rūksha (Dry)	Ushna (Hot)	Katu (Pungent)	Agnideepana (stimulates digestion), Carminative, Kapha-Vata-hara
Dry Ginger / Śuṇṭhī	Katu (Pungent)	Guru (Heavy), Rūksha (Dry),	Ushna (Hot)	Madhura (Sweet)	Kapha-Vata-hara, Bhedana (purgative), Rochana (improves

		Teekshna (Sharp)			taste), Shophahara (reduces swelling)
Hing / Asafoetida	Katu (Pungent)	Laghu (Light), Snigdha (Slightly unctuous), Teekshna (Sharp)	Ushna (Hot)	Katu (Pungent)	Deepanceya (digestive stimulant), Vata-Kapha- hara, Grahi (absorptive), Krimighna (anti-parasitic)
Rock Salt	Lavana (Salty) + slight Madhura (Sweet)	Laghu (Light), Snigdha (Slightly unctuous)	Sheeta (Cooling)	Madhura (Sweet)	Tridoṣa- śāmaka (rare salt cooling Pitta while balancing Vata-Kapha), Rochana (improves taste), Hridya (heart tonic)

Fermented Fun – Gut Bacteria’s House Party

Your gut bacteria are like high-maintenance pets. Feed them right, and they’ll give you shiny skin. Feed them junk, and they’ll riot.

you can have -

Homemade pickles
(without preservatives)

Fermented veggies (carrot, beet, ginger in brine)

Fresh buttermilk (chaas) with jeera + mint

Sauerkraut or kimchi if you’re feeling global



Start slow! Your gut microbes are introverts—they need time to warm up.

Why does it work?

Food	Rasa (Taste)	Guna (Qualities)	Virya (Potency)	Vipaka (Post-digestive effect)	Prabhava / Karma (Special action)
Takra	Amla (slightly sour) Kashaya (astringent)	Laghu (light), Ruksha (dry)	Ushna (hot)	Katu (pungent)	Deepana (kindles agni), Pachana (digestive), Grahni (absorbent), Tridoshaghna (balances all doshas — esp. Kapha & Vata), best for Grahani (IBS-like symptoms)

Detox Waters for Glowing Skin – Sip Your Way to Radiance !

Because sometimes your skin doesn’t need another serum—it just needs you to hydrate like you mean it.

Glow Boost Detox Water

Revive your Dull, tired skin that looks like it stayed up watching Netflix till 3 AM.

Recipe:

- 1. 1/2 lemon, sliced
- 2. 5–6 cucumber slices
- 3. A few mint leaves
- 4. 1 litre water



How to make it?

Take a glass jar, put all the above mentioned ingredients and keep it at room temperature.

Glow Up Tip: Drink first thing in the morning and sip throughout the day, Your skin will look like it got 8 hours of sleep—even if you didn't.

Why does it work?

Lemon alkalizes, mint soothes, and cucumber hydrates.

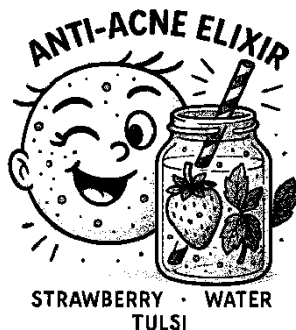
Dravya	Rasa (Taste)	Guna (Qualities)	Virya (Potency)	Vipaka (Post-digestive effect)	Prabhava / Karma (Special Action)
Lemon (Nimbuka)	Amla (sour), slight Madhura	Laghu (light), Snigdha (unctuous)	Ushna (hot)	Katu (pungent)	Deepana (appetizer), Pachana (digestive), Tridosahara (esp. Kapha-Vata), Virechaka (mild laxative)
Cucumber (Kakdi / Trapusha)	Tikta (bitter), Kashaya (astringent), Madhura (slightly sweet)	Guru (heavy), Snigdha (unctuous), Sheeta (cooling)	Sheeta (cold)	Madhura	Pittashamana (relieves Pitta), Mutrala (diuretic), Dahashamana (relieves burning)
Mint (Pudina / Putiha)	Katu (pungent), Tikta (bitter)	Laghu (light), Ruksha (dry), Tikshna (penetrating)	Sheeta (cooling)	Katu	Anulomana (carminative), Deepana, Hridya, Pittashamana, Krimighna (antimicrobial)

Anti-Acne Elixir

Calm down your Angry breakouts, hormonal acne, and “Why is this zit here?” moments.

Recipe:

1. 3–4 sliced strawberries
2. A few tulsi (holy basil) leaves
3. 750 ml water



How to make it?

Take a glass jar, put all the above mentioned ingredients and keep it at room temperature.

Pro Tip: Add a pinch of rock salt for extra cooling effect in summer.

Why does it work?

Strawberries are rich in vitamin C, basil fights bacteria, and lemon detoxes the liver (your skin’s support staff).

Dravya	Rasa (Taste)	Guna (Qualities)	Virya (Potency)	Vipaka (Post- digestive Effect)	Prabhava / Karma (Special Action)
Strawberry <i>(inferred)</i>	Madhura (Sweet), slight Kashaya (Astringent) , Amla (Sour)	Laghu (Light), Snigdha (Unctuous), Sheeta (Cooling)	Sheeta (Cold)	Madhura (Sweet)	Pittashamana (pacifies Pitta), Antioxidant, Mildly Mutrala (diuretic), Rochana (improves taste)

Tulsi (<i>Ocimum sanctum</i>)	Katu (Pungent), Tikta (Bitter)	Laghu (Light), Ruksha (Dry), Tikshna (Sharp)	Ushna (Hot)	Katu (Pungent)	Krimighna (antimicrobial , Kasahara (relieves cough), Shwasahara (alleviates breathing issues), Rasayana (rejuvenative) , Balya (strength- promoting), Hridya (heart tonic), Kapha-Vata- hara (balances Kapha & Vata)
Water(<i>Jala</i>)	Madhura (Sweet)	Sheeta (Cool), Drava (Liquid), Snigdha (Softening)	Sheeta (Cold)	Madhura (Sweet)	Tridosha- shamana (depending on temperature), Jeevaniya (life- sustaining), Shoshaghna (hydrates tissues)

Under-Eye Puffiness Potion

De-Puff eyes, bloated skin, or post-party puffy face with this drink.

Recipe:

1. 5–6 cucumber slices
2. A few mint leaves
3. A pinch of fennel seeds.
4. 1 litre water



How to make it?

Take a glass jar, put all the above-mentioned ingredients and keep it at room temperature.

Beauty Hack: Use the leftover cucumber slices under your eyes. Multitasking queen.

Why does it work?

Cucumber + mint = nature's de-puffing dream team.

Dravya	Rasa (Taste)	Guna (Qualities)	Virya (Potency)	Vipaka (Post-digestive effect)	Prabhava / Karma (Special Action)
Cucumber (Trapusha / Kakdi)	Madhura (sweet), Tikta (bitter), Kashaya (astringent)	Guru (heavy), Snigdha (unctuous), Sheeta (cooling)	Sheeta (cold)	Madhura	Pittashamana (Pitta-pacifying), Mutrala (diuretic), Dahashamana (relieves burning), useful in urinary and skin conditions
Mint (Pudina / Putiha)	Katu (pungent), Tikta (bitter)	Laghu (light), Ruksha (dry), Tikshna (sharp)	Sheeta (cool)	Katu	Deepana (digestive stimulant), Pittashamana, Krimighna (antimicrobial), Hridya (cardiotonic), useful in nausea, skin, and digestion

Clear Skin Cooler (Anti-Pigmentation) –

Fades away Pigmentation, uneven tone, sun spots.

Recipe:

1. 4–5 slices of green apple
2. 1 tsp crushed coriander seeds
3. Juice of 1/2 beetroot
4. Juice of 1 amla
5. 1-2 ginger slices
6. 1 litre water



How to make it?

Take a glass jar, put all the above-mentioned ingredients and keep it at room temperature.

Sip Tip: Ideal mid-morning drink, especially post-sun exposure.

Why does it work?

Green apple fights free radicals, coriander seeds help liver detox.

Dravya	Rasa (Taste)	Guna (Qualities)	Virya (Potency)	Vipaka (Post-digestive effect)	Prabhava / Karma (Special Action)
Green Apple	Amla (sour), Madhura (sweet), Tikta (bitter)	Laghu (light), Snigdha (unctuous), Sheeta (cooling)	Sheeta (cold)	Madhura	Pittashamana, Deepana, Pachana, Rasayana, Shothahara (anti-inflammatory)
Coriander Seeds (Dhanyaka)	Kashaya (astringent), Tikta (bitter)	Laghu (light), Snigdha (unctuous)	Ushna (hot)	Madhura	Tridoshahara (esp. Pittashamana), Mutrala (diuretic),

					Pachana (digestive)
Beetroot	Madhura (sweet), Tikta (bitter)	Guru (heavy), Snigdha (unctuous)	Sheeta (cold)	Madhura	Rakta-pushtikara (blood purifier), Deepana, Shothahara (anti- inflammatory), Balya (strengthening)
Amla (Indian Gooseberry)	Amla (sour)	Laghu (light), Ruksha (dry)	Sheeta (cold)	Madhura	Tridosahara (especially Pittashamana), Rasayana, Varnya (enhances complexion)
Ginger (Shunthi)	Katu (pungent), Tikta (bitter)	Guru (heavy), Ruksha (dry), Teekshna (sharp)	Ushna (hot)	Madhura	Deepana, Pachana, Vata- Kapha Hara, Shothahara (anti- inflammatory), Shwasahara (respiratory)

Glow Goddess Infusion

Soothes dry, flaky, or stressed skin
(especially in Vata season).

Recipe:

1. 1 tsp dried rose petals or 1 edible rose
2. 1/2 tsp fennel seeds
3. 1 green cardamom pod (crushed)
4. Warm water (not hot!)



Self-Care Bonus: Sip while journaling or during your skincare ritual. Skin loves vibes.

How to make it?

Take a glass jar, put all the above-mentioned ingredients and keep it at room temperature.

Why does it work?

Rose hydrates + soothes, fennel boosts digestion, and a hint of cardamom adds inner sweetness.

Dravya	Rasa (Taste)	Guna (Qualities)	Virya (Potency)	Vipaka (Post- digestive Effect)	Prabhava / Karma (Special Action)
Dried Rose Petals (Shatapatri)	Madhura (Sweet), Kashaya (Astringent) , Tikta (Bitter)	Laghu (Light), Snigdha (Unctuous), Sheeta (Cooling)	Sheeta (Cold)	Madhura (Sweet)	Pittashamana (pacifies Pitta), Shothahara (anti- inflammatory), Varnya (enhances complexion), Sothahara, Sadhaka Pitta balancer
Fennel Seeds (Shatapushpa)	Madhura (Sweet), Tikta (Bitter), Katu (Slightly Pungent)	Laghu (Light), Ruksha (Dry)	Ushna (Slightly Hot)*	Madhura (Sweet)	Agnideepana (stimulates digestion), Pittashamana, Hridya (heart tonic), Vata- Kapha hara, Chakshushya (good for eyes), Blood purifier
Elaichi (Cardamom / Ela)	Madhura (Sweet), Katu (Pungent)	Laghu (Light), Ruksha (Dry), Tikshna (Sharp)	Ushna (Hot)	Katu (Pungent)	Hridya (heart tonic), Rochana (improves taste), Deepana (enhances digestion), Tridoshaghna (esp. Vata- Kapha), Breath freshener, Anti-nausea

Bloat-Buster Beauty Water

For Bloating, puffiness, sluggish digestion.

Recipe:

1. 4–5 small pineapple chunks
2. 1/2 tsp roasted cumin seeds (lightly crushed)
3. Few mint leaves
4. 1 litre water



Detox Drama Tip: Great post-heavy meal or after a spicy food binge.

How to make it?

Take a glass jar, put all the above-mentioned ingredients and keep it at room temperature.

Why does it work?

Pineapple aids digestion, jeera (cumin) reduces water retention.

Dravya	Rasa (Taste)	Guna (Qualities)	Virya (Potency)	Vipaka (Post-digestive effect)	Prabhava / Karma (Special Action)
Pineapple (Ananas)	Amla (sour), Madhura (sweet), slight Kashaya	Laghu (light), Snigdha (unctuous), Tikshna (sharp)	Ushna (hot)	Katu	Deepana, Bhedana (mild laxative), Pittavardhaka (in excess), Vatahara

Roasted Cumin Seeds (Jeeraka bhunja)	Katu (pungent), Tikta (bitter)	Laghu (light), Ruksha (dry)	Ushna (hot)	Katu	Agnideepana(stimulates digestive fire) ,Vata-Kapha hara, Grahi (absorbent), Pachana(eliminates toxins)
Mint Leaves (Pudina)	Katu (pungent), Tikta (bitter)	Laghu (light), Ruksha (dry), Tikshna (sharp)	Sheeta (cooling)	Katu	Hridya, Pittashamana, Krimighna (antibacterial), Anulomana (relieves bloating and gas)

Antioxidant Bomb Detox

Works on fine lines, dullness, tired skin

Recipe:

1. 1 tbsp blueberries
2. 1 tbsp pomegranate seeds
3. A dash of cinnamon
4. 800 ml water



How to make it ?

take a glass jar, put all the above-mentioned ingredients and keep it at room temperature.

Party-Ready Skin Hack: Freeze the fruits into ice cubes and add to your glam-prep water.

Why does it work?

Blueberries and pomegranate are loaded with antioxidants that fight aging from within.

Dravya	Rasa (Taste)	Guna (Qualities)	Virya (Potency)	Vipaka (Post-digestive Effect)	Prabhava / Karma (Special Action)
Blueberries (<i>inferred</i>)	Madhura (Sweet), Kashaya (Astringent), Tikta (Bitter)	Laghu (Light), Ruksha (Dry), Sheeta (Cooling)	Sheeta (Cold)	Madhura (Sweet)	Pittashamana (pacifies Pitta), Rasayana (antioxidant), Raktaprasada (blood purifier)
Pomegranate Seeds (Dadima)	Madhura (Sweet), Kashaya (Astringent), slight Amla (Sour)	Laghu (Light), Snigdha (Unctuous), Sheeta (Cooling)	Sheeta (Cold)	Madhura (Sweet)	Tridosahara (esp. Pitta-Kapha), Grahi (absorbent), Hridya (heart tonic), Raktashodhak (blood purifier)
Cinnamon (Tvak / Dalchini)	Katu (Pungent), Tikta (Bitter), Madhura (Sweet, post-taste)	Laghu (Light), Ruksha (Dry), Tikshna (Sharp)	Ushna (Hot)	Katu (Pungent)	Agnideepana (stimulates digestion), Kapha-Vatahara, Hridya (heart tonic), Lekhana (scraping / metabolism enhancer)

Herbal Decoctions for Skin – Sip Your Way to Better Skin Days!

These aren't your grandma's bitter brews (okay, some are)—but they are deeply healing. Think of them as skin serums... in a teacup.

Pimple Police Kashayam

Targets: Inflammatory acne, cystic acne, oily skin.

Why does it work?

Combines blood purifiers and heat-balancing herbs to cool Pitta and clear toxins.

Ingredients:

1. 1 tsp neem leaves (fresh or dried)
2. 1/2 tsp turmeric powder
3. 1/2 tsp manjistha (*Rubia cordifolia*)
4. 1/2 tsp triphala
5. 2 cups water



How to make it?

Boil everything together till it reduces to 1 cup. Strain and sip warm.

Taste Alert: It's bitter—so your acne can be better. Sweeten with 1/2 tsp honey only when lukewarm.

Pro Tip: Drink for 21 days during acne flares. Pair with a clean diet and skin-friendly sleep.

Why does it work?

Dravya	Rasa (Taste)	Guna (Qualities)	Virya (Potency)	Vipaka (Post-digestive effect)	Prabhava / Karma (Special Action)
Neem Leaves (Nimba)	Tikta (bitter), Kashaya (astringent)	Laghu (light), Ruksha (dry), Tikshna (sharp)	Sheeta (cold)	Katu	Krimighna (antimicrobial), Kandughna (anti-itch), Pittashamana, Raktashodhak (blood purifier)

Haldi (Haridra / Turmeric)	Tikta (bitter), Katu (pungent)	Ruksha (dry), Laghu (light), Tikshna (sharp)	Ushna (hot)	Katu	Raktashodhak, (detoxifier), Kaphahara, Kushthaghna (skin disease relief)
Manjistha (Rubia cordifolia)	Tikta (bitter), Kashaya (astringent), Madhura	Guru (heavy), Snigdha (unctuous), Ruksha (dry)	Sheeta (cold)	Madhura	Raktashodhak, Varnya (complexion enhancer), Tridoshahara (esp. Pitta), Kushthaghna
Triphala (Haritaki, Bibhitaki, Amalaki blend)	Kashaya (astringent), Madhura, Amla (sour)	Laghu (light), Ruksha (dry)	Ushna (hot) (mildly)	Madhura	Rasayana, Deepana- Pachana, Virechaka (mild laxative), Tridoshahara

Spotless Sunbeam Brew

Targets: Melasma, sun spots, uneven tone, post-acne marks.

Ingredients:

1. 1 tsp manjistha
2. 1/2 tsp licorice
3. 1/2 tsp amla powder
4. 1/2 tsp gotu kola
5. 2 cups water



How to make it ?

