



## Chapter 3. Ayurvedic Anti-Aging Diet & Nutrition

### 1 ► The 60-Second Science of Ayurvedic Anti-Ageing

#### Key Ayurvedic Terms Explained Clearly:

Ayurvedic Concept	Plain English Explanation	Why it Matters for Anti-Ageing
<b>Agni</b> (Digestive Fire)	Your body's power to digest and transform food into nutrients	Strong Agni produces collagen-building nutrients, giving firm, vibrant skin
<b>Āma</b> (Toxic Waste)	Partially digested food or toxins that block nutrient absorption	Excess āma leads to inflammation, puffiness, dullness, and premature ageing
<b>Ojas</b> ("Glow Juice")	Essence of perfect digestion, emotional calmness, and immunity	High Ojas gives skin bounce, radiance, immunity, and youthful resilience

#### Simple Equation:

$$\text{Youthfulness} = (\text{Food} \times \text{Strong Agni}) - \text{Āma (toxins)} + \text{Ojas (inner glow)}$$

This means you must focus not just on good food but also on digestion and emotional health.

### 2 ► The "Age-Slow" Food Pyramid

Visualize your daily food in this order of priority (**stick this pyramid in your kitchen!**):

- ▲ Top (least quantity)
  - 5% Herbs & Spices: turmeric, saffron, trikatu
  - 15% Antioxidant-rich Fruits: amla, berries, pomegranate
  - 25% Colourful Vegetables: beetroot, spinach, pumpkin, carrots
  - 25% Slow Carbs: red rice, quinoa, millets (steady energy & silica)
  - 20% High-Quality Protein: mung beans, lentils, paneer, eggs
  - 10% Healthy Fats: ghee, sesame, avocado, almonds (skin barrier protection)
- ▼ Bottom (foundation)

**Aim:** Eat foods from each colour-group daily for balanced anti-ageing nutrition.

### 3 ► "Eat Your Collagen" - Key Nutrient Table (Explained)

Nutritional Need	Modern Nutrients	Ayurvedic (Tasty!) Sources	Easy Daily Serving Suggestion
<b>Collagen Bricks</b> (structural protein for skin)	Essential amino acids	<b>Mung dal khichadi</b> (lentil-rice dish)	One bowl at lunch, 4 times/week
<b>Vitamin C Activator</b> (boosts collagen formation)	Vitamin C (Ascorbic acid)	<b>Āmla chutney or fresh lemon juice</b>	One fresh amla or ½ lemon daily
<b>Skin Fat-Barrier</b> (for supple, protected skin)	Omega fatty acids	<b>Ghee and sesame seeds</b>	2 tsp ghee & 1 Tbsp seeds daily
<b>Antioxidant Shield</b> (protects from ageing free radicals)	Polyphenols	<b>Turmeric &amp; Saffron Tea</b>	¼ tsp turmeric + 2 saffron threads
<b>Anti-Glycation Guard</b> (prevents skin protein damage)	Zinc and herbal antioxidants	<b>Pumpkin seeds &amp; Gudūci herbal tea</b>	30 g seeds, 20 ml decoction daily



(Eating collagen-building foods directly boosts skin elasticity, thickness, and youthfulness.)

## 4 ▶ Doṣa-Tilted Foods for Specific Age-Control

Dominant Doṣha	Ageing Symptoms Seen on Skin	Foods to Increase	Foods to Reduce
<b>Vāta</b> (Air) – Dryness, rapid ageing	Crepey skin, dryness, fine lines, brittle nails	Warm soups, soft cooked grains, soaked dates, ghee (healthy fats)	Cold drinks, raw salads, fasting
<b>Pitta</b> (Fire) – Heat, inflammation	Redness, pigmentation, acne, irritation	Cooling coconut water, cucumber, coriander, sweet fruits	Excess spice, alcohol, sour foods
<b>Kapha</b> (Earth/Water) – Sluggishness	Puffy eyes, large pores, dull complexion	Ginger-lime tea, barley, bitter leafy greens	Cheese, dairy desserts, sugary coffee

(Personalize your diet based on your skin tendencies for maximum anti-ageing.)

