



## 10. Ayurvedic Cosmetics for Sun-Burn & After-Sun Recovery

### (Instant Cooling • Inflammation Control • Barrier Rescue)

Acute UV over-exposure inflames **Pitta-Rakta**, dries out **Rasa**, and micro-fries epidermal lipids—showing as heat, redness, stinging, later peeling and dullness.

The eight recipes below ( $\approx 50$  g / ml retail unless noted) combine Ayurvedic **śīta-virya** cooling herbs—**Aloe, Chandana, Sariva, Padmaka, Vetiver, Yashtimadhu**—with barrier-friendly humectants and modern photo-repair actives. All are fragrance-free (or  $\leq 0.3$  % EO) to respect compromised skin.

#	Formulation	First-Aid Effect	Ongoing Benefit	Classical Roots*
1	<b>Aloe-Chandana Hydro-Gel</b>	Quenches heat & sting (leave-on)	Prevents peel	<i>Kumari + Chandana śīta lepa</i>
2	<b>Sariva-Vetiver Mist Toner</b>	Flash cooling & anti-itch	Tames Pitta flush	<i>Sarivādi gana</i>
3	<b>Śata-Dhauta Ghṛita Barrier Balm</b>	Occlusive repair (face/body)	Restores lipids	<i>Śata-dhauta ghṛita</i>
4	<b>Padmakādi Milk Compress Sachets</b>	15-min soak	Soothes, lightens tan	<i>Padmakādi varṇya</i>
5	<b>Licorice-Green Tea SOS Sheet Mask</b>	20-min calm	Fades PIH onset	<i>Yashtimadhu varṇya</i>
6	<b>Guduchi-Cucumber Eye Chill Pads</b>	Puff & burn relief	Hydrates peri-ocular	<i>Guduchyādi śīta</i>
7	<b>Manjistha-Allantoin After-Sun Lotion SPF 15</b>	Day-after comfort	Antioxidant repair	<i>Manjisthādi lepa</i>
8	<b>Amla-Coconut Electrolyte Drink</b> (10 sachets)	Internal cooling	Replenish Rasa	<i>Āmalaka rasāyana</i>

\*Lineage shows textual base; all formulas updated for modern GMP & preservative safety.

### 1 . Aloe-Chandana Hydro-Gel (100 ml pump)

Ingredient	Qty
Organic aloe-vera juice (cold-pressed)	60 ml
Sandalwood hydrosol	20 ml
Veg-glycerin	8 ml
Xanthan gum	0.4 g
Panthenol (1 %)	1 g
Allantoin (0.5 %)	0.5 g
Red sandalwood extract 0.25 %	0.25 g
Leuconostoc-radish ferment 0.9 %	0.9 g
pH 5.4 (citric acid)	q.s.

**Use:** Spread 1-2 pumps on hot areas every 2-3 h for first 24 h.

### 2. Sariva-Vetiver Mist Toner (100 ml fine-spray)

Ingredient	Qty
Vetiver hydrosol	50 ml
Sariva root cold infusion 5 %	30 ml
Cucumber distillate	15 ml
Sodium PCA 1 %	1 g
Potassium sorbate 0.8 %	0.8 g



Ingredient	Qty
pH 5.6	q.s.

**Use:** Keep in fridge; mist liberally every hour on heat day.

### 3. Śata-Dhauta Ghṛita Barrier Balm (45 g jar)

Ingredient	Qty
100x-washed cow ghee (cold-mortar method)	38 g
Kokum butter	5 g
Bisabolol (0.5 %)	0.25 g
Vitamin E	0.4 g
Zinc oxide non-nano 2 %	0.9 g

**Use:** Melt pea-size in palms; pat thin film on red zones; covers & seals moisture.

### 4. Padmakādi Milk Compress Sachets (6 cotton sachets)

Dry fill per sachet → Padmaka bark 1 g • Lotus petal 0.5 g • Red sandal 0.5 g • Oat colloid 1 g.

**Method:** Steep sachet in ½ cup lukewarm cow / almond milk 3 min; place on burns 15 min.

### 5. Licorice-Green Tea SOS Sheet Mask (single foil)

Serum (25 ml): RO water 10 ml • Green-tea hydrosol 8 ml • Licorice extract 5 % (1.25 g) • Sodium hyaluronate 0.1 % • Panthenol 1 % • Preservative 0.8 %.

Soak bamboo sheet; chill; apply 20 min → instant redness drop.

### 6. Guduchi-Cucumber Eye Chill Pads (10 pairs)

Ingredient	Qty
Cotton rounds pre-soaked in 2 % guduchi decoction + cucumber juice (1:1) + 0.8 % sodium benzoate	—

Store fridge; lay over eyes 10 min.

### 7. Manjistha-Allantoin After-Sun Lotion SPF 15 (50 g airless)

Phase	Ingredient	Qty
Water	RO water	18 g
Decoction	Manjistha 2 %	10 g
Oil	Raspberry-seed oil	6 g
Oil	Shea butter	4 g
Mineral	Zn-oxide non-nano 15 %	7.5 g
Emulsifier	Olivem 1000	2.5 g
Humectant	Glycerin	3 g
Allantoin 0.5 %	0.25 g	



Phase	Ingredient	Qty
Preservative	Geogard ECO	0.75 g
pH 5.4	q.s.	

Daily for a week post-burn to fend hyper-pigmentation.

### 8. Amla-Coconut Electrolyte Drink (10 × 6 g sachets)

Per sachet: freeze-dried amla 1 g • Coconut-water powder 3 g • Raw cane sugar 1 g • Pink salt 0.06 g • Coriander seed powder 0.2 g • Lemon zest 0.3 g • Stevia 0.04 g.  
Stir into 250 ml cool water; sip twice on burn day.

### 24-Hour After-Sun Rescue Plan

Hour	Topical	Internal
<b>0-1 h</b>	Mist (F-2) → Hydro-Gel (F-1)	Amla-Coconut Drink
<b>3 h</b>	Mist refresh → Hydro-Gel	Cool coriander-fennel water
<b>6 h</b>	Sheet Mask (F-5)	Light fruit bowl
<b>Bed</b>	Barrier Balm (F-3) thick layer	Warm turmeric milk
<b>Next day</b>	After-Sun Lotion (F-7) q3h + Mist Amla drink #2	

Re-evaluate on Day 3; if blistering, seek medical care.

### Contra-Signals & Patch Notes

- Open blisters → skip actives, use sterile saline + medical care.
- Dairy-free clients can swap almond milk in compress sachets.
- Mineral SPF mandatory 2 weeks to stop rebound PIH.