1. Boil and reduce to 1 cup. Strain and sip once or twice daily.
2. Glow Bonus: Add a few rose petals for flavor and extra skin love.
3. Pigment Tip: Drink for 40 days (1–2x/day) with a sun-safe, anti-inflammatory diet.

Why does it work?

Evens out skin tone by purifying blood and supporting liver detox.

Dravya	Rasa (Taste)	Guna (Qualities)	Virya (Potency)	Vipaka (Post-digestive Effect)	Prabhava / Karma (Special Action)
Manjistha (Rubia cordifolia)	Tikta (Bitter), Kashaya (Astringent) , slight Madhura (Sweet)	Guru (Heavy), Snigdha (Unctuous) , Ruksha (Dry)	Sheeta (Cold)	Madhura (Sweet)	Raktashodhak (blood purifier), Varnya (enhances complexion), Pittashamana (pacifies Pitta)
Mulethi (Yashtimadhu)	Madhura (Sweet)	Guru (Heavy), Snigdha (Unctuous)	Sheeta (Cold)	Madhura (Sweet)	Rasayana (antioxidant), Balya (strength- giving), Varnya (enhances complexion)
Amla (Amalaki)	Amla (Sour), slight Madhura (Sweet)	Laghu (Light), Ruksha (Dry)	Sheeta (Cold)	Madhura (Sweet)	Rasayana (antioxidant), Tridosahara (esp. Pitta), Vayasthapana (anti-aging), Raktaprasadana (blood nourishing)
Gotu Kola (Mandukaparni)	Tikta (Bitter), Kashaya (Astringent)	Laghu (Light), Snigdha (Slightly unctuous)	Sheeta (Cold)	Madhura (Sweet)	Medhya (brain tonic), Rasayana (antioxidant), Pittashamana (pacifies Pitta), Varnya (enhances complexion), Srotoshodhaka (channel cleanser)

Dry Skin Dream Tonic

Targets: Dryness, itching, flakiness, winter skin blues.

Ingredients:

1. 1 tsp ashwagandha
2. 1/2 tsp shatavari
3. 1 tsp mulethi (licorice)
4. 1 tsp ghee (added after boiling)
5. 2 cups milk



How to make it?

Boil herbs till milk is reduced to 1 cup. Strain. Add 1 tsp warm ghee before drinking.

Self-Love Tip: Best at night, after a warm oil abhyanga massage. Watch your skin (and mood) glow overnight.

Why does it work?

Nourishes plasma tissue (rasa dhatu), balances Vata, deeply moisturizes from within.

Dravya	Rasa (Taste)	Guna (Qualities)	Virya (Potency)	Vipaka (Post-digestive Effect)	Prabhava / Karma (Special Action)
Ashwagandha (Withania somnifera)	Tikta (Bitter), Katu (Pungent)	Guru (Heavy), Snigdha (Unctuous)	Ushna (Hot)	Madhura (Sweet)	Rasayana (antioxidant), Balya (strength-giving), Vatahara, Vajikarana (aphrodisiac), Nidrajanana (induces sleep)

Shatavari (Asparagus racemosus)	Madhura (Sweet), Tikta (Bitter)	Guru (Heavy), Snigdha (Unctuous)	Sheeta (Cooling)	Madhura (Sweet)	Rasayana (antioxidant), Pittahara, Vrishya (fertility promoter)
Mulethi (Yashtimadhu)	Madhura (Sweet)	Guru (Heavy), Snigdha (Unctuous)	Sheeta (Cooling)	Madhura (Sweet)	Rasayana (antioxidant), Vata-Pittahara, Balya (strength- giving), Shothahara (anti- inflammatory)
Ghee (Ghrita)	Madhura (Sweet)	Guru (Heavy), Snigdha (Unctuous), Mridu (Soft)	Sheeta (Cooling)	Madhura (Sweet)	Rasayana, Medhya (brain tonic), Agnivardhak (in right dose), Vata-Pitta hara, Anupana (vehicle for herbs)

4. Golden Glow Elixir

Targets: Dullness, tired skin, loss of vitality

Why it works: Supports liver, boosts Ojas, and enhances skin's inner radiance.

Ingredients:

1. 1/2 tsp turmeric
2. 1/2 tsp amla powder
3. 1 tsp guduchi (giloy)
4. 1/2 tsp cinnamon
5. 1 tsp raw honey (when lukewarm)
6. 2 cups water



How to make it?

Boil everything except honey till 1 cup remains. Strain and add honey when lukewarm.

Why does it work?

Dravya	Rasa (Taste)	Guna (Qualities)	Virya (Potency)	Vipaka (Post-digestive effect)	Prabhava / Karma (Special Action)
Turmeric (Haridra)	Tikta (bitter), Katu (pungent)	Ruksha (dry), Laghu (light), Tikshna (sharp)	Ushna (hot)	Katu	Raktashodhak (blood purifier), Vishaghna (detoxifier), Kushthaghna
Amla (Amalaki)	Amla (sour), slight Madhura (sweet)	Laghu (light), Ruksha (dry)	Sheeta (cold)	Madhura	Rasayana, Tridosahara (esp. Pitta), Vrishya (rejuvenator)
Giloy (Guduchi)	Tikta (bitter), Kashaya (astringent)	Laghu (light), Snigdha (unctuous)	Ushna (hot)	Madhura	Rasayana, Tridosahara, Amrita (immunity-enhancer),
Cinnamon (Tvak)	Katu (pungent), Tikta (bitter), Madhura (sweet aftertaste)	Laghu (light), Ruksha (dry), Tikshna (sharp)	Ushna (hot)	Katu	Deepana, Pachana, Hridya (heart tonic), Kapha-Vatahara,

How to Use Herbal Decoctions Wisely?

Rule	What It Means
Duration	21–40 days depending on concern. Give your body time to respond.
Best Time	Morning on empty stomach or before dinner. Avoid late night sipping.
Avoid	Cold drinks, processed food, sugar bombs during kashayam cycles.
Balance	Always hydrate and eat warm, balanced meals alongside these decoctions.

Skin-Friendly Foods (Ahara Pathya)

Category	Examples	Why it helps
Fruits	Amla, papaya, pomegranate, figs, berries	Antioxidants, Vitamin C, purify blood
Vegetables	Lauki (bottle gourd), beetroot, carrots, spinach, cucumber	Cooling, rich in minerals and hydration
Whole Grains	Rice, barley, millet, moong dal khichdi	Easy to digest, reduces toxin load (ama)
Spices	Turmeric, coriander, cumin, fennel, cardamom	Boost digestion, fight inflammation
Healthy Fats	Ghee, sesame oil, soaked almonds, walnuts	Keeps skin soft, lubricates tissues
Fluids	Warm water, detox herbal teas (CCF), aloe vera juice	Flushes toxins, hydrates skin

Skin-Supportive Habits (Vihara Pathya)

Habit	Benefit
Waking early (before 7 AM)	Balances circadian rhythm, hormonal support
Oil massage (abhyanga) with sesame or coconut oil	Nourishes skin, reduces stress and dryness
Face yoga / pranayama / anulom vilom	Enhances circulation, reduces puffiness and acne
7–8 hours of good sleep	Cellular repair = glowing skin
Minimal screen time post-sunset	Reduces oxidative stress + eye strain (leads to dullness)

Skin-Damaging Foods (Ahara Apathya)

Category	Examples	Harmful effects
Dairy at wrong times	Curd at night, cold milk with fruits	Triggers Kapha, leads to acne & indigestion
Fried and oily food	Pakorras, chips, junk food	Increases sebum, clogs pores
Cold foods & drinks	Ice creams, smoothies, fizzy drinks	Slows digestion (Agni), leads to toxin build-up
Fermented & leftover food	Idli/dosa at night, yesterday's meals	Increases ama (toxins), disturbs gut-skin axis
Too much spicy or sour food	Pickles, red chili, excessive tamarind	Aggravates Pitta = acne, rashes, pigmentation
Refined sugar	Pastries, candies, sugar-loaded drinks	Breaks down collagen, ages skin faster

Skin-Stressing Habits (Vihara Apathya)

Habit	Harm
Sleeping late or irregularly	Triggers hormonal imbalance and dullness
Skipping meals / overeating	Weakens digestion, causes bloating + skin congestion
Excess sun exposure without protection	Increases pigmentation, oxidative stress
Suppressing natural urges (sneezing, urination, hunger)	Blocks energy flow, imbalances doshas
Stress, overthinking, doom-scrolling	Elevates cortisol = acne, dryness, premature aging

Multivitamins & Nutrients for Great Skin !

“Tiny tablet, mega glow.”

“Don’t forget your daily dose of awesome.”

Think of these as your skin's team of behind-the-scenes beauty editors.

1. Vitamin A (Retinol & Carotenoids) :

Role: Cell turnover, skin healing, acne control

Deficiency signs: Dry skin, dullness, keratosis pilaris (chicken skin)

Natural sources:

- Carrots, sweet potatoes, pumpkin
- Spinach, kale, moringa
- Ghee & liver

Fun Fact: Topical retinol is trendy, but internal A helps all skin layers.

2. Vitamin C (Ascorbic Acid) :

Role: Collagen synthesis, brightening, antioxidant

Deficiency signs: Pigmentation, slow wound healing, skin bruising

Natural sources:

- Amla (superstar!), oranges, lemons
- Bell peppers, guava, kiwi

Ayurveda meets science: Amla + honey = daily Vitamin C booster without acidity

3. Vitamin E (Tocopherol):

Role: Skin repair, moisturization, UV protection

Deficiency signs: Dryness, slow healing, premature aging

Natural sources:

- Almonds, sunflower seeds, avocados
- Wheat germ oil, spinach, pumpkin

Tip: Combine with Vitamin C for boosted absorption and effect.

4. Vitamin D3 (The Sunshine Vitamin):

Role: Skin immunity, acne balance,

Deficiency signs: Dullness, psoriasis, eczema, slow healing

Sources:

- Sunlight (10–20 min/day), mushrooms, egg yolks, fortified foods

- Supplements often required, especially if indoors or covered

Glow hack: Morning sun + turmeric tea = Ayurvedic golden hour.

5. Vitamin B Complex:

Roles:

- B2 (Riboflavin): Reduces acne, heals cracked lips
- B3 (Niacinamide): Hydration, reduces inflammation
- B5 (Pantothenic acid): Oil control, barrier function
- B7 (Biotin): Supports hair, skin, nails
- B12: Prevents pigmentation, supports cell repair

Natural sources:

- Whole grains, bananas, legumes, nuts
- Dairy, eggs, mushrooms, leafy greens

Note: Vegans may need B12 supplements.

6. Zinc:

Role: Acne control, healing, oil regulation

Deficiency signs: Breakouts, slow healing, inflamed skin

Natural sources:

- Pumpkin seeds, sesame seeds, lentils
- Cashews, dark chocolate (thank you, skin gods!)

7. Omega-3 Fatty Acids:

Role: Deep hydration, calming inflammation, plumpness

Deficiency signs: Dry, flaky skin, acne, dullness

Sources:

- Flaxseeds, chia seeds, walnuts (vegan)
- Fish oil, cod liver oil, algae oil (non-vegan options)

Ayurvedic Tip: Combine with ghee for even deeper tissue nourishment (rasa + meda dhatu).

When to Take a Multivitamin Supplement?

You might need a multivitamin if you:

- ✓ Have chronic skin issues (acne, eczema, dryness, hyperpigmentation)
- ✓ Eat a restrictive diet (vegan/keto)
- ✓ Don't get enough sunlight or fresh produce
- ✓ Are recovering from illness or stress

Ayurvedic Alternatives to Synthetic Multivitamins:

Need	Ayurvedic Source
Skin repair	Amla, Manjistha, Gotu Kola (brahmi)
Glow boost	Triphala, Ghee, Shatavari
Anti-acne	Neem, Guduchi, Turmeric
Hydration	Ashwagandha + Licorice milk
Hair + nail	Bhringraj, Biotin-rich foods, sesame seeds

Final Gut Glow-Up Wisdom:

Treat your gut like royalty and it will return the favor with glowing skin, better moods, and digestion that doesn't embarrass you in public. Because at the end of the day, your skincare routine might impress your mirror—but your gut? That's who you really need to be dating.

Glow Within: Your Skin's Not Screaming for 10 Steps — It's Just Thirsty

Let's be real: skincare routines these days feel like a part-time job. Double cleansing, toning, essence-ing, serum layering, snail mucin hunting, and finishing it all off with something you can't pronounce. But darling, your skin isn't trying to qualify for the Olympics — it just wants to breathe.

The truth is, your glow doesn't live at the bottom of your 5th serum bottle. It starts inside — like deep inside, where your gut, hormones, and hydration hang out. Before you reach for another product that promises "glass skin in 3 days", let's go back to basics.

Step 1: Eat Real Food.

Your skin loves colors — not color correctors, but fruits, veggies, and greens. That glow you're chasing? It's hiding in that bowl of papaya, those soaked almonds, that spinach smoothie you keep avoiding. Vitamin A, C, and E don't just come in cute bottles — they're chillin' in your kitchen.

Step 2: Detox Water > Designer Toner.

Infuse your water with lemon, mint, cucumber, or tulsi. Sip like you're royalty and let your liver do its thing. Clear skin is just your body saying, "Thanks for the hydration, queen!"

Step 3: Multivitamins, Not Multilayers.

Sometimes your skin's crying for B-complex or zinc, not niacinamide layer number four. A good quality multivitamin + omega 3 = chef's kiss for inner balance and outer brilliance.

Step 4: Stop Chasing Perfection.

Your skin isn't meant to be flawless, it's meant to feel alive. Glowing skin is healthy, not glass or plastic. It's that subtle shine when you're happy, hydrated, and just had your favorite meal — not when you're suffocating under 10 products and a viral trend.

Ayurveda says: "What you can't digest, your skin can't glow with." So simplify. Nourish. Focus less on the mirror and more on your meals, your mindset, and your minerals.

So here's your gentle glow guide:

- Morning detox water instead of a morning panic scroll.
- Fruit over face acid.
- Gua sha with gratitude, not with guilt.
- And multivitamins, not multi-masking mayhem.

Let's turn down the noise and turn up the self-love. Glow is not a goal. It's your birthright — once your body feels safe, supported, and serenely hydrated.

So breathe, eat your colors, sip your herbs, pop that multivitamin, and maybe smile at your reflection — she's glowing already, just waiting for you to notice.

CHAPTER 8: MIND OVER MIRROR – HOW YOUR THOUGHTS SHAPE YOUR GLOW



"Your skin wears your thoughts—think happy, glow brighter."



We live in a world obsessed with reflections—mirrors, selfies, filters. But Ayurveda invites us to look deeper.

True beauty isn't just skin deep; it starts in the mind, gut and heart. Your mental state, emotions, and self-love play a massive role in how radiant your skin and hair look.

Your mind is the artist painting your skin's glow, not just the mirror reflecting it.

The Brain-Skin Gossip Line !

Scientific studies have shown that stress activates the hypothalamic-pituitary-adrenal (HPA) axis, leading to increased cortisol levels. This hormonal surge can exacerbate skin conditions like acne, eczema, and psoriasis. Moreover, stress can impair the skin's barrier function, leading to dryness and increased sensitivity.

The Ayurvedic Mind-Body Connection?

शरीरं सत्त्वमात्मानं संयोगं च प्रसाधयेत्।
तत्र सत्त्वं मनः प्रोक्तं मनसस्तु प्रवर्तते॥

"Sharīram satvam cha ātmānaṁ, saṁyogaṁ chet prasādhayet।
Tatra satvaṁ manaḥ proktaṁ, manasaḥ tu pravartate॥"

(Charaka Samhita, Sutrasthana 1.49)

The body, the mind (satva), and the soul must be in harmony.

Here, 'satva' refers to the mind, and it is from the mind that action arises.

Ayurveda says your mind (Manas) and body (Sharira) are deeply intertwined. The three doshas—Vata, Pitta, Kapha—govern not just your physical traits but also your mental patterns.

- Pitta mind tends to be intense, perfectionist, prone to anger and stress—leading to inflammation and acne and other skin disorder flare-ups.
- Vata mind is creative but anxious and restless—causing dryness, premature aging, or hair fall.
- Kapha mind can be calm but sometimes sluggish or depressive—resulting in dullness and increased oiliness in skin and hair.

Your mental dosha balance affects hormones, inflammation, digestion, and ultimately your skin's health.

Stress and Skin: The Invisible Enemy

Stress triggers a cascade of hormones like cortisol, which inflames skin, clogs pores, worsens acne, eczema, psoriasis, and speeds aging.

Ayurveda calls stress a major pitta aggravator, turning your inner fire into wildfire.

The good news? Your thoughts and feelings are powerful medicine. Learning to calm your mind can literally change your skin's story.



Mindful Practices for Glow ?

Here's how you can nurture your mind to support your beauty:

1. **Pranayama:** Daily breathing exercises reduce stress and balance doshas. Even 5 minutes helps calm pitta and vata.

