

Chapter 6. Hyperpigmentation & Melasma - Ayurvedic Skincare Solution

1 Understanding the Problem

Condition	Classical Tags	Visual Hallmark	Core Doṣa Dynamics
Melasma ("Butterfly" patches)	Vyanga, Nilikā	Symmetrical brown mask on cheeks, nose	Pitta-Rakta heat + Kapha moisture carrier
Post-Inflammatory Hyperpigmentation (PIH)	Pittaja Kṣataja Varṇa	Brown/dark spot after acne, burn, rash	Residual Pitta + Vāta drying scar
General Tanning / Uneven Tone	Bhrajaka Pitta Agni Vaiṣamya	Patchy darkness, dull shade	Sun-triggered Pitta overdrive, weak Agni

2 Why Pigment Goes Haywire - Ayurvedic Pathway

1. Pitta-kindling diet (chilli, coffee, alcohol) or hormonal heat ↑
2. Weak Agni → **Āma** + Pitta mix enters **Rakta Dhātu**
3. Rakta congestion at **Bhrajaka Pitta** layer = melanocyte overstimulation
4. Kapha "sticks" pigment; Vāta leaves dry, uneven surface

Shortcut: **Heat + Toxins + Stickiness → Dark Patch**

3 Root-Cause Filter (Nidāna Parivarjana)

Must Stop	Because It...
Day-sleep after heavy meal	Clogs Kapha → dull patches
Late-night screen + coffee	Fires up Pitta, weakens liver Agni
Sour + spicy combo (e.g., pickle + chilli)	Double-hits Pitta
Synthetic perfumes/cosmetics on rash	Add chemical āma

4 Ayurvedic 3-Step Solution Framework

Step	Aim	Core Actions
Clean & Cool	Flush Pitta-Āma from gut & blood	Mild Virechana once; 3-day Tikta-Ghṛita prep; Sarivādi Kwātha 20 ml x2
Pacify & Protect	Block new melanin; soothe skin	Licorice-saffron day gel; zinc-licorice sunscreen SPF 30; Turmeric-manjishtha night mask
Rejuvenate & Fade	Regenerate healthy collagen; lighten marks	Āmla 3 g AM + Gudūcī satva 500 mg BID; Kumkumadi taila 4 drops alt-night; Gotu kola capsule 500 mg BID

5 Internal Herbal Protocol

Formula	Dose & Timing	Key Actives	Function
Sarivādi Kwātha	20 ml, after breakfast & dinner	Sariva, Musta, Lodhra	Blood-cooling, anti-inflammatory
Ārogyavardhini Vaṭi	250 mg x2 with lunch	Katuki, Triphala, Shilajit	Liver detox, melts āma
Āmla Powder	3 g sunrise, warm water	Vit-C, tannins	Antioxidant, collagen boost
Gudūcī Satva	500 mg BID	Tinospora starch	Rasāyana, immune-modulator
Gotu Kola Caps	500 mg BID	Asiaticosides	Collagen & micro-circulation

(Run for 8 weeks; review every fortnight.)



6 Topical Regimen

Time	DIY / Product	Blend & Method	Result
AM Cleanse	Licorice-Oat Wash	1 tsp oat flour + ¼ tsp licorice, water paste	Gentle brightening
Tone	Rose-Vetiver Hydrosol	Spritz; let air-dry	Pitta cooling
Day Shield	Zinc-Licorice Sunscreen SPF 30	Apply ½ tsp face/neck; re-apply q2 h	Physically blocks UV, tyrosinase inhibition
PM Cleanse	Turmeric-Honey Milk	1 tbsp milk + ⅛ tsp turmeric + ½ tsp honey	Fades pigment, softens
Night Mask (alt-days)	Manjishtha-Sandal Mask	Powder 1 : 1 with aloe gel, 15 min	Anti-tyrosinase, antiseptic
Night Serum	Kumkumadi Taila	4 drops press-in Sesame + saffron + manjishtha	Deep repair, spot lightening

7 7-Day Kick-Start Calendar

Day	Internal	External Highlight	Diet Focus
1	Tikta-Ghṛita 20 ml AM	Rose-vetiver mist	Barley peya + steamed veg
2	Ghṛita 30 ml	Saffron-licorice gel	Red-rice + mung soup
3	Ghṛita 40 ml	Turmeric-milk cleanse	Bitter gourd + cucumber salad
4	Virechana (Trivṛt 8 g)	Rest & hydrosol	Thin rice gruel
5	Start Sarivādi kwātha	Manjishtha-sandal mask	Rainbow veg + 1 tsp ghee
6	Add Āmla + Gudūcī	Kumkumadi night press	Pomegranate + coconut water
7	Resume normal; observe patch tone	Zinc-licorice sunscreen	Continue warm water sipping

8 Dietary Cheat-Sheet

Eat More	Reason
Bitter greens (fenugreek, neem shoot)	Scrape Pitta-Āma
Red rice, barley, quinoa	Light, Kapha-reducing carbs
Pomegranate, amla, berries	Antioxidant & iron synergy
1-2 tsp ghee daily	Lubes Vāta, carries curcumin
Strictly Limit	Reason
Coffee, alcohol, cola	Fires Pitta, dehydrates
Sour pickles + chilli mix	Pigment-trigger combo
Sugar-dairy desserts at night	Kapha stickiness blocks channels

9 Lifestyle Keys

- **Early morning gentle sun** (≤ 20 min) for vitamin-D; strict shade 10 am-4 pm.
- **10 pm lights-off**: peak melatonin synchronises melanocyte rhythm.
- **5-min Sheeli breathing** twice a day → internal coolant.
- Avoid harsh chemical peels while on herbal regimen.



10 Quick Quiz

1. Which classical decoction is frontline for cooling blood in hyperpigmentation?
2. True/False: Kumkumadi taila is applied in the morning under sun.
3. Name one incompatible food combo that fires Pitta and deepens melasma.

Answers: Sarivādi Kwātha • False - night-only • Fish + milk (or curd + meat)

11 Key Take-Aways

- Hyperpigmentation = **Pitta heat + Kapha stickiness + Rakta congestion**; fix all three.
- Treatment tripod: **Pitta-Āma purge → Tyrosinase-block gel + UV shield → Rasāyana rebuild.**
- Consistent sun discipline, calm hormones, and bitter-cool diet are half the cure.
- Expect tone-shift in 4 weeks; full fade 3–6 months with seasonal follow-up purge.

Mantra: “Cool the fire, unblock the flow, feed the glow—spots fade, even tone shows.”