

04. Ayurvedic Cosmetics for Melasma & Deep Hyper-Pigmentation

Melasma and entrenched post-inflammatory hyper-pigmentation (PIH) are **Rakta-Pitta** disorders in classical theory: hot, congested blood plus deranged Pitta beneath the skin.

The seven preparations below combine **varṇya** (complexion-enhancing) herbs, gentle tyrosinase modulators (licorice, manjishtha, saffron), antioxidants, and micro-exfoliants—always respecting the skin barrier. Each formula is scaled for a **50 g / ml** retail unit (except single-use masks).

| # | Formulation | Core Purpose | Classical Inspiration* |
|---|---|---|-----------------------------|
| 1 | Manjishtha-Sandal Corrective Serum | Daily fade serum; light oil-gel | <i>Raktaprasādāna</i> yogas |
| 2 | Saffron-THC Night Gel | Intensive overnight brightener (THC = tetrahydrocurcuminoids) | Kumkumādi + modern THC |
| 3 | Sariva-Vetiver Cooling Lotion | Day lotion that calms heat & inhibits pigmentation cycles | Sarivādi gana |
| 4 | Mahamajisthādi Herbal Peel Mask (single use) | Weekly micro-peel for dermal heat + stagnant pigment | Mahāmanjisthā kashāya |
| 5 | Licorice-Niacinamide Sleeping Mask | Barrier-safe leave-on treatment | Yashtimadhu lepa tradition |
| 6 | Neem-Lodhra Clarifying Cleanser | Low-foam face wash for Pitta-Kapha pigment acne | Lodhra-khadira yogas |
| 7 | Padmakādi Under-Eye Stick | Target periorbital darkness (vascular + pigment) | Padmakādi gana |

*Shows textual lineage; formulations are modernised & preservative-compliant.

1. Manjishtha-Sandal Corrective Serum (30 ml airless)

| Ingredient | Botanical | Qty |
|---------------------------------------|-------------------------------|---------|
| Squalane (olive-derived) | — | 12 g |
| Kukui nut oil | <i>Aleurites moluccanus</i> | 6 g |
| Red sandalwood CO ₂ | <i>Pterocarpus santalinus</i> | 0.25 g |
| Manjishtha CO ₂ | <i>Rubia cordifolia</i> | 0.25 g |
| Tocopherol | — | 0.3 g |
| Bergamot FCF EO (0.25 %)† | <i>Citrus bergamia</i> | 0.075 g |
| CO ₂ -rosemary antioxidant | — | 0.12 g |
| Aloe-lecithin hydro-gel* | — | 11 g |

†Furanocoumarin-free; safe for day use.

*Pre-blended 5 % lecithin gives light oil-in-gel texture.

Method

1. Warm squalane + kukui to 45 °C; dissolve CO₂ extracts & antioxidants.
2. Slowly hand-whisk into chilled aloe-lecithin hydro-gel until glossy.
3. pH 5.5; fill.

Indications melasma patches, PIH on combination skin.

Contra-indications active pustular acne; nut allergy (kukui).

2. Saffron-THC Night Gel (50 g jar)



| Phase | Ingredient | Qty |
|--------------|------------------------------------|---------|
| Water | Rose hydrosol | 24 g |
| Water | Veg glycerin | 4 g |
| Actives | Tetrahydrocurcuminoids (THC) 0.5 % | 0.25 g |
| Actives | Niacinamide 4 % | 2 g |
| Oil | Liposomal saffron extract 3 % | 1.5 g |
| Oil | Caprylic/capric triglyceride | 6 g |
| Emulsifier | Gelmaker-emulsifier | 1.2 g |
| Humectant | Sodium PCA | 1 g |
| Preservative | Geogard 221 | 0.8 g |
| q.s. | RO water | to 50 g |

Method : Cold process; disperse emulsifier, add actives ≤ 40 °C; adjust pH 5.2.

Indications stubborn epidermal melasma; nightly 12-week course.

Contra-indications pregnancy (niacinamide high dose; use alt); turmeric allergy.