Paranayama techniques: Pranayama is the yogic practice of regulating breath to harmonize body, mind, and prana (life force). Key techniques include Nadi Shodhana (alternate nostril breathing) for cleansing energy channels, Bhramari (humming bee breath) to calm the mind, and Ujjayi (victorious breath) for mental clarity. Kapalabhati (skull-shining breath) energizes and detoxifies, while Anulom Vilom balances the nervous system. Bhastrika (bellows breath) builds vitality. Pranayama should be practiced on an empty stomach, in a calm environment, and under guidance. It enhances oxygenation, reduces stress, improves focus, and prepares the mind for meditation and spiritual growth.

2. Positive Affirmations: Replace harsh self-talk with loving statements like “I am radiant, I am enough”. Your brain rewires itself over time!
3. Gratitude Journaling: Focusing on what you love about yourself builds self-esteem and reduces cortisol.
4. Digital Detox: Limit mirror time and social media comparing; excessive screen time fuels kapha sluggishness and mental overwhelm.
5. Ayurvedic skincare and haircare: Treat yourself with oil massages, face masks, and baths as moments to connect inwardly, not just outwardly. Use scented herbs and oils to stimulate your senses and uplift your mood. Focus on the texture, temperature, and rhythm of your self-care, bringing your full attention to the present.

This mindful attention not only nourishes your skin but heals your nervous system.

Balancing Your Mental Dosha for Radiance?

Vata imbalance:-

- Practice grounding activities like warm baths.
- Use calming herbs like brahmi and ashwagandha.
- gentle yoga(asana) , Here are some effective yogasanas to help manage a fickle (restless) mind and promote good sleep:

1. Supta Baddha Konasana (Reclined Bound Angle Pose)

- Opens the hips, calms the nervous system.
- Lie back, soles together, knees apart. Use cushions if needed.

2. Viparita Karani (Legs-Up-The-Wall Pose)

- Relaxes the mind and body, improves circulation.
- Lie on your back with legs resting vertically against a wall.

3. Balasana (Child's Pose)

- Soothes anxiety and fatigue, gently stretches back.
- Kneel, sit back on heels, stretch arms forward, forehead to floor.

4. Paschimottanasana (Seated Forward Bend)

- Calms the mind and relieves stress.
- Sit with legs straight, fold forward reaching for feet.

5. Shavasana (Corpse Pose)

- Ultimate relaxation, reduces mental chatter.
- Lie flat, arms and legs relaxed, focus on breath.

Pitta Imbalance:-

- Avoid overheating your body and mind; practice cooling pranayama.(sheetali pranayama)
- Use rose, sandalwood, and neem-based products.

Kapha Imbalance:-

- Stimulate your senses with invigorating scents like eucalyptus and citrus.
- Stay active, socialize, and practice uplifting affirmations.

“Mind Over Mirror!

Because Confidence Doesn't Come with a Filter.”

When life gives you stress, it also gives you wrinkles, acne, and the urge to Google 'miracle skincare solutions' at 2 AM. Before reaching to google for ‘miracle skincare’, ask yourself:

“How am I treating my mind today?”

Ayurveda reminds us that beauty isn't a mask to wear but a light to nurture. When your mind is peaceful, your body responds with a natural, effortless glow.

So, love your mind, care for your emotions, and watch your reflection shine with a radiance no mirror can create.

(can add yoga asana - for kapha mental stress)

Let's spill the truth, shall we?

You don't need another cream that claims to "erase" your flaws. You need to erase the idea that you have to look flawless to be worthy. That mirror? It's a piece of glass, not the judge of your happiness, confidence, or glow.

Because real glow? It starts in the mind — not in your mirror, not in a beauty aisle.

Stressed skin is real. When your mind is on overdrive, your skin's like, "Cool, I'll show up with a breakout just to match your anxiety." Cortisol (the stress hormone) isn't your glow's best friend — but calm thoughts, deep breaths, and inner joy? Absolute besties.

So instead of standing in front of the mirror nitpicking every pore, ask your mind:

- ★ Did I drink water today?
- ★ Have I moved my body?
- ★ Did I laugh? Like, really laugh?

Because these things show up on your skin way more than any expensive essence ever will.

CHAPTER 9 - ANCIENT BEAUTY RITUALS



DIY Ayurveda beauty hacks are natural, time-tested remedies rooted in ancient Indian wellness traditions to give radiant and glowing skin. They utilize everyday kitchen ingredients like turmeric, honey, coconut oil, and ayurvedic herbs to nourish the skin and hair without synthetic chemicals. These practices aim to balance the body's doshas (Vata, Pitta, and Kapha), promoting holistic beauty from the inside out.

Why DIY Ayurvedic Beauty Recipes Are Often Safe?

- ★ **Use of Natural, Edible Ingredients:** Many DIY Ayurvedic treatments employ ingredients like turmeric, honey, coconut oil, and aloe vera—items commonly found in kitchens and known for their skin-friendly properties. This approach aligns with the Ayurvedic principle: "If you wouldn't eat it, don't put it on your skin"
- ★ **Personalized to Individual Needs:** Ayurveda emphasizes tailoring treatments to an individual's unique constitution and skin type. By customizing

recipes, one can address specific concerns, reducing the risk of adverse reactions.

- ★ **Avoidance of Synthetic Chemicals:** DIY preparations allow individuals to steer clear of synthetic additives, preservatives, and fragrances that can irritate the skin, especially for those with sensitivities.

While DIY Ayurvedic recipes can be beneficial, it's essential to be aware of potential risks:

- **Quality of Ingredients:** Ensure that all ingredients are fresh and free from contaminants.
- **Allergic Reactions:** Natural doesn't always mean hypoallergenic. It's advisable to perform a patch test before applying any new preparation to a larger skin area.
- **Consultation with Professionals:** If you have underlying skin conditions or you are on medication, consult with a healthcare provider or a qualified Ayurvedic practitioner before trying new treatments.

In this chapter we will discuss DIY recipes according to different skin concerns, follow the best remedy suited for your skin concerns –

DIY Natural exfoliators:

Exfoliators are skincare products or tools designed to remove dead skin cells from the surface of your skin. This process, known as exfoliation, helps to reveal fresher, smoother skin underneath and can improve the overall appearance and health of your skin.

 Physical Exfoliation	 Chemical Exfoliation
Definition • Involves physical abrasion, in the form of small granules & beads, a wash cloth or a brush.	Definition • Dissolve intercellular glue that holds dead cells together, is in the form of peels, serums, cleansers, or toners.
Results • Shows instant results after manual exfoliation	Results • Seeps into the deep layers of the skin, offering longer lasting results.
Skin Type • Suitable for all skin types except sensitive skin	Skin Type • Suitable for all skin types. For sensitive skin, a less intrusive PHA exfoliant can be used

Here some Tips for Safe Exfoliation:-

- Frequency: Exfoliate depending on your skin type and the product used.
- Avoid Over-Exfoliation: Too much can lead to irritation, redness, or breakouts.
- Sun Protection: Exfoliated skin can be more sensitive to the sun; always apply sunscreen during the day.
- Patch Test: Before trying a new exfoliator, test it on a small skin area to check for adverse reactions.

Choosing the Right Exfoliator for Your Skin Type ?

Dry & Sensitive Skin:

Opt for gentle exfoliants which will not irritate or inflamed skin instead calm the skin and provide intense hydration. Never scrub or exfoliate on inflamed or irritated skin or when the skin barrier is disrupted. Avoid scrubbing in flaky or dry skin as it will cause excessive drying by stripping away the natural oils of the skin, if you want you can exfoliate once in a month with herbs having dual properties like hydrating and exfoliating.

Oatmeal Face Scrub

Ingredients:

1. 1 tablespoon finely ground oats
2. 1 tablespoon plain yogurt
3. 1 teaspoon raw honey

Instructions:

1. In a bowl, combine the finely ground oats, plain yogurt, and raw honey.
2. If desired, add the sweet almond oil or jojoba oil to the mixture for extra moisture.
3. Mix all ingredients until a smooth paste forms.
4. Apply the scrub to your cleansed face, gently massaging in circular motions for about 1–2 minutes.
5. Leave the scrub on your face for an additional 5 minutes to allow the ingredients to nourish the skin.
6. Rinse off with lukewarm water and pat your face dry with a soft towel.



7. Follow up with a gentle moisturizer to lock in hydration.

Benefits:

- ★ Oats: Contain saponins that gently cleanse the skin and have anti-inflammatory properties, making them suitable for sensitive skin.
- ★ Yogurt: Rich in lactic acid, it gently exfoliates and hydrates the skin.
- ★ Honey: A natural humectant with antibacterial properties, it helps moisturize and soothe the skin.
- ★ Sweet Almond Oil/Jobba Oil: Provide deep hydration and are rich in vitamins beneficial for skin health.

Aloe Vera Face Scrub

Ingredients:

1. 2 tablespoons pure aloe vera gel
2. 1 teaspoon kasturi haldi powder
3. 1 tablespoon finely ground oats

Instructions:

1. In a clean bowl, combine the aloe vera gel and turmeric powder.
2. Add the finely ground oats to the mixture.
3. Mix all ingredients thoroughly to form a smooth paste.
4. Apply the scrub to your cleansed face, gently massaging in circular motions for about 1–2 minutes.
5. Leave the scrub on your face for an additional 5 minutes to allow the ingredients to nourish the skin.
6. Rinse off with lukewarm water and pat your face dry with a soft towel.



7. Follow up with a gentle moisturizer to lock in hydration.

Benefits:

- ★ Aloe Vera: Known for its soothing and hydrating properties, aloe vera helps calm irritated skin and provides deep moisture.
- ★ Turmeric: Contains curcumin, which has anti-inflammatory and antioxidant properties, aiding in reducing redness and promoting a healthy glow.
- ★ Oats: Offer gentle exfoliation, removing dead skin cells without causing irritation, making them suitable for sensitive skin.

Fennel Seed Face Scrub

Ingredients:

1. 1 tablespoon fennel seeds
2. 2 tablespoons plain yogurt
3. 1 tablespoon raw honey



Instructions:

1. Prepare Fennel Seeds:
 - Grind the fennel seeds into a fine powder using a coffee grinder or mortar and pestle.
2. Mix Ingredients:
 - In a clean bowl, combine the ground fennel seeds, plain yogurt, and raw honey.
 - Stir well to form a smooth paste.

3. Application:

- Apply the scrub to your cleansed face, gently massaging in circular motions for about 1–2 minutes.
- Leave the scrub on your face for an additional 5 minutes to allow the ingredients to nourish the skin.

4. Rinse:

- Rinse off with lukewarm water and pat your face dry with a soft towel.

5. Moisturize:

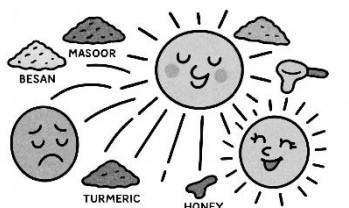
- Follow up with a gentle moisturizer to lock in hydration.

Benefits:

- ★ Fennel Seeds: Rich in antioxidants, fennel seeds help reduce inflammation and soothe sensitive skin.
- ★ Yogurt: Contains lactic acid, which gently exfoliates and hydrates the skin.
- ★ Honey: A natural humectant, honey attracts moisture to the skin and has antibacterial properties.

Dull skin:

Dull skin should not be excessively exfoliated in manner to achieve glowing skin because over exfoliation can disrupt the skin barrier and strip away the moisture



making it look more dull, so one should exfoliate twice a month to achieve glowing and radiant skin.

Glow Face Scrub

Ingredients:

1. 1 tablespoon besan (gram flour)
2. 1 tablespoon masoor dal powder (finely ground red lentils)
3. 1/4 teaspoon Kasturi haldi (wild turmeric)
4. Rose water(oily skin) or milk (dry skin)

Instructions:

1. In a clean bowl, combine the besan, masoor dal powder, and Kasturi haldi.
2. Gradually mix in rose water or milk until a smooth, paste-like consistency is achieved.
3. Apply the scrub to your cleansed face, gently massaging in circular motions for about 1–2 minutes to exfoliate dead skin cells.
4. Leave the scrub on your face for an additional 5 minutes to allow the ingredients to work effectively.
5. Rinse off with lukewarm water and pat your face dry with a soft towel.
6. Follow up with a gentle moisturizer to lock in hydration.

Benefits:

- ★ Besan (Gram Flour): Acts as a natural cleanser and exfoliant, removing impurities and dead skin cells, leading to a brighter complexion.

- ★ Masoor Dal (Red Lentils): It gently exfoliates and helps in removing tan and pigmentation, promoting even skin tone.
- ★ Kasturi Haldi (Wild Turmeric): Known for its anti-inflammatory and antioxidant properties, it imparts a natural glow and reduces skin dullness.

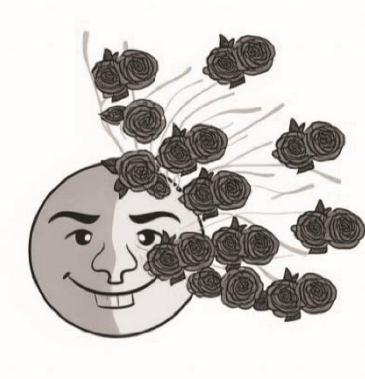
Saffron, Rose Face Scrub

Ingredients:

1. 1 tablespoon rice flour
2. 1 tablespoon finely ground oats
3. 1 tablespoon dried rose petals, ground into powder
4. 2–3 strands of saffron, soaked in 1 tablespoon warm water or milk for 10 minutes
5. 1 teaspoon raw honey
6. Rose water or milk, as needed to achieve desired consistency

Instructions:

1. In a clean bowl, combine the rice flour, ground oats, and powdered rose petals.
2. Add the saffron-infused rose water or milk to the dry mixture.
3. Incorporate raw honey.



4. Gradually add rose water or milk to the mixture, stirring continuously until a smooth, paste-like consistency is achieved.
5. Apply the scrub to your cleansed face, gently massaging in circular motions for about 1–2 minutes to exfoliate dead skin cells.
6. Leave the scrub on your face for an additional 5 minutes to allow the ingredients to work effectively.
7. Rinse off with lukewarm water and pat your face dry with a soft towel.
8. Follow up with a gentle moisturizer to lock in hydration.

Benefits:

- ★ Rice Flour: Acts as a gentle exfoliant, removing impurities and dead skin cells, leading to a brighter complexion.
- ★ Oats: Provide soothing properties and help in gentle exfoliation, suitable for sensitive skin.
- ★ Rose Petals: Contain natural oils and sugars that can help hydrate and soothe the skin and give effortlessly natural glow.
- ★ Saffron: Known for its antioxidant properties, it can help brighten the skin and improve complexion.
- ★ Honey: A natural humectant, it retains moisture in the skin, providing hydration and a soft texture.

Oily or Acne-Prone Skin:

ACTIVE ACNE SHOULD NOT BE EXFOLIATED WITH PHYSICAL SCRUBS THEY SHOULD ALWAYS BE EXFOLIATED WITH CHEMICAL SCRUBS LIKE BHA PEELS OR AYURVEDIC PEELS.

Neem & Herbal Face Scrub

Ingredients:

1. 1 tablespoon neem powder
2. 1 tablespoon tulsi (holy basil)
3. 1 tablespoon powdered oats
4. 1 tablespoon rose water



Instructions:

1. In a clean bowl, combine the neem powder, tulsi powder, and powdered oats.
2. Gradually add rose water to the dry mixture, stirring continuously until a smooth, paste-like consistency is achieved.
3. Apply the scrub to your cleansed face, gently massaging in circular motions for about 1–2 minutes, focusing on oily and acne-prone areas.
4. Leave the scrub on your face for an additional 5 minutes to allow the ingredients to work effectively.
5. Rinse off with lukewarm water and pat your face dry with a soft towel.
6. Follow up with a light, non-comedogenic moisturizer to maintain skin hydration.

Benefits:

- ★ **Neem Powder:** Known for its antibacterial and anti-inflammatory properties, neem helps combat acne-causing bacteria and soothes irritated skin.

- ★ Tulsi Powder: Offers antiseptic and purifying qualities, aiding in the prevention of acne and skin infections.
- ★ Powdered Oats: Provides gentle exfoliation, removing dead skin cells without causing irritation.
- ★ Rose Water: Helps maintain the skin's pH balance and offers a refreshing, toning effect.

Green Face Scrub

Ingredients:

1. 1 teaspoon Kasturi Haldi (wild turmeric) powder
2. 1 teaspoon coriander seed powder
3. 1 tablespoon brewed green tea leaves (cooled)
4. 1 teaspoon raw honey



Instructions:

1. In a clean bowl, combine the Kasturi Haldi, coriander seed powder.
2. Add the cooled, brewed green tea leaves to the dry mixture.
3. Incorporate raw honey to the mixture for additional moisture.
4. Mix all ingredients thoroughly to form a smooth, paste-like consistency.

5. Apply the scrub to your cleansed face, gently massaging in circular motions for about 1–2 minutes, focusing on oily and acne-prone areas.
6. Leave the scrub on your face for an additional 5 minutes to allow the ingredients to work effectively.
7. Rinse off with lukewarm water and pat your face dry with a soft towel.
8. Follow up with a light, non-comedogenic moisturizer to maintain skin hydration.

Benefits:

- ★ **Kasturi Haldi (Wild Turmeric):** Known for its antibacterial and anti-inflammatory properties, it helps combat acne-causing bacteria and soothes irritated skin.
- ★ **Coriander Seed Powder:** Rich in antioxidants, it aids in detoxifying the skin and reducing excess oil.
- ★ **Green Tea Leaves:** Packed with antioxidants, they help reduce inflammation and control sebum production.
- ★ **Raw Honey:** A natural humectant, it attracts moisture to the skin and has antibacterial properties.

