

09. Ayurvedic Cosmetics for Post-Inflammatory Scar & Texture Repair

(Atrophic acne marks, superficial trauma, mild procedural after-care)

Persistent hyper-pigmented macules and shallow atrophic pits often combine **Pitta-Rakta discoloration** with **Vata-depleted dermal matrix**.

The seven barrier-safe preparations below (≈ 50 g / ml retail unless stated) gradually resurface, brighten and re-plump while respecting sensitive, recently-inflamed skin.

#	Formulation	Core Function	Classical Inspiration*
1	Gotu Kola-Manjishtha Collagen Serum	Collagen boost, scar fade	<i>Mandukaparni & Manjishtha rasāyana</i>
2	Kumkumadi-C Essence (Water Phase)	Antioxidant brightening for PIH	Kumkumādi taila ideas + āmla svāras
3	Triphala-Guduchi Silicone Gel	Occlusive TLC post-procedure	Triphalādi kashāya + guduchi vāta-pitta shamaka
4	Turmeric-Papaya Micro-Enzyme Peel (pH 4.2)	Gentle keratolysis, texture renewal	Haridrā lepa + modern enzymes
5	Ashwagandha-Ceramide Barrier Cream	Rebuild lipid matrix	Bala-aśvagandhādi sneha
6	Neem-Jojoba Spot Defense Oil	Prevent post-spot dark mark	Nimba taila
7	Licorice-Amla Re-Plump Sheet Mask (single)	15-min hydration & brightening	Amlādi varṇya gana

*Lineage cites classical root; formulas modernised & preservative-compliant.

1. Gotu Kola-Manjishtha Collagen Serum (30 ml airless pump)

Ingredient	Botanical	Qty
Centella hydrosol	<i>Centella asiatica</i>	15 g
RO water	—	6 g
Sodium hyaluronate 0.2 % (LMW)	—	0.06 g
Niacinamide 4 %	—	1.2 g
Manjishtha CO ₂ extract 0.5 %	<i>Rubia cordifolia</i>	0.15 g
Panthenol 1 %	—	0.3 g
Xanthan gum	—	0.25 g
Leuconostoc-radish ferment	—	0.9 g
Sodium phytate 0.1 %	—	0.03 g
pH 5.4	citric acid	q.s.

Method

- Hydrate xanthan in 4 g water.
- Add hydrosol + remaining water; disperse hyaluronate, niacinamide, panthenol.
- Blend manjishtha CO₂ in 1 g centella hydrosol, then vortex into gel.
- Add preservative, phytate; adjust pH; fill.

Indications : early atrophic acne marks, post-laser pinkness.

Contra-indications : niacinamide flush (patch-test).

**2. Kumkumadi-C Essence (50 ml dropper)**

Phase	Ingredient	Qty
Water	Amla juice (fresh, filtered)	18 g
Water	Rose hydrosol	20 g
Actives	Sodium ascorbyl phosphate 5 %	2.5 g
Actives	Licorice glycerite 8 %	4 g
Oil	Nano-emulsified kumkumadi taila 2 %	1 g
Preservative	Sodium benzoate	0.5 g
pH 5.6	NaOH / citric	q.s.

Low-shear homogenise; translucent micro-emulsion.

Indications : persistent PIH, overall dullness.

Contra-indications : extremely sensitive barrier (< 3 days post-peel).

3. Triphala-Guduchi Silicone Gel (30 g airless)

Ingredient	Qty
Medical-grade dimethicone 5 cs	15 g
Cyclopentasiloxane	7 g
Triphala ethanol extract 3 %	0.9 g
Guduchi extract 2 %	0.6 g
Vitamin E	0.3 g
Rosemary antioxidant	0.1 g

Blend under nitrogen; translucent gel.

Indications : fresh ablative-laser crusts (after re-epithelisation), hypertrophic scar prophylaxis.

Contra-indications : open, weeping wounds; silicone sensitivity.

4. Turmeric-Papaya Micro-Enzyme Peel (Single 12 g gel)

Ingredient	Qty
Aloe base gel	7 g
Green papaya enzyme 1 %	0.12 g
Wild turmeric (kasturi) powder 0.5 %	0.06 g
Lactic acid 5 %	0.6 g
Propanediol	1 g
Xanthan	0.18 g
Potassium sorbate 0.8 %	0.1 g
RO water	to 12 g (pH 4.2)

Apply thin layer 5 min; rinse.

Indications : rough scar rim, box-scar edges; weekly.

Contra-indications : active pustules, rosacea, salicylate allergy (though none added).

**5. Ashwagandha-Ceramide Barrier Cream (50 g tube)**

Phase	Ingredient	Qty
Water	RO water	22 g
Decoction	Ashwagandha 2 %	10 g
Oil	Shea butter	5 g
Oil	Sunflower oil	6 g
Emulsifier	Ceramide complex (2 %)	1 g
Humectant	Glycerin	3 g
Actives	β -glucan 1 %	0.5 g
Preservative	Optiphen BS	0.8 g
pH 5.3	lactic acid	q.s.

Standard 70 °C emulsion; cool; tube-fill.

Indications : barrier-impaired post-retinol dryness, micro-needling aftercare.

Contra-indications : shea allergy.

6. Neem-Jojoba Spot Defense Oil (15 ml roller)

Ingredient	Qty
Golden jojoba oil	12 ml
Neem CO ₂ 0.8 %	0.12 ml
Tea-tree EO 0.5 %	0.075 ml
Manjistha oil-soluble dex 0.3 %	0.045 g
Vit E	0.18 ml
Rosemary antioxidant	0.06 ml

Roll on fresh breakout after cleansing; reduces PIH risk.

Indications : prevent red → brown mark; early papule stage.

Contra-indications : pregnancy (high neem & tea-tree).

7. Licorice-Amla Re-Plump Sheet Mask (1 sheet, 25 ml serum)

Serum blend: RO water 12 ml, aloe juice 6 ml, licorice extract 5 %, amla hydrosol 4 ml, sodium PCA 1 %, hyaluronic 0.1 %, niacinamide 1 %, preservative 0.8 %, rest rose hydrosol.

Pre-soak biodegradable bamboo sheet; pack in foil.

Indications : post-sun dullness, week-2 after chemical peel.

Contra-indications : niacinamide flush.

Suggested Scar-Repair Protocol

Stage	Morning	Night
Days 1-3 post-procedure	Gentle splash + Barrier Cream (F-5)	Silicone Gel (F-3) occlusive
Days 4-14	Kumkumadi-C Essence → Sunscreen	Collagen Serum (F-1) → Barrier Cream
Weeks 3-8	Essence + Collagen Serum	Micro-Enzyme Peel (1x/wk) → Barrier Cream



Stage	Morning	Night
Spot	Neem-Jojoba roller as needed	

Sip **warm Triphala infusion** daily to aid detox and micro-circulation.

General Safety

- Always patch-test 24 h behind ear when barrier compromised.
- Delay enzyme peel until **no oozing** & intact epidermis.
- Pair with mineral SPF 50 to prevent rebound PIH.

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