3. Sariva-Vetiver Cooling Lotion (50 g pump)

| Ingredient | Botanical | Qty |
|-------------------------------------|------------------------------|----------|
| Vetiver hydrosol | <i>Vetiveria zizanioides</i> | 22 g |
| Sariva decoction 5 % | <i>Hemidesmus indicus</i> | 22 g |
| Aloe butter | — | 2 g |
| Rice-bran oil (γ -oryzanol) | — | 2.5 g |
| O/W emulsifier (Olivem 1000) | — | 1.5 g |
| Zinc PCA (0.3 %) | — | 0.15 g |
| Sodium phytate 0.1 % | — | 0.05 g |
| Potassium sorbate | — | 0.3 g |
| pH adjust | Lactic acid | q.s. 5.5 |

Indications day lotion for heat-reactive skin prone to pigment bursts.

Contra-indications severe nut allergy (none used) - generally safe.

4. Mahamajsthādi Herbal Peel Mask (single use, 18 g)

| Ingredient | Qty |
|-----------------------------------|-------|
| Mahamajsthādi kashaya concentrate | 6 g |
| Kaolin | 4 g |
| Papaya enzyme (green) | 0.4 g |
| Licorice powder | 1 g |
| Bentonite | 3 g |
| Honey | 3.6 g |

Method : Mix to thick slurry; apply 8 min; gentle circular rinse.

Indications weekly for dermal heat, thick melasma edges.

Contra-indications rosacea, raw eczema, aspirin allergy (salicylates in papaya).



5. Licorice-Niacinamide Sleeping Mask (50 g)

| Ingredient | Qty |
|------------------------------|--------|
| Shea ester (non-comedogenic) | 4 g |
| Licorice glycerite 20 % | 15 g |
| Niacinamide 5 % | 2.5 g |
| Hyaluronic acid (LMW) 0.1 % | 0.05 g |
| Panthenol 1 % | 0.5 g |
| Xanthan gum | 0.35 g |
| RO water | 26.6 g |
| Preservative Eco | 1 g |

Method: Hydrate xanthan in water, add actives; fold shea ester; pH 5.4.

Indications night barrier support + gradual brightening.

Contra-indications niacinamide flushing (patch test).

6. Neem-Lodhra Clarifying Cleanser (100 ml foamer)

| Ingredient | Qty |
|----------------------------|-------|
| Lodhra bark decoction 10 % | 40 ml |
| Neem leaf hydrosol | 30 ml |
| Coco-glucoside (8 %) | 8 ml |
| Betain surfactant (5 %) | 5 ml |
| Glycerin | 5 ml |
| Sodium benzoate | 0.6 g |
| Citric acid pH 5.6 | q.s. |

Foamer bottle; gentle shaking before use.

Indications Pitta-Kapha acne + pigment overlap.

Contra-indications very dry eczema patches.

7. Padmakādi Under-Eye Stick (10 g balm)

| Ingredient | Botanical | Qty |
|---|--------------------------|--------|
| Padmaka (wild Himalayan cherry) extract | <i>Prunus cerasoides</i> | 0.3 g |
| Mulethi (licorice) extract | <i>G. glabra</i> | 0.2 g |
| Caffeine (natural) | — | 0.1 g |
| Shea butter | — | 4 g |
| Fractionated coconut oil | — | 3 g |
| Candelilla wax | — | 1.8 g |
| Vit-E | — | 0.2 g |
| Lavender EO 0.2 % | — | 0.02 g |

Melt oil-wax; cool <45 °C; add extracts; pour in chap-stick mold.

Indications dark circles (vascular + pigment combo), under-eye fatigue.



Contra-indications sheabutter allergy; active blepharitis.

Usage Advisory & General Contra-Signals

- All brightening regimes must pair with **mineral SPF** during day.
- Avoid aggressive exfoliants in same routine (retinoids, strong AHAs) unless dermally guided.
- Discontinue if redness, burning >24 h.
- Internal support: manjiṣṭhādi kwatha, coriander-fennel water, Pitta-soothing diet.

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