Pigmented Skin:

Licorice fighter Scrub



Ingredients:

1. 1 tablespoon licorice powder
2. 2 tablespoons rose water

Instructions:

1. Mix licorice root powder and rose water to form a paste.
2. Apply the paste to your face, focusing on pigmented areas.
3. Leave it on for 2-3 minutes.
4. Gently scrub in circular motions before rinsing off with lukewarm water.

Benefits:

- ★ Licorice - Licorice root contains glabridin, which inhibits melanin production, helping to lighten dark spots.
- ★ Rose water - Rose water soothes the skin and maintains its pH balance.

Nutmeg superhero Milk Face Scrub

Ingredients:

1. 1 teaspoon Jaiphal (Nutmeg) powder
2. A few strands of Kesar (Saffron)
3. 2 tablespoons raw milk



Instructions:

1. Soak the saffron strands in warm milk for about 10 minutes to release their color and beneficial properties.
2. Add the nutmeg powder to the saffron-infused milk, mixing well to form a smooth paste.
3. Apply the mixture to your cleansed face, gently massaging in circular motions to exfoliate.
4. Leave it on for 3 minutes to allow the ingredients to penetrate the skin.
5. Rinse off with lukewarm water and pat dry.

Benefits:

- ★ Jaiphal (Nutmeg): Help reduce pigmentation, dark spots, and blemishes, promoting an even skin tone.
- ★ Kesar (Saffron): Rich in antioxidants, saffron brightens the complexion and helps in reducing hyperpigmentation.
- ★ Milk: Contains lactic acid, which gently exfoliates dead skin cells, revealing brighter and smoother skin.

Walnut Shell Glow Face Scrub



Ingredients:

1. 1 tablespoon fine walnut shell powder
2. 2 tablespoons raw milk
3. 1 teaspoon honey

Instructions:

1. In a clean bowl, combine the fine walnut shell powder and raw milk.
2. Mix well to form a smooth paste. If desired, add honey for its moisturizing properties.
3. Apply the mixture to your cleansed face, gently massaging in circular motions for 1–2 minutes, focusing on pigmented areas.
4. Leave the scrub on your face for an additional 5 minutes to allow the nutrients to penetrate the skin.
5. Rinse off with lukewarm water and pat your face dry with a soft towel.
6. Follow up with a gentle moisturizer to lock in hydration.

Benefits:

- ★ Walnut Shell Powder: Acts as a natural exfoliant, removing dead skin cells and promoting cell regeneration, which can help lighten pigmentation.
- ★ Raw Milk: Contains lactic acid, which gently exfoliates and brightens the skin.
- ★ Honey: Offers antibacterial properties and deep hydration, enhancing the skin's natural glow.

Caution:

1. Ensure the walnut shell powder is finely ground to prevent micro-tears in the skin.

2. Individuals with nut allergies should avoid using walnut-based products.

DIY Face Mask :

A face mask is a cosmetic skincare product applied to the face to deliver targeted benefits such as hydration, exfoliation, deep cleansing, or brightening. Typically formulated as a cream, gel, paste, or sheet, face masks are designed to remain on the skin for a specified duration before being rinsed off, peeled away, or removed, thereby enhancing the skin's appearance and health.

How to Use a Face Mask ?

1. Cleanse: Start with a clean face to remove makeup and dirt.
2. Exfoliate: exfoliate your skin with suitable exfoliating agents as mentioned above.
3. Apply: evenly apply the mask, avoiding eyes and lips.
4. Wait: Leave on for the recommended time (usually 10–20 minutes).
5. Remove: Gently wash off with lukewarm water or peel off, depending on the mask type.
6. Moisturize: Follow up with a moisturizer to lock in benefits.

Ever wondered how a face works?

When you apply a face mask, you're giving your skin a concentrated dose of beneficial ingredients. But how do these ingredients actually work their way into your skin? Let's break it down in simple terms.

Our skin's outermost layer, called the stratum corneum, acts like a protective wall made up of dead skin cells and natural

oils. This barrier is designed to keep harmful substances out and lock moisture in. For any skincare ingredient to be effective, it needs to get past this barrier.

Face masks help in this process by creating a seal over the skin, which keeps the ingredients in close contact with the surface. This prolonged contact allows more time for the ingredients to penetrate the skin. Some masks even generate warmth, which can open up pores and further enhance absorption.

The effectiveness of ingredient penetration depends on several factors:

Molecular Size: Smaller molecules can slip through the skin barrier more easily than larger ones.

Solubility: Ingredients that are oil-soluble tend to penetrate better because our skin's barrier is lipid-rich.

Skin Condition: Healthy, well-hydrated skin allows for better absorption. Dry or damaged skin can either hinder or, in some cases, unexpectedly increase absorption.

Ancient texts like the Charaka Samhita and Sushruta Samhita detail various topical applications, known as *lepas*, for skin care. These formulations are designed to address specific skin issues by utilizing the therapeutic properties of natural ingredients. For instance, ingredients like turmeric, neem, and sandalwood are commonly used for their anti-inflammatory and antimicrobial effects. When applied to the skin, these substances work synergistically to cleanse, nourish, and rejuvenate the skin, thereby promoting a healthy complexion.

The effectiveness of these face masks is enhanced by their ability to penetrate the skin's outer layer, the stratum corneum. This penetration is facilitated by the use of carriers such as oils

or ghee, which help deliver the active compounds deeper into the skin layers. The occlusive nature of face masks also creates a warm and moist environment, softening the skin and allowing for better absorption of the beneficial ingredients.

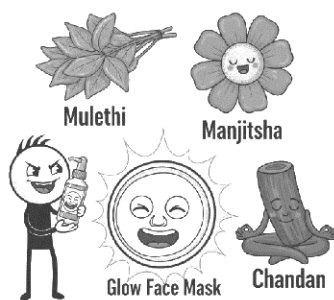
Choosing the Right face mask for Your Skin Type:

Dull skin -

Glow face Mask for Dull Skin

Ingredients:

1. 1 teaspoon licorice powder
2. 1 teaspoon manjistha powder
3. 1 teaspoon chandan powder
4. Rose water – as needed to form a smooth paste



Instructions:

In a clean bowl, combine the mulethi, manjistha, and chandan powders.

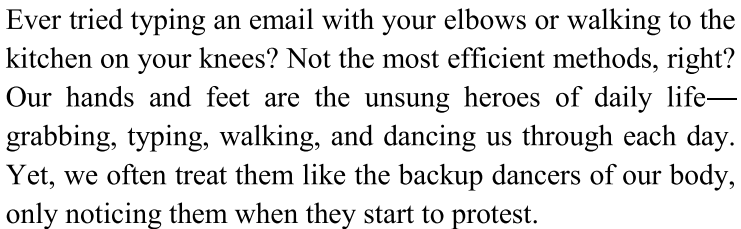
1. Gradually add rose water while mixing until you achieve a smooth, spreadable paste.
2. Apply the paste evenly to your cleansed face and neck, avoiding the eye area.
3. Leave the mask on for 5-10 minutes.
4. Rinse off with lukewarm water, gently massaging in circular motions.

5. Pat your skin dry and follow up with a light moisturizer.
6. Usage: Apply this mask twice a week for best results.

Benefits-

- ★ Mulethi (Licorice) Powder: Known for its skin-lightening properties, mulethi helps reduce hyperpigmentation, dark spots, and evens out skin tone. It also possesses anti-inflammatory and antioxidant properties that soothe the skin and protect it from environmental stressors.
- ★ Manjistha Powder: Manjistha is renowned in Ayurveda for its blood-purifying qualities. It aids in detoxifying the skin, reducing acne, and promoting a clear, radiant complexion. Its anti-inflammatory properties help soothe irritated skin.
- ★ Chandan (Sandalwood) Powder: Sandalwood has cooling properties that calm the skin, reduce blemishes, and impart a natural glow. It also helps in tightening the skin and reducing the appearance of pores.
- ★ Rose Water: Rose water acts as a natural toner, hydrating and refreshing the skin. It balances the skin's pH and enhances the absorption of the mask's active ingredients.

“Hands and Feet: The Unsung Heroes of Your Body”



So, let's give a standing ovation (with well-moisturized hands and feet, of course) to these hardworking extremities. After all, they deserve more than just a pat on the back.

Have you ever thought about why it's important to pamper your hands?

1. **Preventing Infections:** Regular hand washing and moisturizing help remove harmful bacteria and viruses, reducing the risk of infections like colds, flu, and COVID-19.
2. **Skin Health:** Hands are frequently exposed to environmental factors, leading to dryness and cracking. Proper care maintains skin integrity and prevents conditions like eczema.
3. **Nail Maintenance:** Keeping nails trimmed and clean prevents fungal infections and promotes overall nail health.
4. **Aesthetic Appeal:** Well-groomed hands enhance personal appearance and can boost self-confidence.

Why is it good to pamper our feet like we pamper our face?

1. **Mobility and Balance:** Healthy feet are crucial for mobility. Neglect can lead to pain, affecting daily activities and increasing fall risk.
2. **Preventing Infections:** Regular cleaning and drying prevent fungal infections like athlete's foot.
3. **Skin and Nail Health:** Moisturizing prevents cracked heels, and proper nail care avoids ingrown toenails and infections. **Early Detection of Health Issues:** Foot problems can signal underlying health conditions, such as diabetes or circulatory issues. Regular care aids in early detection.

Ayurvedic Hand & Foot Care: The Whimsical Weekly Ritual.

Marvelous Moisture Monday

Hand Care: Begin your week by massaging your hands with warm sesame oil. This not only nourishes the skin but also prepares you for the tasks ahead by alleviating vata dosha in your body.

Foot Care: Massage the foot and sole with warm sesame oil before taking a shower and then soak your feet in warm water infused with Epsom salt. This helps in relaxing the muscles and softening the skin and alleviating dosha by making you ready for the hectic week.

Tranquil Touch Tuesday

Hand Care: Use a gentle scrub made from body ubtan to exfoliate your hands, removing dead skin cells and promoting circulation.

Foot Care: Apply a paste of body ubtan with warm sesame oil to your feet, leave it on for 5 minutes, then rinse. This natural mask hydrates and soothes tired feet.

Warmth & Wellness Wednesday

Hand Care: Perform a quick hand massage focusing on the marma points (vital energy points) to stimulate energy flow and relax you from mid-week crisis.

Foot Care: Engage in Padabhyanga, an Ayurvedic foot massage using warm oil, to relieve stress and improve sleep quality.

Therapeutic Therapy Thursday

Hand Care: Dip your hands in a bowl of 2 tsp warm milk mixed with warm water, enjoy added benefits with a teaspoon of rose petals and epsom salt. This softens the skin and provides a calming effect and soothes your stressed mind. Lock in the moisturizer by using hand cream.

Foot Care: Dip your foot in a bowl of 2 tsp warm milk mixed with warm water, enjoy added benefits mixed with a teaspoon of rose petals epsom salt. This softens the skin and provides a calming effect and soothes your stressed mind. By alleviating vata dosha. Use a pumice stone to gently exfoliate the heels, followed by applying a rich foot cream to lock in moisture.

Freshness & Fragrance Friday

Hand Care: Spritz your hands with rose or sandalwood mist throughout the day to keep them refreshed and fragrant.

Foot Care: Soak your feet in water infused with neem leaves to cleanse and prevent infections, especially beneficial during humid conditions.

Serenity & Soak Saturday

Hand Care: Apply a thick layer of hand cream, then wear cotton gloves overnight for deep moisturization.

Foot Care: Prepare a foot bath with warm water, Epsom salts, and a few drops of lavender essential oil. Soak for 20 minutes to rejuvenate tired feet.

Self-Care & Sunshine Sunday

Let's jazz up your weekly Ayurvedic hand and foot care routine with a fun, three-step guide focusing on Cleansing, Moisturizing, and Nail & Cuticle Care. Think of it as a spa day

for your hardworking hands and feet—because they deserve some pampering too!

Step 1: Cleansing – "The Fresh Start"

Gentle Wash: Begin by washing your hands and feet with a mild, natural soap to remove dirt and impurities. This natural cleansing water not only purifies your skin but also provides a tranquil spa-like experience at home. Incorporate this ritual into your weekly self-care routine to maintain soft, healthy hands and feet.

DIY Ayurvedic Cleansing Water for Hand & Foot Spa

Ingredients:

- Soapnuts (Reetha): 5–6 whole nuts
- Dried Amla (Indian Gooseberry): 2 tablespoons
- Dried Rose Petals: 1 tablespoon
- Jatamansi (Spikenard) Powder: 1 teaspoon
- Water: 1 liter

Note: If you don't have access to jatamansi, you can omit it or substitute with a few drops of lavender essential oil for a calming effect.

If you don't have soapnuts, you can use water mixed with regular shampoo and little lemon squeezed into it.

Instructions:

1. Prepare the Herbs:
 - Soapnuts are soaked one night before in 1 liter water.
2. The Mixture:
 - In a large pot, combine the soapnuts water with amla, rose petals, and jatamansi powder.

3. Usage:

- Pour the cleansing water into a tub or bowls suitable for soaking hands or feet.
- Soak your hands or feet for 15–20 minutes, allowing the herbal infusion to cleanse and rejuvenate your skin.
- Gently massage your hands or feet during the soak to enhance relaxation and improve circulation.

Benefits:

Soapnuts: Natural saponins provide gentle cleansing without stripping natural oils.

Amla: Rich in antioxidants and vitamin C, it nourishes and revitalizes the skin.

Rose Petals: Offer a soothing aroma and help to hydrate and tone the skin.

Jatamansi: Known for its calming properties, it helps to relieve stress and promote relaxation.

Step 2: Moisturizing – "The Hydration Station"

“At the hydration station your marma points are like the train conductors, make sure the body gets enough fuel supply to run the train the whole week.”

Marma points—vital energy centers in Ayurveda. Stimulating these points can promote physical and emotional well-being by enhancing energy flow and releasing tension and to keep running full steam ahead all week long.

Ayurvedic Hand Massage: Activating Marma Points

Preparation:

Oils: Use warm sesame or coconut oil for Vata dosha, sunflower oil for Pitta, and mustard oil for Kapha.

Pressure: Apply gentle to moderate pressure; avoid causing discomfort.

Key Marma Points on the Hand:

1. Talahridaya Marma (Center of the Palm)
 - Location: Central point of the palm.
 - Benefits:
 - Balances heart energy.
 - Calms the mind and emotions.
 - Enhances circulation.
2. Kshipra Marma (Base of the Thumb)
 - Location: Web between the thumb and index finger.
 - Benefits:
 - Stimulates respiratory function.
 - Relieves headaches and tension.
 - Boosts immune response.
3. Manibandha Marma (Wrist Joint)
 - Location: Center of the wrist crease.
 - Benefits:
 - Alleviates wrist pain and stiffness.
 - Supports nerve function.
 - Improves hand mobility.
4. Kurpara Marma (Elbow Joint)

- Location: Center of the elbow crease.
- Benefits:
 - Relieves arm and hand fatigue.
 - Enhances lymphatic drainage.
 - Supports joint health.

5. Indrabasti Marma (Forearm)

- Location: Midpoint between the wrist and elbow on the inner forearm.
- Benefits:
 - Stimulates digestive fire (Agni).
 - Balances energy flow to the hands.
 - Promotes vitality.

Feet:

- Deep Moisture: Massage your feet with a rich foot cream or warm sesame oil, paying special attention to the heels and soles marma points to relieve all the week stress.

Ayurvedic Foot Massage: Activating Marma Points

Preparation:

Oils: Use warm sesame or coconut oil for Vata dosha, sunflower oil for Pitta, and mustard oil for Kapha.

Pressure: Apply gentle to moderate pressure; avoid causing discomfort.

Key Marma Points on the Foot:

1. Talahridaya Marma (Center of the Sole)
 - Location: Central point of the sole.

- Benefits:
 - Balances heart energy.
 - Calms the mind and emotions.
 - Enhances circulation.
- 2. Kshipra Marma (Between Big Toe and Second Toe)
 - Location: Web between the big toe and second toe.
 - Benefits:
 - Stimulates respiratory function.
 - Relieves headaches and tension.
 - Boosts immune response.
- 3. Gulpha Marma (Ankle Joint)
 - Location: Center of the ankle crease.
 - Benefits:
 - Alleviates ankle pain and stiffness.
 - Supports nerve function.
 - Improves foot mobility.
- 4. Kurcha Marma (Ball of the Foot)
 - Location: Center of the ball of the foot.
 - Benefits:
 - Relieves foot fatigue.
 - Enhances lymphatic drainage.
 - Supports joint health.
- 5. Kurchashira Marma (Heel)
 - Location: Center of the heel.
 - Benefits:

- Reduces heel pain.
- Improves balance and stability.
- Promotes grounding energy.

Step 3: Nail & Cuticle Care – "The Finishing Touch"

“Push back cuticles, trim your nails and lastly nourish them because they need a grand finale too.”

Cuticle Care: Gently push back cuticles after softening them with oil; avoid cutting to prevent infections.

Nail Nourishment: Apply a nourishing hand cream to your nails and massage to strengthen and promote healthy growth.

