

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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