## 5 ▶ 24-Hour “Skin-Clock” Anti-Ageing Meal Plan

A practical, skin-friendly daily menu:

Time	Meal Details	Skin Benefits Explained
<b>6:30 AM</b>	Warm copper-charged water + lime & honey	Flushes overnight toxins, ignites digestion (Agni)
<b>8:00 AM</b>	Silky Oats (oats cooked in almond milk, chia seeds, ghee, berries)	Collagen amino acids + antioxidants + nourishing fat
<b>11:00 AM</b>	Sesame-Pumpkin seeds snack + Hibiscus tea	Zinc, copper, Vitamin C (skin repair)
<b>1:00 PM</b>	Rainbow Thali: red rice, mung dal, beet-spinach sauté, carrot salad, amla chutney	Covers all 6 tastes; delivers collagen, antioxidants, silica
<b>4:00 PM</b>	Golden Latte (milk, turmeric, black pepper, stevia)	Anti-inflammatory, antioxidant boost
<b>6:30 PM</b>	Quinoa-Veg Khichadi with curry-leaf pesto	Easy digestion, amino acids, prevents greying
<b>9:00 PM</b>	½ tsp Bala-Ashwagandha Ghee under tongue	Deep sleep, reduces stress (cortisol), supports overnight skin repair

## 6 ▶ Weekly “Traffic-Light” Detox-Rebuild Meal Rhythm

Structured weekly dietary rhythm for sustained youthfulness:

Day Colour	What to Do (Diet Routine)	Expected Skin Feelings
☐ <b>Green (Mon-Wed)</b>	Balanced, nutrient-rich meals; no junk food	Hydrated, energetic, stable glow
☐ <b>Yellow (Thu)</b>	Light khichadi dinner; take Triphala at bedtime	Gut cleansing, lighter digestion
☐ <b>Orange (Fri)</b>	Detox with bitter gourd/neem herbal decoction (150 ml)	Deep detox feel, refined pores
☐ <b>Blue (Sat)</b>	Rasāyana feast: special rejuvenating dishes (saffron dessert, amla salad)	Morning fresh “wake-up” glow
☐ <b>Purple (Sun)</b>	Enjoy flexible meals but mindful portions	Balanced emotions (stress reduction slows ageing!)

(Maintaining a weekly rhythm prevents boredom, burnout, and helps consistently rejuvenate.)



## 7 ► DIY Anti-Age Snack Balls (Class Activity)

Easy Anti-age snack for daily consumption:

### Ingredients:

- Dates (1 cup), Black sesame seeds ( $\frac{1}{2}$  cup), Almond meal ( $\frac{1}{4}$  cup)
- Amla powder (1 Tbsp), Ghee (1 Tbsp), Cardamom ( $\frac{1}{4}$  tsp)

### Preparation:

1. Blend dates & warm ghee into a smooth paste.
2. Mix in sesame, almond meal, amla, cardamom; roll into 20 small balls.
3. Chill for 30 minutes.

**Eat one ball daily after lunch** (provides Vitamin C, Copper, healthy fats).

## 8 ► Red-Flag Habits & Quick Rescue

Common Mistake	Why It Ages Skin Quickly	Quick 3-Day Rescue Plan
Late-night sugary treats & scrolling	Sugar & blue light harm collagen, sleep	Replace with warm nut-milk & no screens 30 mins before bed
Excess coffee (over 4 cups/day)	Dehydrates, reduces collagen hydration	Switch at least 2 coffees with ginger-saffron tea
Skipping protein-rich breakfast	Leads to collagen deficiency	Start tomorrow with boiled eggs or sprouts

## 9 ► Quick Self-Check Quiz

1. **Name the “Holy Trinity” of anti-age herbs:**  
**Answer:** Amla, Gotu Kola, Turmeric
2. **Which grain provides silica (strengthens hair/nails)?**  
**Answer:** Red or Black Rice
3. **True/False:** Turmeric absorbs better with black pepper.  
**Answer:** True

## Key Takeaways:

- **Strong digestion (Agni) + Balanced colourful meals** = youthful, glowing skin.
- Personalize diet by your **doṣa imbalance** for targeted anti-ageing.
- Maintain a **weekly detox & rebuild rhythm** to sustain long-term results.

### Mantra:

*“Feed the fire, colour the plate, sip the spice, sleep like a child—watch the mirror smile.”*