Regular Trimming: Keep nails neatly trimmed and filed to prevent breakage and maintain a tidy appearance.

Shatadhauta Ghrita with Saffron & Lavender:-

“Make them to win the grand finale by making this wonderful ayurvedic recipe for intense nourishment of the skin like cherry on top.”

“शतधौतसहस्रधौताभ्यां सर्पिर्भ्यां अधो नाभेः सर्वतः प्रदिह्यात्।
गव्येन चैनां पयसा सुशीतेन मधुकाम्बुना वा न्यग्रोधादि कषायेण वा॥”

Śatadhouta-sahasradhautābhyāṃ sarpirbhyāṃ adho nābheḥ
sarovataḥ pradihyāt|
Gavyena caināṃ payasā suśītena madhukāmbunā vā
nyagrodhādi kaṣāyeṇa vā ||’

(Charaka Samhita – Sharira Sthana 8/24)

“Apply Shata Dhauta ghrita around the lower abdomen (below the navel), using cold cow’s urine, milk, cooled honey-water, or decoction of Nyagrodha (banyan bark)— This is particularly indicated for managing bleeding during

pregnancy, demonstrating its cooling, soothing, hemostatic, and protective properties tissue-rejuvenating care applies to: Burns, Herpes, erysipelas, Skin wounds and lesions, Inflammation and scar tissue.

Shata Dhauta Ghrita is widely recognized as a deeply penetrating, anti-inflammatory skin elixir, nourishing all seven layers of the skin, accelerating healing and restoring radiance.”

Ingredients:

1. Pure A2 Desi Cow Ghee: 100 grams
2. Purified Water: Approximately 500 ml (used in increments)
3. Saffron Threads (Kesar): A pinch (approximately 10–15 strands)
4. Lavender Essential Oil: 5–8 drops

Equipment:

1. Copper or Silver Plate: Wide with raised edges
2. Copper or Silver Bowl: For pouring water
3. Wooden Spatula or Whisk: For stirring
4. Glass Container: For storage

Preparation Steps:

1. Infuse the Ghee:
 - Warm the ghee slightly until it becomes liquid but not hot.
 - Add the saffron threads to the warm ghee and let them steep for about 30 minutes. This process allows the ghee to absorb the rich color and aroma of the saffron.
2. Initial Setup:

- Place the saffron-infused ghee onto the copper or silver plate.
 - Add an equal amount (100 ml) of purified water to the ghee.
3. Stirring Process:
- Using the wooden spatula, stir the ghee and water mixture in one direction (preferably clockwise) for about 3–5 minutes.
 - This action emulsifies the mixture, initiating the transformation of ghee's texture.
4. Water Removal:
- After stirring, you'll notice separation; carefully pour off the excess water without losing any ghee.
5. Repetition:
- Repeat the addition of fresh water and the stirring process.
 - Continue this cycle for a total of 100 times.
 - As you progress, the ghee will become increasingly creamy, light, and absorbent.
6. Final Product:
- After 100 washes, the ghee transforms into a silky, white, cream-like substance known as Shatadhauta Ghrita.
 - Allow the cream to cool slightly.
 - Add the lavender essential oil to the cooled cream and mix well to incorporate.
 - Transfer this into a sterilized glass container for storage.

Storage:

Store the Shatadhauta Ghrita in a cool, dry place away from direct sunlight.

Refrigeration can extend its shelf life, but ensure it's brought to room temperature before application.

Benefits:

Saffron: Brightens the skin and imparts a golden glow.

Lavender Essential Oil: Provides a calming scent and has skin-soothing properties.

Beeswax: Forms a protective barrier, locking in moisture.

Shea Butter: Deeply moisturizes and nourishes the skin.

Sweet Almond Oil: Rich in vitamins A and E, it soothes and softens the skin.

Vitamin E Oil: An antioxidant that helps protect and repair the skin.

Ayurveda lip care :

Let's delve into the significance of Ayurvedic lip care and why it's essential for maintaining healthy, soft, and naturally beautiful lips.

In Ayurveda, lips are considered a reflection of our internal health, particularly the balance of the Vata dosha, which governs dryness and coolness. When Vata is aggravated, it can lead to dry, chapped, or darkened lips. Ayurvedic lip care focuses on nourishing and balancing the lips using natural ingredients that hydrate, soothe, and protect the delicate skin.

Want pinky lips, follow the tips -

Hydration: Drink plenty of water throughout the day to keep your lips hydrated from within.

Avoid Licking Lips: Saliva can dry out the lips, leading to chapping.

Gentle Exfoliation: Use a soft toothbrush or a sugar scrub to remove dead skin cells once a week.

Protect from Elements: Apply a lip balm with SPF before going out in the sun.

Healthy Diet: Incorporate foods rich in vitamins A and E, such as carrots and almonds, to nourish your lips.

Ayurvedic Lip Scrub

This lip scrub not only exfoliates but also brightens and nourishes your lips, leaving them soft and smooth. Enjoy your pampering session!

Ingredients:

1. 1 teaspoon Kasturi Haldi
2. 1 tablespoon castor sugar
3. 1 teaspoon honey
4. ½ teaspoon ground coffee



Instructions:

1. In a small bowl, combine the castor sugar and ground coffee.
2. Add the Kasturi Haldi and honey to the dry ingredients.

3. Mix all ingredients thoroughly until you achieve a thick, grainy paste.
4. Gently apply the scrub to your lips using your fingertip.
5. Massage in circular motions for about 1–2 minutes to exfoliate the lips.
6. Rinse off with lukewarm water and pat your lips dry.
7. Follow up with a nourishing lip balm to lock in moisture.

Tips:

Use this scrub 1–2 times a week for best results.

Always do a patch test before using new ingredients to ensure no allergic reactions.

Store any leftover scrub in an airtight container and use within a week.

Ayurvedic Lip Mask

This Ayurvedic lip mask not only enhances the natural color of your lips but also provides deep nourishment, leaving them soft, smooth, and beautifully tinted. Enjoy your pampering session!

Ingredients:

1. ½ teaspoon Mulethi (Licorice) powder
2. ½ teaspoon Beetroot powder
3. 1 teaspoon Honey
4. 2–3 drops Vitamin E oil

Instructions:

1. In a small bowl, combine the Mulethi powder and Beetroot powder.

2. Add the honey to the dry mixture and mix well to form a smooth paste.
3. Incorporate the Vitamin E oil into the paste and stir until fully blended.
4. Gently apply the mask to your lips using your fingertip or a clean brush.
5. Allow the mask to sit for 10 minutes.
6. Rinse off with lukewarm water and pat your lips dry.
7. Follow up with a nourishing lip balm to lock in moisture.



Benefits:

- ★ Mulethi (Licorice): Known for its skin-brightening properties, Mulethi helps lighten dark lips and reduce pigmentation.
- ★ Beetroot Powder: Rich in antioxidants, Beetroot powder provides a natural tint to the lips and promotes hydration.
- ★ Honey: Acts as a natural humectant, drawing moisture into the lips and keeping them soft.
- ★ Vitamin E Oil: Moisturizes, soothes irritation, and protects lips from environmental damage.

DIY Lip Oil -

This homemade lip oil not only nourishes and hydrates your lips but also provides a natural tint and a delightful fragrance, making it a perfect addition to your skincare routine.

Ingredients:

1. 4 tablespoon Sweet Almond Oil
2. 1 teaspoon Beetroot Powder
3. 2-4 drops Vitamin E Oil
4. 1 teaspoon dried Rose Petals



Instructions:

1. Infuse the Rose Petals: Place the dried rose petals in a small glass container.
2. Add Almond Oil: Pour the sweet almond oil over the rose petals, ensuring they are fully submerged.
3. Infuse: Seal the container and let it sit in a warm, dark place for about 1–2 weeks, shaking it gently every day.
4. Strain: After the infusion period, strain the oil to remove the rose petals.
5. Mix Beetroot Powder & Vitamin E: In a separate bowl, mix the beetroot powder with the vitamin E oil until well combined.
6. Combine: Add the beetroot and vitamin E mixture to the infused almond oil, stirring well.
7. Store: Transfer the final lip oil into a small glass dropper bottle for easy application.

Benefits:

- ★ Sweet Almond Oil: Rich in vitamins A, E, and K, it moisturizes and softens the lips, preventing chapping and dryness.

- ★ Vitamin E Oil: Acts as a natural preservative and adds extra nourishment, promoting healing and protecting against environmental damage.
- ★ Rose Petals: Known for their soothing and anti-inflammatory properties, they help calm irritated lips and add a subtle floral scent.
- ★ Beetroot Powder: Provides a natural tint to the lips, enhancing their color without the need for synthetic dyes.

Tips:

Application: Apply a few drops of the lip oil to your lips as needed, especially before bedtime for overnight hydration.

Storage: Keep the lip oil in a cool, dry place, away from direct sunlight, to maintain its potency.

Patch Test: Always perform a patch test before using new ingredients to ensure no allergic reactions.

Ayurveda Hair Care -

“ The glow up isn't over until your hair gets its sparkle on.”

Ayurveda hair care is about balancing your body's doshas with natural remedies and lifestyle to maintain healthy hair from root to tip. Understanding hair anatomy in Ayurveda links hair health directly with internal balance and well-being rather than just external treatment.

Wanna know the secret of Ayurveda Hair Care?

It emphasizes prevention rather than cure.

Hair care is seen as part of overall health and balance of the body's doshas (Vata, Pitta, and Kapha).

Natural ingredients like amla, bhringraj, neem, hibiscus, and sesame oil are commonly used.

It promotes not only external treatments (like oil massages) but also internal balance through diet and lifestyle.

Ayurveda describes hair anatomy uniquely in relation to the body's doshas and elements rather than just the physical structure.

Root of Hair (Moola): The hair root is connected to the skin (twacha) and nourished by the blood (rakta) and marrow (majja) tissues. The strength and health of hair depend on these tissues.

Hair Shaft (Kesha): The visible part of hair made from hard keratin is connected to vata dosha, which controls dryness, brittleness, and texture.

Hair Follicle: The follicle's health depends on balanced pitta dosha, which governs metabolism and transformation, including growth and pigmentation of hair.

Sebaceous glands (Oil glands): Governed by kapha dosha, these glands produce natural oil that keeps hair moisturized and shiny.

Lets Understanding Day-to-Day Hair Concerns -

Healthy hair reflects a healthy body and balanced mind. However, many people face common hair problems like dandruff, greasy scalp, and hair fall, which Ayurveda explains as signs of dosha imbalances. This chapter explores these everyday hair issues and their root causes according to Ayurveda, helping you understand how to address them naturally.

Dandruff:

“ Itchy - flaky?

Nope! not on your glow-up checklist.”

Lets see how Ayurvedic explains dandruff?

In Ayurveda, dandruff is known as darunaka or Tandula, often caused by an imbalance of Vata and Kapha doshas:

Kapha Imbalance: Leads to excess oil and moisture on the scalp, creating a breeding ground for fungal growth and accumulation of dead skin cells.

Vata Imbalance: Causes dryness and roughness of the scalp, which leads to flaking and itching of scalp.

Why is Dandruff coming back even after using expensive hair care?

- Poor scalp hygiene
- Use of harsh chemical shampoos
- Irregular oiling and hair care
- Consumption of incompatible or heavy foods that increase Kapha (like fried, oily, or dairy-rich foods)
- Stress and lack of sleep, aggravating Vata and Kapha



SCALP SCRUB FOR DANDRUFF -

Ingredients:

1. Neem Powder – 1 tbsp
2. Antifungal, antibacterial, clears dandruff and scalp infections.

3. Triphala Powder – 1 tbsp
4. Balances all three doshas, detoxifies the scalp and strengthens follicles.
5. Fenugreek (Methi) Powder – 1 tbsp
6. Soothes inflammation, hydrates dry scalp, prevents flakiness.
7. Rock Salt (Sendha Namak) – 1 tsp
8. Acts as a natural exfoliant, removes dead skin and product buildup.
9. Fresh Aloe Vera Gel – 2 tbsp
10. Cools and hydrates the scalp, reduces itchiness.
11. Tea Tree Essential Oil (optional) – 3-4 drops
12. Enhances antifungal effect, especially useful in fungal dandruff.
13. Rose Water / Warm Green Tea / Curd – As needed to make a paste
14. Base liquid to adjust the consistency, all help soothe the scalp.



Instructions:

1. Mix all dry ingredients in a bowl.
2. Add aloe vera gel and your chosen liquid (rose water, green tea, or curd) to make a thick, gritty paste.
3. Add tea tree oil drops (if using).

4. Part your hair and apply the scrub directly to the scalp.
5. Gently massage in circular motions for 5–7 minutes.
6. Leave it on for 15–20 minutes.
7. Rinse with lukewarm water using a mild herbal shampoo or shikakai.

Frequency:

Use once a week as a scalp treatment.

Tips & Precautions:

- Do not scrub too harshly—gentle pressure is enough.
- Avoid it if you have open wounds, cuts, or severe scalp eczema.
- Always patch test new ingredients.

Follow with ayurvedic hair oil(mentioned below) , if your scalp feels too dry afterward.

ANTI-DANDRUFF HAIR OIL -

Benefits:

Fights fungal dandruff (Kapha imbalance)

Reduces dryness and flakiness (Vata imbalance)

Cooling and calming for itchy, irritated scalp

Light texture – no heavy residue

Ingredients:

1. Aloe Vera Gel (fresh or preservative-free) – 2 tbsp
2. Hydrating, anti-inflammatory, non-greasy base.
3. Jojoba Oil – 2 tbsp



4. Closest to scalp's natural sebum, lightweight and fast-absorbing.
5. Neem Oil – 1 tbsp
6. Antifungal and antibacterial, fights dandruff-causing microbes.
7. Tea Tree Essential Oil – 5 drops
8. Potent antifungal, reduces itchiness and flaking.
9. Camphor (edible grade) – 1 pinch (optional)
10. Cools the scalp and reduces fungal infections.
11. Licorice (Yashtimadhu) Extract or Powder – 1 tsp
12. Soothes inflammation, prevents scalp irritation.
13. Brahmi Oil or Infusion (optional) – 1 tbsp
14. Calms the scalp, helps relieve stress-based dandruff.

Preparation:

1. Warm jojoba oil slightly in a double boiler.
2. Add neem oil into it.
3. Mix in aloe vera gel and stir well to emulsify (use a blender for a creamy texture).
4. Add licorice powder, tea tree oil, and camphor.
5. Store in a clean glass bottle in the fridge for 1–2 weeks (shake before use).

How to Use:

- Take a small amount and massage gently into the scalp only(not the hair length).
- Leave for 30–60 minutes or overnight if preferred.
- Rinse off with a mild Ayurvedic shampoo.
- Use 2–3 times per week.

Ayurvedic Pathya & Apathya for Dandruff (Darunaka)

“You're what you eat and your scalp has been snacking on the wrong stuff.”

Pathya (Favorable):-

Diet:

Warm, freshly cooked meals – Easy to digest, pacify Vata.

Green leafy vegetables – Especially neem, methi (fenugreek), curry leaves.

Old rice, barley, and mung dal – Light on digestion, reduce Kapha.

Bitter & astringent foods – Like turmeric, karela (bitter gourd), methi seeds.

Spices – Cumin, coriander, black pepper, and ginger to stimulate Agni (digestive fire).

Amla (Indian gooseberry) – Rich in Vitamin C, promotes hair and scalp health.

Ghee (in moderation) – Nourishes Vata without aggravating Kapha.

Buttermilk (takra) – Balances digestion and improves skin health.

Lifestyle:

Regular hair oiling – With anti-dandruff oils like neem, tea tree, bhringraj.

Gentle scalp massage – Enhances circulation and balances doshas.

Adequate sleep (7–8 hrs) – Reduces Vata aggravation.

Stress management – Yoga, pranayama, meditation reduce emotional triggers for dandruff.

Mild herbal shampoos – Shikakai, reetha, amla-based.

Regular hair wash – 2–3 times per week to keep the scalp clean.

Sun exposure (morning sun) – Mild exposure dries excess Kapha on the scalp.

Apathya (Unfavorable) :

(Triggers or worsens dandruff through dosha imbalance)

Diet:

Cold, stale, or refrigerated foods – Increases Vata and Kapha.

Fried, oily, junk, and fast foods – Aggravate Kapha, cause ama (toxins).

Excess dairy – Especially cheese, paneer, curd at night (increases Kapha).

Heavy sweets and desserts – Cause dampness and feed scalp fungal infections.

Nightshades (in excess) – Potatoes, tomatoes can increase inflammation (especially if Pitta is involved).

Alcohol and carbonated drinks – Drying and toxic to scalp tissues.

Raw salads in excess – Increase Vata when digestion is weak.

Lifestyle:

Irregular eating/sleeping habits – Aggravate Vata, affecting skin and scalp.

Excessive use of chemical shampoos and hair dyes – Irritate the scalp.

Skipping hair wash for many days – Causes buildup and Kapha accumulation.

Excessive screen time/stress – Increases mental Vata.

Bathing in cold water regularly – Increases dryness of the scalp.

Covering wet hair or sleeping with wet hair – Worsens dandruff and cold-related imbalances.

Greasy Scalp (Taila Vriddhi)

“Greasy roots - your scalp is throwing an oil party and mr. fungal infection and mrs. itchiness are invited.”

Want Ayurvedic Explanation?

This condition is primarily due to an increase in Kapha dosha, which governs lubrication and moisture:

When Kapha is aggravated, sebaceous glands secrete excess oil.

Excess oil traps dirt and dead cells, causing scalp issues.

Poor digestion and metabolic imbalance also contribute to Kapha aggravation.

Greasy scalp on the next day of washing your hair! Ever wondered why?

- Excessive consumption of oily, fatty, and sweet foods



- Overwashing hair with harsh shampoos causing rebound oil production
- Lack of proper scalp cleansing or using unsuitable hair care products
- Hormonal imbalances increase Kapha dosha.

SCALP SCRUB FOR GREASY HAIRS

Ingredient	Quantity	Purpose
Sea Salt (fine)	1 tbsp	Natural exfoliant, absorbs excess oil
Neem Powder	1 tbsp	Antibacterial, antifungal, purifies scalp
Manjistha Powder	1 tbsp	Blood purifier, anti-inflammatory
Triphala Powder	1 tbsp	Detoxifying, balances all three doshas
Amla Powder	1 tbsp	Strengthens roots, absorbs excess oil
Tea Tree Essential Oil	4–5 drops	Fights fungal dandruff, refreshes scalp
Aloe Vera Gel or Rose Water	2–3 tbsp (as needed)	Base to form paste, cools and hydrates

Instructions:

1. In a bowl, mix all powders and sea salt thoroughly.
2. Add aloe vera gel or rose water slowly to form a grainy, thick paste.
3. Add 4–5 drops of tea tree oil and mix well.
4. Apply the scrub only on the scalp, section by section.
5. Gently massage in circular motions with your fingertips for 5–7 minutes.
6. Leave it on for 10–15 minutes.
7. Rinse off with lukewarm water and a mild herbal shampoo (shikakai/amlam based).

How Often to Use?

Every 10 days for maintenance

Precautions:

- Avoid scrubbing if the scalp has cuts, wounds, or severe sensitivity.
- Always patch test new ingredients.
- Do not over-scrub; gentle pressure is enough to exfoliate the scalp.

Ayurvedic Pathya & Apathya for Greasy Scalp

Pathya (Favorable)	Apathya (Unfavorable)
Light, warm, freshly cooked meals	Cold, heavy, oily, or stale food
Barley, millet, old rice, mung dal	White rice, wheat in excess, processed grains
Bitter, pungent, and astringent tastes (neem, turmeric, methi)	Sweet, salty, and sour tastes (sweets, cheese, pickles)
Spices like black pepper, ginger, cumin	Excessive dairy (milk, paneer, curd—especially at night)
Amla, Triphala, and leafy greens	Fried and junk food
Lukewarm water for drinking and washing hair	Cold drinks and frequent head baths with cold water
Regular scalp cleansing with herbal powders (shikakai, amla, reetha)	Overuse of commercial shampoos or conditioners
Mild, regular oiling with light oils (neem, tea tree in carrier oils)	Heavy oiling with sesame/coconut without proper washing
Daily exercise to reduce Kapha (walks, yoga)	Sedentary lifestyle, daytime naps
weekly detox (Triphala, light fasting)	Suppression of natural urges (especially sweat and digestion)

Hair Fall (Keshha Patan)

“Shedding more than your ex-drama? - ugh! We need to talk..”

Why do hairs keep falling? Want answers in ayurveda style?

Hair fall occurs due to the imbalance of all three doshas but mainly Pitta dosha, which controls metabolism and the health of hair follicles.

- Excess Pitta causes inflammation and weakens hair roots.
- Vata imbalance leads to dryness and brittleness, resulting in fragile hair prone to breakage.
- Kapha imbalance can cause clogged follicles, preventing hair growth.
- Poor digestion and toxin accumulation (ama) weakening hair follicles
- Stress and emotional imbalance aggravating Vata and Pitta
- Nutritional deficiencies (lack of iron, vitamins)
- Excess heat or sun exposure increasing Pitta
- Hormonal changes like thyroid imbalance or menopause

SCALP SCRUB FOR HAIR GROWTH

Ingredient	Quantity	Purpose
Mehandi (Henna) Powder	1 tbsp	Conditions scalp, promotes shine
Amla Powder	1 tbsp	Strengthens roots, high in Vitamin C
Hibiscus Powder	1 tbsp	Stimulates follicles, controls hair fall
Aloe Vera Gel	2 tbsp	Hydrates, soothes and promotes follicle health
Green Tea Decoction (strong)	As needed	Antioxidant-rich base, improves circulation

Instructions:

1. In a bowl, mix all dry powders thoroughly.
2. Add fresh aloe vera gel.

3. Slowly pour in cooled green tea decoction to make a thick paste.
4. Let the paste sit for 10 minutes to activate herbs.
5. Apply section-wise directly on the scalp.
6. Massage gently in circular motions for 5–7 minutes.
7. Leave it on for 20–30 minutes.
8. Rinse with lukewarm water and a mild herbal shampoo.

Frequency:

Use once a week for visible improvement in hair texture and growth.

Pro Tip:

For even more potent results, follow up with a light oil massage using ayurvedic hair oil after rinsing the scrub.

HAIR OIL FOR HAIRFALL-

Why Sesame Oil?

In Ayurveda, sesame oil is known as "Til Taila" — it's vata-pacifying, deeply nourishing, penetrates scalp tissues, and strengthens hair roots.

Ingredients:

Herb	Quantity	Purpose
Sesame Oil (Cold Pressed)	250 ml	Base oil, nourishes and strengthens scalp
Bhringraj Powder	2 tbsp	“King of Hair” – promotes hair growth
Amla Powder (or fresh pieces)	2 tbsp	Strengthens roots, adds shine
Brahmi Powder	1 tbsp	Calms scalp, reduces stress-related hair fall
Neem Leaves or Powder	1 tbsp	Antifungal, controls dandruff
Hibiscus Petals or Powder	1 tbsp	Promotes growth and prevents greying

Methi Seeds (Fenugreek)	1 tbsp	Prevents dandruff, strengthens hair
Liquorice (Yashtimadhu)	1 tbsp	Soothes the scalp, prevents itching
Camphor (optional)	1 small pinch	Cooling, improves blood flow

Method (Taila Paka Vidhi – Classical Infusion):

1. Add all the herbs (powdered or crushed) into a heavy-bottomed pan.
2. Add 250 ml of sesame oil and 750 ml of herbal decoction (boil herbs like bhringraj, amla, brahmi in water, then reduce to 1/4th).
3. Simmer the mixture on low flame until all water content evaporates. You'll hear a crackling sound when only oil remains.
4. Turn off heat, strain the oil through a muslin cloth.
5. Let it cool and store in a clean glass bottle.

Usage:

Warm the oil slightly before use.

Massage gently into the scalp 2–3 times per week.

Leave on for 1–2 hours or overnight before washing with mild shampoo.

Dosha-Specific Ayurvedic Hair Oil Recipes:-

1. VATA Hair Oil

(Dry, brittle hair, frizzy, split ends, hair fall)

Vata traits: Dryness, roughness, lack of nourishment

Goal: Deep nourishment, strengthening, reduce hair fall

Herbs:

Sesame Oil – 250 ml

Ashwagandha Root – 2 tbsp (nourishing and anti-stress)

Bhringraj – 2 tbsp

Methi Seeds – 1 tbsp

Amla – 1 tbsp

Licorice (Yashtimadhu) – 1 tbsp

Brahmi – 1 tbsp

Hibiscus Flower – 1 tbsp

Jatamansi – 1 tbsp (optional, for sleep and nerve balance)

Essential Oils (optional):

Lavender – 4 drops

Vetiver – 2 drops



2. PITTA Hair Oil

(Premature greying, scalp inflammation, sensitivity, burning scalp)

Pitta traits: Heat, inflammation, early greying, thinning

Goal: Cooling, anti-inflammatory, pitta shamak (soothing)



Herbs:

Sesame Oil – 250 ml

Bhringraj – 2 tbsp

Amla – 2 tbsp

Brahmi – 2 tbsp

Sandalwood Powder – 1 tbsp

Manjistha – 1 tbsp

Rose Petals – 1 tbsp

Licorice (Yashtimadhu) – 1 tbsp

Coconut flakes – 1 tbsp (adds cooling properties)

Essential Oils (optional):

Rose – 3–5 drops

Chamomile – 3 drops

3. KAPHA Hair Oil

(Greasy scalp, thick buildup, dandruff, slow hair growth)

Kapha traits: Oiliness, buildup, slow metabolism

Goal: Detoxifying, clarifying, stimulating hair follicles

Herbs:

Sesame Oil – 250 ml

Neem Leaves or Powder – 2 tbsp

Triphala – 2 tbsp

Manjistha – 1 tbsp

Hibiscus Flower – 1 tbsp

Black Pepper (crushed) – ½ tsp (stimulates scalp)

Bhringraj – 1 tbsp

Fenugreek (Methi) – 1 tbsp

Tulsi or Holy Basil – 1 tbsp

Essential Oils (optional):

Tea Tree – 5 drops

Eucalyptus – 3 drops

Ancient Rituals, Modern Love

Let's be real—your body is not just a machine that needs fuel and rest.



It's your temple, your home, and your best friend. And just like your BFF needs a good spa day once in a while, so does your skin, scalp, lips, and toes!

Through this book, we've unlocked the age-old secrets of Ayurveda's beauty toolkit—not the rushed, rinse-off routines, but soulful, sensory rituals that honor your body as sacred.

- From herbal scrubs that whisper away dead skin and dullness...
- To face masks made from kitchen treasures that glow up your aura as much as your complexion...
- From lip balms and rose petal potions that kiss cracked lips goodbye...
- To hand and foot rituals that turn tired limbs into grateful limbs...
- From scalp-soothing hair care that brings down dosha dramas...
- To body oils and ubtans that melt stress right off your skin.

We've gone beyond surface beauty. These rituals aren't just about glow-ups — they're about slowing down, tuning in, and treating yourself like royalty (because you totally are).

Ayurveda says:

“Share the same devotion with your body that you do with your soul.”

Because both are sacred. And both need love.

So next time you think self-care is a luxury?

Nuh-uh. It's a ritual. It's respect. It's Ayurvedic.

And remember: You're not being "extra" by pampering yourself.

You're just returning to the rhythm of nature — where healing, glow, and grace are your natural state.

You're not just doing skincare.

You're doing soul-care.

Your New Mantra:

"My skin deserves herbs, not in a hurry."

"My hair deserves touch, not tension."

"My body deserves ritual, not rejection."

CHAPTER 10 - "FACE THE MUSIC: A SYMPHONY OF SMILES"



Welcome to the ultimate jam session for your facial muscles! Imagine your face as an orchestra, each muscle playing its unique tune. With facial yoga and massage, you're the maestro conducting a harmonious performance that leaves your skin glowing and your spirit uplifted.

The Opening Act: Facial Yoga

Think of facial yoga as your morning warm-up, prepping your face for the day's performance.

“Sculpt, tone, glow - no needles, just your fingertips.”

Face yoga is a natural, non-invasive practice that combines facial exercises and massage techniques to promote a youthful appearance and overall well-being. By engaging and strengthening facial muscles, it aims to enhance muscle tone, improve circulation, and reduce signs of aging.

Here is the answer - Why should you spare some time for face yoga?

1. Enhanced Muscle Tone and Facial Contouring

Regular facial exercises can strengthen and tone facial muscles, leading to improved facial contours and a more lifted appearance. A study indicated that women aged 40 to 65 saw fuller upper and lower cheeks and a younger appearance after 20 weeks of daily or alternate-day face yoga sessions

2. Reduction of Wrinkles and Fine Lines

By stimulating blood flow and promoting collagen production, face yoga may help smooth out wrinkles and fine lines, contributing to a more youthful complexion.

3. Improved Circulation and Skin Glow

Facial exercises increase blood circulation, delivering more oxygen and nutrients to skin cells. This can result in a brighter, more radiant complexion.

4. Reduction of Puffiness and Under-Eye Circles

Face yoga techniques can stimulate the lymphatic system, aiding in the reduction of puffiness and under-eye circles by promoting the removal of toxins and excess fluids.

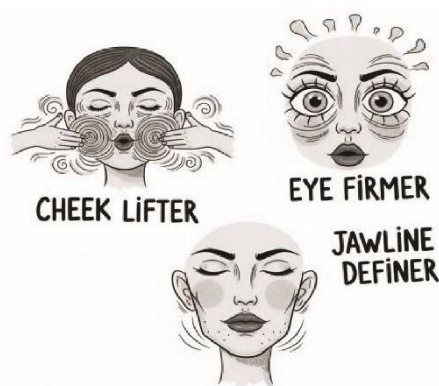
5. Stress Relief and Mental Well-being

Engaging in face yoga can activate the parasympathetic nervous system, promoting relaxation and reducing stress. This practice not only benefits the skin but also enhances overall mental well-being.

6. Natural Alternative to Cosmetic Procedures

Face yoga offers a holistic approach to facial rejuvenation, serving as a natural alternative to invasive cosmetic procedures. While results may vary, consistent practice can lead to noticeable improvements in facial appearance.

Some of basic facial yoga techniques -



- The Cheek Lifter: Smile wide, place your fingers lightly on your cheeks, and gently lift. Hold for a count of five. This exercise helps in enhancing cheek volume and reducing sagging.
- The Eye Firmer: Place your index fingers at the outer corners of your eyes and gently pull towards your temples. Blink rapidly for a few seconds. This targets the eye area, aiming to lessen crow's feet.
- The Jawline Definer: Tilt your head back slightly, pucker your lips, and move your jaw forward. Hold for a few seconds. This helps in contouring the jawline and combating jowls.

Regular practice of these exercises can lead to improved muscle tone and a more youthful appearance.

The Main Performance: Facial Massage

Now, let's move to the soothing melodies of facial massage, where each stroke is a note in your skin's symphony.

“Tap, knead, stroke - your fingers are best gua sha.”

Benefits of facial massage -

1. Improves Blood Circulation

Boosts blood flow to the skin, delivering more oxygen and nutrients.

Gives the face a natural, healthy glow.

2. Promotes Lymphatic Drainage

Helps reduce puffiness by encouraging lymphatic drainage.

Removes toxins and reduces fluid buildup.

3. Enhances Skin Tone and Texture

Stimulates collagen production, improving skin elasticity.

Can reduce the appearance of fine lines and wrinkles over time.

4. Relieves Muscle Tension

Eases tightness in facial muscles, especially around the jaw, forehead, and eyes.

Helps reduce headaches and stress-related tension.

5. Boosts Product Absorption

Helps skin care products penetrate deeper into the skin.

Makes moisturizers, serums, and oils more effective.

6. Promotes Relaxation and Reduces Stress

Can lower cortisol levels, reducing stress and promoting calmness.

Offers a soothing, calming experience.

7. May Help Reduce Acne and Inflammation

Improves circulation and lymph flow which may support skin healing.

However, avoid vigorous massage on active acne to prevent irritation.

Simple facial massage techniques -



1. Effleurage (Light Stroking)

- Use your fingertips or palms.
- Gently stroke from the center of the face outward and upward.
- Moves lymph toward the lymph nodes (around ears and neck).
- Correct way to do-

Forehead: → → → →

Cheeks: ← ← ← ←

Jawline: ↑ ↑ ↑ ↑

Neck: ↑ ↑ ↑ ↑

2. Circular Motions

- Use your fingertips.
- Make small circular movements on the cheeks, forehead, and chin.
- Helps stimulate blood flow and relax muscles.
- Correct way to do-

○ ○ ○ ○ ○

○ ○ ○ ○ ○

○ ○ ○ ○ ○

(Circular dots represent fingertip motions)

3. Petrissage (Kneading)

- Use fingers and thumbs to gently knead facial muscles.
- Helps release muscle tension especially in jaw and cheek areas.
- Correct way to do -

Cheeks: (Pinch and release) ↔ ↔ ↔

Jawline: (Pinch and roll) ⇅ ⇅ ⇅

4. Tapping (Tapotement)

- Lightly tap the face using fingertips.
- Stimulates nerve endings and boosts circulation.
- Correct way to do -

Tap lightly with fingertips all over face:



5. Lymphatic Drainage Massage

- Use light pressure with fingers.
- Stroke from the center of the face toward lymph nodes:
 - From nose to ears
 - From chin along jawline to ears
 - From forehead to temples
 - From neck upwards
 - Correct way to do -

Nose → Ear

Chin → Jawline → Ear

Forehead → Temple

Neck ↑ (towards jawline)

The Encore: Benefits That Resonate

Engaging in facial yoga and massage isn't just about aesthetics; it's a holistic approach to well-being.

Enhanced Circulation: These practices stimulate blood flow, leading to a brighter complexion.

Stress Relief: The rhythmic motions help in reducing stress and promoting relaxation.

Improved Muscle Tone: Regular exercises can lead to firmer facial muscles, combating signs of aging.

Final Note

Remember, consistency is key. Just like rehearsing for a concert, regular practice ensures your facial symphony remains harmonious. So, take a few minutes each day to "face the music," and let your inner glow shine through!

Hey Skincare Queen & Kings — Don't Skip the Workout for Your Face!

We see you — layering serums like a scientist, masking like a goddess, and hunting down the glow like it's buried treasure. But hold up, have you added the ultimate glow-up secret yet?

Face Yoga + Massage = the skincare game-changer you didn't know you needed.

Think of it like this: your face has 40+ muscles, and they deserve a little love too! You wouldn't skip leg day, so why skip cheek lift day?

Face yoga is your skin's version of meditation and pilates combined — it boosts circulation, tones your jawline, de-puffs your eyes, and makes your face look naturally lifted (no filter needed, darling). Just 5 minutes a day can transform "I woke up like this" from dream to reality. And massage? That's your skin's love language. Whether it's with your fingers, a jade roller, or a good ol' gua sha, facial massage improves lymphatic drainage, enhances product absorption, melts stress away, and gives you that post-facial flush — minus the spa bill.

Pro tip: Do it while watching Netflix or listening to your fave playlist. It's skincare self-care with bonus relaxation points!

So the next time you're applying your serum, take an extra minute to lift those cheekbones, sculpt that jawline, and say goodbye to tension.

So go ahead, glow-getter — stretch that skin, lift that mood, and give your face the workout it's been waiting for.

Your serums will thank you. Your skin will love you. And your mirror? It won't stop winking at you.

CHAPTER 11 :

THE MENSTRUAL CYCLE & YOUR SKIN: A MONTHLY TALE



The menstrual cycle is a natural, recurring process that prepares the female body for potential pregnancy. It typically spans about 28 days and is divided into four distinct phases, each characterized by specific hormonal changes. These fluctuations not only influence reproductive health but also have profound effects on the skin's appearance and condition.

In Ayurveda, menstruation is seen as a natural detoxification process. The menstrual blood, or “Artava,” reflects the health of the Rasa (nutrient plasma) and Rakta (blood) dhatus (tissues). A healthy cycle is a sign of balanced doshas and a well-functioning reproductive system

Ayurvedic Perspective on the Menstrual Cycle,

In Ayurveda, the menstrual cycle is referred to as Rutuchakra, symbolizing the cyclical nature of a woman's reproductive health. This cycle is intricately linked with the balance of the three doshas—Vata, Pitta, and Kapha—and is divided into distinct phases, each governed by these doshas.

Phases of Ritu Chakra and Dosha Dynamics:- Ayurveda delineates the menstrual cycle into three primary phases, each governed by specific doshic activities,

1. Rajakala (Menstrual Phase) –

- Duration: Approximately 3–5 days.
- Dominant Dosha: Vata, specifically Apana Vayu, which facilitates the downward movement of menstrual blood.
- Physiological Insights: This phase involves the elimination of Artava (menstrual blood), considered a byproduct of Rasa and Rakta Dhatus. The process is viewed as a natural cleansing mechanism, aiding in the removal of bodily toxins.
- Classical Reference:
"Maasimaasi rajah streenaam rasajam stravati treham"
(Astahnga hrdaya)
This translates to: "Every month, women discharge menstrual blood derived from Rasa Dhatu."
- Observations: An imbalance in Vata during this phase can lead to irregularities such as scanty or painful menstruation.

2. Rutukala (Follicular Phase) –

- Duration: Approximately 12–16 days following menstruation.
- Dominant Dosha: Kapha, promoting tissue growth and stability.
- Physiological Insights: Kapha dosha governs the rebuilding of the endometrial lining, preparing the

uterus for potential conception. This phase is characterized by growth, nourishment, and stability.

- Classical Reference: The significance of this fertile period is highlighted:

"ऋतुकालो हि स्त्रीणां गर्भधारणाय योग्यः।"

Rutukala is the appropriate time for conception in women.

(Sushruta Samhita)

- Observations: A balanced Kapha during this phase ensures optimal fertility and a healthy uterine environment.

3. Rutavateta Kala (Luteal Phase) –

- Duration: Approximately 10–14 days leading up to the next menstruation.
- Dominant Dosha: Pitta, responsible for transformation and metabolism.
- Physiological Insights: Pitta's influence governs the secretion of hormones necessary for maintaining the endometrial lining. If fertilization does not occur, Pitta, along with Vata, initiates the breakdown of this lining, leading to menstruation.
- Classical Reference: The role of Pitta in reproductive functions is noted:

"पित्तं रजः स्रवणं च कारणं स्मृतम्।"

Pitta is considered the cause of the secretion of menstrual blood.

(Ashtanga Hridaya)

- Observations: An aggravated Pitta may lead to symptoms like irritability, acne, or heavy bleeding during menstruation.

Dhatus and Menstruation

Ayurveda emphasizes the role of bodily tissues (Dhatus) in the menstrual process:

- Rasa Dhatu (Plasma): The primary carrier of nutrients, its health is crucial for regular menstruation.
- Rakta Dhatu (Blood): Directly involved in the formation of menstrual blood, its balance ensures a healthy flow.

An imbalance in these Dhatus can manifest as menstrual irregularities, highlighting the importance of overall bodily health.

A Modern Scientific Exploration - Menstrual Cycle

Introduction: The Monthly Symphony:

Imagine your body as a well-orchestrated symphony, where each instrument (hormone) plays its part to create a harmonious cycle. The menstrual cycle is this monthly symphony, preparing the body for potential pregnancy. Understanding this cycle empowers individuals to tune into their bodies, anticipate changes, and make informed health decisions.

The Conductors: Hormonal Regulation:

At the heart of this symphony lies the Hypothalamic-Pituitary-Ovarian (HPO) axis, a trio of glands communicating through hormones:

1. Hypothalamus: Releases Gonadotropin-Releasing Hormone (GnRH).
2. Pituitary Gland: Responds to GnRH by secreting:
 - Follicle-Stimulating Hormone (FSH): Stimulates ovarian follicle growth.
 - Luteinizing Hormone (LH): Triggers ovulation.
3. 3. Ovaries: Produce:
 - Estrogen: Promotes uterine lining growth.
 - Progesterone: Stabilizes the uterine lining post-ovulation

The Four Phases of the Menstrual Cycle

1. Menstrual Phase (Days 1–5)

What Happens: The uterine lining sheds, resulting in menstrual bleeding.

Hormonal Activity: Estrogen and progesterone levels are low.

Visual Aid: Illustration of the uterine lining shedding.

2. Follicular Phase (Days 1–13)

What Happens: FSH promotes the growth of ovarian follicles; the dominant follicle matures.

Hormonal Activity: Estrogen levels rise, thickening the uterine lining.

Visual Aid: Diagram showing follicle development and rising estrogen levels.

3. Ovulation (Day 14)

What Happens: A surge in LH causes the release of a mature egg from the ovary.

Hormonal Activity: LH peaks; estrogen levels are high.

Visual Aid: Depiction of the egg being released from the ovary.

4. Luteal Phase (Days 15–28)

What Happens: The corpus luteum forms from the ruptured follicle, secreting progesterone.

Hormonal Activity: Progesterone peaks to maintain the uterine lining; if no pregnancy occurs, levels drop, leading to menstruation.

Visual Aid: Chart showing progesterone levels peaking and then declining.

Hormonal Highlights

Estrogen: Builds up the uterine lining; peaks before ovulation.

Progesterone: Stabilizes the uterine lining; peaks after ovulation.

FSH: Stimulates follicle growth in the ovaries.

LH: Triggers ovulation.

The Uterine Lining: Preparing the Nest

Throughout the cycle, the uterine lining (endometrium) undergoes changes:

Proliferative Phase: Estrogen causes the lining to thicken.

Secretory Phase: Post-ovulation, progesterone prepares the lining for potential implantation.

Menstruation: If no implantation occurs, the lining sheds.

Your Skin's Monthly Adventure: From Dull to Dazzling—

Menstrual Phase (Days 1–5):

The Quiet Retreat

As the cycle begins, your skin enters a period of introspection. With estrogen and progesterone levels at their lowest, your complexion may appear a tad dry and lackluster. It's as if your skin is taking a well-deserved rest, conserving energy. During this time, you might notice increased sensitivity, making it a perfect moment to indulge in gentle skincare rituals. Think of it as your skin's spa day—hydrating serums and soothing moisturizers are your allies.

Skincare focus: Gentle soothing, detoxifying, and hydration.

Cleanser: Use a mild, natural cleanser like rose water with a few drops of honey and neem for antibacterial action.

Exfoliation: Avoid harsh scrubs; instead, opt for a gentle turmeric and sandalwood with raw milk face pack once during this phase to reduce inflammation and brighten dull skin.

Moisturizer: Apply a lightweight, cooling aloe vera gel mixed with a drop of pure rose essential oil to calm sensitivity followed by sunscreen during daytime.

Hydration: Drink plenty of warm water infused with coriander or mint to flush out toxins.

Follicular Phase (Days 6–14):

The Awakening Glow

With the arrival of higher estrogen levels, your skin awakens from its slumber. Collagen production ramps up, leading to a plumper, more radiant complexion. Pores appear smaller, and the overall texture becomes smoother. It's like your skin has found its rhythm, embracing the new season with a fresh glow. This phase is ideal for introducing exfoliation into your routine, helping to shed any dullness and reveal the fresh skin beneath.

Skincare focus: Nourishment, rejuvenation, and preparation for ovulation glow.

Cleanser: Use a gentle cleanser with herbal ingredients like orange peel powder with rose water to keep skin fresh.

Exfoliation: Twice a week, use a mild scrub with chickpea flour (besan) and milk for brightening and smooth texture.

Face Pack: Use a nourishing pack of finely powdered oats, licorice powder and yogurt to boost hydration and glow.

Moisturizer: Use a nourishing cream like shatdhuta ghrita followed by sunscreen during daytime.

Serum: Apply a vitamin C-rich serum or amla (Indian gooseberry) extract to brighten and even out skin tone.

Hydration: Drink warm water infused with ginger and lemon to stimulate metabolism and clear skin.

Ovulation Phase (Around Day 14):

The Peak Performance

At the zenith of the cycle, estrogen peaks, and your skin reflects this hormonal harmony. The complexion is at its best—hydrated, elastic, and glowing. Pores are tight, and blemishes are less likely to appear. It's as if your skin is putting on its best face, ready to shine. However, some may experience a slight increase in oil production, so maintaining a balanced skincare routine is key to keeping that glow intact.

Skincare focus: Oil control, detoxification, and balancing.

Cleanser: Use a gentle foaming cleanser with neem, manjistha added with 1 drop of tea tree oil and rose water to keep oil and bacteria in check.

Exfoliation: Use a gentle chemical exfoliant or natural enzyme mask (mashed papaya + turmeric + honey + rose water) once this week to prevent clogged pores.

Face Pack: Apply a cooling pack made with red sandalwood powder and rose powder mixed with triphala decoction to soothe and balance oil.

Moisturizer: Use a non-comedogenic, lightweight moisturizer like aloe vera gel or a calamine lotion.

Spot Treatment: Use neem or turmeric paste on any breakouts.

Hydration: Drink plenty of water and herbal teas like peppermint to calm any inflammation.

Luteal Phase (Days 15–28):

The Balancing Act

As progesterone takes the lead, your skin enters a phase of transformation. Oil production increases, and pores may become more prone to clogging, leading to potential breakouts, especially around the chin and jawline. It's like your skin is

preparing for a change, balancing between its natural glow and the challenges of excess oil. Incorporating products with salicylic acid can help manage this phase, keeping your complexion clear and balanced.

Skincare focus: Calming, hydration, and anti-inflammatory care.

Cleanser: Use a creamy cleanser with soothing herbs like calendula or aloe vera.

Face Pack: Use a hydrating pack with aloe vera, honey, oats and turmeric to calm redness and inflammation.

Moisturizer: Apply a ceramide richer cream to nourish and repair skin.

Serum: Use a calming serum with ingredients like gotu kola or licorice root extract or hyaluronic acid to reduce redness and prevent breakouts.

Additional: Use a gentle facial massage with warm oil (like sesame) for lymphatic drainage and to boost circulation.

Hydration: Drink chamomile or tulsi tea to balance mood and skin.

The Monthly Skin Drama: A Love-Hate Story

Ah, the skin cycle. That dramatic, unpredictable bestie who changes moods faster than you can say "hormonal breakout." Every month, your face becomes a stage, and your skin? The lead actress in a four-act play called "The Menstrual Chronicles." Spoiler alert: it's equal parts glow-up and glow-down.

Act 1: The Moody Meltdown (Menstrual Phase)

This is when your skin decides to cry with you. Everything feels sensitive — emotions, lower back, and yes, your face. Dry patches here, a surprise pimple there, and that ghostly dullness... hello, Dracula vibes. It's like your skin is going through a breakup — red, irritated, and not ready to talk. So, we hug it with aloe, feed it with rose, and chant soothing mantras (or chocolate), because healing is a process.

Act 2: The Post-Period Party (Follicular Phase)

Just when you're about to lose hope, BAM! Your skin remembers who she is — the main character. Glow, clear, bouncy — like you've just returned from a Himalayan retreat. Suddenly, every selfie slap and filters feel unnecessary. You've got that post-period high — mentally and epidermally. Follicular phase is basically your skin's influencer vibes. Ayurvedically, this is the time to nourish, exfoliate gently, and glow like the goddess you are. And yes, your skin says, "You're welcome."

Act 3: The Flirty Flicker (Ovulation Phase)

Now we're talking! Your skin is literally flirting — with the mirror, with the sun, and even that old crush who just happened to watch your story. She's radiant, plump, and glowing from within. But hold up — the oil starts creeping in, whispering, "Breakout? Maybe." So while we bask in the beauty, we also balance — a little neem here, a sandalwood splash there. Because ovulation glow is like a summer romance — passionate but temporary.

Act 4: The PMS Plot Twist (Luteal Phase)

Just when you thought you had it together, here comes the PMS plot twist. One minute you're glowing, the next — boom! Chin pimples, jawline congestion, random itch, and that one rogue whitehead. Your skin's like, "Let me just throw in a little drama for spice." You're bloated, your jeans are tight, and your pores are on a rampage. It's okay, queen. This is the time to calm, cool, and cuddle your skin with lavender oil and licorice masks. No harsh moves — just love and patience.

So what's the moral of this drama?

Your skin is a storyteller. It's expressing what your hormones are whispering, what your gut is grumbling, and what your soul is feeling. Every phase is a message — sometimes sweet, sometimes savage. But with the wisdom of Ayurveda, you're not just surviving the drama — you're dancing through it, one herbal face pack at a time.

So here's to embracing every skin mood, laughing at the zits, celebrating the glow, and loving the skin you're in — all month long.



To Every Girl Going Through Skin Drama...

Hey beautiful!

Let's get one thing straight: your skin is not a magazine cover — it's a living, breathing journal of your life. Some days it's dewy and glowing like it just came back from a spa retreat, and some days... well, it's giving "teenage rebellion in disguise." And guess what? That's perfectly normal.

We live in a world where filters are smoother than real skin, and glass skin is treated like a personality trait. But babe, you don't need to look like a glazed donut 24/7 to be worthy. Pores

are real. Hormonal breakouts are real. And so is your natural, raw, stunning beauty.

Your skin isn't misbehaving — it's cycling, cleansing, shifting with your hormones. That pimple on your chin before your period? It's not a flaw, it's your body saying, "Yo, things are happening inside." So let's stop declaring war on our faces and start being BFFs with our skin.

Ayurveda teaches us to love our skin like we love a moody friend — with patience, oils, herbal face packs, ubtans and lots of hydration. Some days it needs neem and turmeric. Other days, it just needs a break — and so do you.

So here's your reminder: You are not your breakouts. You are not your dark circles. You are divine — even with a pimple on your nose. Don't let the internet convince you otherwise.

You're not here to be perfect. You're here to be you — radiant, real, and absolutely magical.

Now go slay — with your skin, not in spite of it.

“THE 30 SECRET STASH: EVEN YOUR GRANDMA DIDN’T TELL YOU ABOUT!”



This one’s your VIP pass into the backdoor of Ayurveda—the one where the real magic lives.

Think of this as a bonus for your “skin ritual treasure chest”—a place where ancient meets modern, and glow doesn’t come in a jar, but from warm oil on your belly button and humming “Om” while applying face oil.

Here, you won’t find tips like “wash your face twice a day” and “Yawn. These are the whispered beauty secrets, the kind passed down by moonlight, hidden in Sanskrit verses, or intuitively discovered when your soul met your skin in silence.

This isn’t just skincare. It’s soul-care through skin, bio-hacking with herbs, and rituals that make your mirror fall in love with you again and again.

Let’s dive in—and bring your copper mirror, neem wood comb and a little bit of mischief.

1. Soak 2 strands of kesar + 4 black raisin daily

This simple morning ritual works wonders for skin clarity. saffron are rich in vitamin c and antioxidants, while black raisins are liver-loving and blood-purifying. This combo enhances digestion, helps reduce pigmentation and boosts skin's natural glow—especially great for hormonal acne. For bonus glow just add ghee.

2. Gargle with sesame oil + triphala powder in the morning

This isn't just oral care—it tones facial muscles, improves jawline definition, reduces puffiness, and activates lymphatic drainage. Triphala is a detoxifier, and sesame oil calms Vata, which contributes to dry, prematurely aged skin. Do it while making your morning tea—just 2 minutes!

3. Sun gaze for 5 minutes during sunrise (Trataka on the sun)

This ancient yogic practice gently balances the circadian rhythm and helps reduce cortisol, which is responsible for stress-related breakouts. Simply look at the rising sun (first 30 mins after sunrise) with a soft gaze. It improves skin tone, brightens under-eyes, and even supports hormonal harmony.

4. Massage eyelids and earlobes with rose ghee before bed

Rose-infused ghee is a powerful Rasayana (rejuvenator). When massaged on subtle marma points like eyelids and earlobes, it induces deep sleep, reduces under-eye circles, and tones facial skin over time. Keep a tiny jar on your nightstand—it smells divine too.

5. Abdominal massage before bed

Gentle clockwise massage around your navel using sesame or castor oil can greatly improve digestion and relieve gas and

bloating—major causes of skin dullness. You don't need a spa—just your palms and 2 minutes before sleep.

6. Apply beetroot juice to belly button during periods

This tip comes from ancient belly button therapy or nabhi chikitsa. Beetroot improves blood circulation, especially in the pelvic region, reducing cramps and hormonal imbalances that show up as acne. It also deepens the skin tone when applied regularly.

7. Stand barefoot on grass or moist soil for 5 minutes post-shower

This modern “earthing” hack reduces electromagnetic stress and inflammation in the body. You can do this in your garden or balcony with a bit of moist soil. It helps skin stay calmer and brighter by reducing static tension.

8. Use moon-charged aloe vera gel on full moon night

Place a jar of fresh aloe gel under moonlight overnight, then apply it the next day. According to Ayurveda, lunar energy is cooling and nourishing. This is especially helpful for Pitta-type skin (acne, redness, rashes).

9. Store rose water or toner in a clay pot

Clay cools and subtly alkalizes whatever it stores. Pour your rose water or facial mist into a small clay bottle or pot. It enhances the cooling effect, shrinks pores, and soothes heated skin—perfect for summer.

10. Avoid mirror gazing during dusk

Ayurveda warns that dusk is a sensitive transition time (Sandhya kala). Vata dominates then, making us more likely

to judge ourselves harshly. Limiting mirror time during this window calms nervous energy and promotes inner beauty.

11. Whisper your skin intentions while applying face oil

Sounds silly—but it works. The practice of mindful touch and loving words activates the Manomaya Kosha (mental body), which directly affects skin tone and expression. Think of it as “energetic skincare.”

12. Saffron milk during waxing moon only

Saffron is a powerful Ojas (vitality) builder. Consuming it during the waxing moon (moon's visible shape is increasing in size as it progresses through the cycle) aligns with the body's growth cycle. Just 1-2 strands in warm milk can improve complexion, hormonal balance, and reproductive health over time.

13. Apply raw milk + vetiver decoction on soles of the feet

This Ayurvedic marma therapy cools body heat (especially Pitta), improves sleep, and deeply nourishes skin. Vetiver is grounding and anti-inflammatory. Do it on hot, restless nights or post-screen exposure.

14. Hum “Om” while applying skincare

Sound therapy, or Nada Yoga, when paired with skincare, balances the breath, reduces anxiety, and opens facial channels. The vibration of "Om" resonates through the cranial bones and jaw—relaxing tension and restoring flow.

15. Chandra Bhedana Pranayama on acne-prone days

Alternate nostril breathing through the left nostril only, for 3–5 minutes. It activates lunar energy, calms excess Pitta, and

instantly cools internal heat—the root of inflammatory acne. This can be done anytime, anywhere.

16. Keep a piece of neem or bay leaf under your pillow

Neem leaves purify your aura and prevent subconscious heat or pitta energy from rising in the night. You may notice calmer sleep, fewer heat dreams, and reduced puffiness upon waking—especially helpful during hormonal shifts.

17. Offer the first spoon of your meal to fire (Agni dev)

This subtle gesture enhances mindfulness, activates digestive enzymes, and honors your inner Agni (metabolism). Better digestion equals less Ama (toxins), which directly translates into fewer skin eruptions and more radiance.

18. Prioritize Restorative Sleep (Yin Nourishment) for Timeless Beauty

In Traditional Chinese Medicine, sleep is considered a vital time for the replenishment of Yin energy, which is responsible for cooling, nourishing, and repairing the body's tissues, including the skin. Yin embodies moisture and substance, helping maintain skin hydration, elasticity, and youthful glow. Without adequate Yin restoration during sleep, the body's Yang energy can become excessive, leading to dryness, inflammation, and premature aging signs like wrinkles and dullness. TCM emphasizes aligning sleep patterns with the body's natural circadian rhythms—specifically, going to bed before 11 PM, when Yin energy is at its peak, to support deep, restorative sleep. This timing optimizes the functioning of the Liver and Kidney meridians, which play crucial roles in detoxification, hormone regulation, and blood nourishment, all directly impacting skin health. Liver energy surges between 1 AM and 3 AM, a critical window when the body detoxifies and

renews cells. If sleep is insufficient or delayed, this process is compromised, resulting in fatigue, dull complexion, dark circles, and accelerated skin aging

19. Moroccan Rhassoul Clay and Argan Oil Treatment

For centuries, Moroccan women used Rhassoul clay, rich in minerals, combined with argan oil for deep cleansing and moisturizing. This powerful duo detoxifies skin, tightens pores, and imparts a natural glow, passed down through Berber tribes.

20. Dab Rose Water on Your Heart Chakra Before Skincare

Before you begin your skincare routine, take a few drops of pure rose water and gently dab it over your heart center, located at the middle of your chest (Anahata chakra). This small, almost sacred act connects the physical with the energetic. According to Ayurveda and yogic anatomy, the heart chakra governs love, compassion, self-worth, and how openly we connect to ourselves and others. And when this energetic center is blocked—due to stress, heartbreak, self-doubt, or grief—its effects show up on the skin in subtle ways: dullness, tension, even premature aging. Rose, a cooling and heart-opening herb, has the power to soothe both emotional and inflammatory heat (Pitta), which often manifests as redness, irritation, or flare-ups on the face. Dabbing rose water here is like pressing the reset button. It activates a sense of calm, emotional softness, and self-love, which reflect instantly on your face. Then begin your usual skincare. You'll notice: when your heart softens, your jaw relaxes, your eyes glow, and your whole face looks a little more at home in its own light.

21. Take your supplements with herbal tea + Ghee instead of plain water

Instead of plain water, use tulsi, licorice, or rose petal tea topped up with ghee to amplify absorption and soothe your gut lining. This supports better assimilation of nutrients vital for skin repair and collagen synthesis.

22. Apply kasturi turmeric + vetiver paste behind ears during PMS

This marma area connects to hormonal flow and lymph drainage. A cooling, anti-inflammatory paste here calms hormonal tension and prevents PMS-related acne and bloating.

23. Sit in moonlight with wet hair for 10 minutes during full moon

Yes, this one's poetic—but real. Moon exposure pacifies Pitta, cools the head, reduces hair loss, and has a mystical effect on the skin. It's your natural LED therapy—no wires, no filters.

24. Lotus Root and Sandalwood Paste: The Imperial Glow Mask

The royal courts treasured a smooth paste of lotus root and sandalwood powder blended with rose water. This mask tightened pores, improved skin firmness, and imparted a delicate, luminous glow. Lotus root's natural antioxidants combined with sandalwood's cooling, anti-inflammatory effects calmed the skin and healed blemishes. Applied before grand events, it gave nobles radiant complexions that symbolizes purity and vitality.

25. Avoid talking while eating

Ayurveda emphasizes Mauna Bhojana (silent eating). It allows complete attention to digestion and reduces Vata. This lowers

bloating, clears your gut-brain axis, and prevents emotional eating—which often shows on the skin.

26. Rub castor oil on eyebrows before sleeping

Castor oil, applied with intention, activates the Shankha and Apanga marma points. These connect to liver and reproductive health. Over time, this can help regulate hormones and support glowing skin from within.

27. Keep a small copper or silver mirror on your dresser

These metals have subtle sattvic energies. Looking at yourself in a copper/silver mirror during self-care amplifies the vibrational beauty field. It subtly enhances confidence and intention behind your routine.

28. Fast from synthetic scents once a week

Avoid perfumes, room sprays, and commercial incense for one day a week. This resets your olfactory system and allows your skin and senses to breathe. Over time, your natural scent becomes more balanced and magnetically clean.

29. Egyptian Cleopatra's Milk and Honey Baths

Cleopatra famously bathed in fresh donkey milk mixed with honey and rose petals. The lactic acid in milk gently exfoliates, while honey hydrates and nourishes. This royal soak left her skin soft, glowing, and youthful—an ancient spa ritual still inspiring luxury skincare today.

30. Royal Kumari-Kesar Mukha Tailam: The Untold Beauty Elixir of Asian Royalty

In the opulent courts of ancient Asia, the secret to radiant, youthful skin lay in the luxurious Kumari-Kesar Mukha Tailam—a rare facial elixir blending aloe vera juice and

saffron. This exquisite formula, enriched with licorice extract, valerian oil, and jasmine essence, deeply hydrated and balanced the skin, reducing pigmentation and age spots caused by palace life. Reserved for queens and princesses, it soothed inflammation, nurtured the skin with antioxidants, and uplifted mood with its calming fragrance. This untold Ayurvedic treasure embodies timeless beauty, offering glowing, flawless skin through gentle, royal care.

WANNA PLAY - THE GLOW GAME?



Let's end this book the way all great rituals should end—with a giggle, a glow-up, and a little self-discovery.

Think of this as your Dharma + Drama + Dewiness Decoder.

Ready? Grab your pen, or just count your answers on rose petals.

1. What's the first thing you did this morning?
 - A. Oil-pulled while humming a Sanskrit chant.
 - B. Hit snooze 3 times and negotiate with your liver to survive.
 - C. I drank hot water and said "Today, I sparkle."
 - D. Scrolled reels in bed and forgot what day it is.
2. What does your skin secretly whisper today?
 - A. "Thank you for the abhyanga, darling."
 - B. "Can we please nap in a vat of ghee?"
 - C. "Glow level: unstoppable."
 - D. "I'm confused but moisturized."
3. If your skincare shelf had a personality, it would be:
 - A. Calm, minimal, with copper bowls and incense.
 - B. A soft cloud of butters, balms & ancient secrets.
 - C. A disco ball of actives + Ayurvedic hybrids.

D. A chaotic jungle of 17 half-used serums.

4. Pick your soul-snack:

A. Soaked almonds with saffron milk.

B. Warm dates with warm milk.

C. A juicy pomegranate with mint.

D. Leftover fries and guilt. (It happens.)

5. What's your current beauty mantra?

A. "Balance is beautiful."

B. "Rest is resistance."

C. "Radiance is my birthright."

D. "SOS: Send turmeric."

Tally Time!

Count your most frequent letter:

Mostly A's:

You are "The Abhyanga Ritual"

Calm, nourishing, and totally rooted. You believe skincare starts in the soul and ends in sesame oil. Your glow is timeless—like ghee on a golden sunset.

Mostly B's:

You are "Shata Dhauta Ghrita in Human Form"

A soothing mystery of 100 times-washed wisdom. You heal everyone with your hug (and probably smell faintly of roses). Your skin may cry for hydration—but your energy says spa queen.

Mostly C's:

You are "The Chandan Firecracker"

You bring the dazzle. Cooling, glowing, and totally bold—you're the perfect blend of tradition and TikTok. You probably light incense while layering acids. Iconic.

Mostly D's:

You are "The Ubtan Juggler"

Your life is a beautiful mess of turmeric stains, wellness podcasts, and mystery pimples. But hey—you're trying. You're real. And that makes you radiant.

DO THE 7-DAY SKIN SUTRA GLOW DARE



Complete any 3 of the following (or all 7 if you're a full-blown glow warrior!):

1. Oil Up Like a Queen/King: Do abhyanga with nalpamradi oil and dance while applying it. Bonus: whisper positive things to skin.
2. Glow & Flow Morning: Wake up before sunrise once this week and do Ushapana (warm water drinking). Extra points if you don't text anyone for an hour.
3. DIY or DI-YAY? Make your own mask with kitchen ingredients. Post it with the caption: "Skin sutra glow dare" and forget to tag us.
4. Skincare Without a Mirror: One night this week, do your skincare blind. Feel your skin, don't judge it. Intuition only. And hope you didn't mix up the ghee and night cream.
5. Skin-Supporting Snack: Eat soaked almonds, fresh fruit, or a saffron-date treat and say out loud: "This is for my future face."

6. Digital Detox for Doshas: 3 hours of no screens. Apply face oil and massage it well, and play soothing music. Repeat as needed.
7. Compliment Someone's Inner Glow: Because good karma is the best serum.

This dare isn't about perfection—it's about play, presence, and prakriti.

So go ahead—dare to glow. You've earned it.

SHARE YOUR WINS:

Post your result with a glow selfie on Instagram + hashtag #SkinSutrasGlowGang and tag us on @apex_ayurveda (apex derma and wellness studio)

Show the world how Ayurveda + fun = divine skin and divine vibes.

THE FINAL SUTRA



And that, dear radiant reader, brings us to the final page of Skin Sutras.

What a beautiful journey it has been—traveling through the ancient whispers of Ayurveda, decoding the body's subtle language, and learning how skin isn't just a surface—it's a story, a signal, a mirror, and a sacred space where your inner light finds its first reflection.

In this book, we've explored everything from doshas to DIYs, moon baths to marma points, rituals to rasayanas. We've learned that skin isn't separate from your gut, your thoughts, your emotions, or your breath. We've seen how beauty is not in a bottle, but in the balance. And we've awakened to the truth that glow comes not just from what you apply—but from how you live.

This is not just a book. It's a bundle of lived wisdom, sacred science, and subtle energy. It's the collection of thousands of years of Ayurvedic insight, woven into practical rituals for the modern soul. And now, it's yours to carry forward—to personalize, to adapt, and to pass on.

But the journey doesn't end here.

This may be the last page, but it's only the beginning of how deeply you can glow when you align with your inner rhythms. Ayurveda is infinite. The more you live it, the more it reveals itself—not just in skin, but in sleep, mood, hormones, digestion, aging, and the grace with which you move through life.

So while *Skin Sutras* closes here, I hope it leaves your heart open—to explore, to question, to reconnect with nature, to fall in love with your skin not for how it looks in the mirror, but for how it feels to live in.

To every reader who has made it here—thank you.

Thank you for investing time in understanding your beauty beyond filters. Thank you for choosing ancient wisdom over instant fixes. Thank you for trusting your intuition as much as any expert. And most of all, thank you for allowing me to be a part of your glow journey.

May this book become a friend on your vanity, a voice in your rituals, and a guide when your skin speaks.

You are already radiant. You are already enough.

And when you align with your inner nature, your outer glow becomes inevitable.

Here's to skin that breathes, glows, heals, and tells your truth.

Here's to the sutras that make beauty a spiritual act.

Here's to you—the reader, the seeker, the skin whisperer in the making.

With gratitude, grace, and a glow that lasts far beyond the page...

We'll meet again. Until then, let your skin sing.

CLOSING RITUAL:— SEALING THE GLOW



Before you close this book and step back into your days, take a moment to seal everything you’ve read—not just in your mind, but in your energy field, your breath, and your skin memory.

Mini Ritual: “The Mirror Offering”

1. Sit in front of a mirror—not to judge or compare, but to witness.
2. Place your palms on your heart, close your eyes, and take 3 deep, slow breaths.
3. Whisper the following mantra softly or within:
4. “Aham Saundarya Asmi”
5. (I am beauty itself. I am radiant in form.)
6. Now open your eyes, look gently at your reflection, and say:
7. “Thank you, skin. Thank you, body. Thank you, soul.”
8. Smile. The real kind. The one your skin understands.

This final ritual isn’t just symbolic—it imprints self-love into your cellular memory. Repeating this once a week can subtly

shift the way you see yourself, and how your skin responds to your energy.

Sanskrit Verse to End With

“त्वं सौन्दर्यं त्वं ओजः त्वं तेजः त्वं प्रकाशः।

त्वं त्वचा-संयमिनी शक्तिः। त्वं आत्म-रूपेण शोभसे॥”

“You are beautiful. You are vitality. You are radiant and
light.

You are the sacred force that governs the skin. You shine as
the soul itself.”

UNTIL WE MEET AGAIN...



As you turn this final page, know that this isn't goodbye—it's a gentle pause until our paths cross again. Whether we meet in another book, a wellness workshop, a skin retreat, or simply in the quiet mirror of your daily ritual—I send you forward wrapped in rose light, inner strength, and luminous calm.

Skin Sutras was never just a book about skincare. It was a soulful offering, a whispered reminder that your glow comes from something far deeper than what's visible.

In a world that often tells you to fix, cover, or chase perfection, I hope this book helps you slow down, reconnect, and celebrate your skin as a sacred space. May these rituals, recipes, and reflections stay with you—not just on your bathroom shelf, but in your breath, your choices, and your sense of self.

I'll be back soon—with more timeless hacks, seasonal wisdom, and beauty rituals that nourish not just the face, but the entire being. Until then, trust your glow. Tend to your rituals. Honour your rhythm.

And every time you touch your skin—do it with kindness, presence, and a knowing smile. Because now you know: true beauty was always an inside job.

Thank you for reading. Thank you for believing.

May you walk this world glowing, grounded, and gloriously you

Stay glowing. Stay grounded. Stay sutra-bound.

With love and light,

Dr. Harnoor Kaur Matharoo

Skin Sutras

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