

#### WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

### 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
Agni (Digestive Fire)	Your body's power to digest and transform food into nutrients	Strong Agni produces collagen-building nutrients, giving firm, vibrant skin
Ama I IOVIC WASTAL	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:**

Youthfulness = (Food × Strong Agni) - Āma (toxins) + 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)

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

<sup>©</sup> Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only Unauthorized reproduction, distribution, or commercial use is strictly prohibited.

#### WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

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

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

Domina	nt Dosha	Ageing Symptoms Seen on Skin	Foods to Increase	Foods to Reduce
<b>Vāta</b> (Air) – I ageing	Oryness, rapid	Crepey skin, dryness, fine lines, brittle nails	Warm soups, soft cooked grains, soaked dates, ghee (healthy fats)	
<b>Pitta</b> (Fire) – inflammation	•	Redness, pigmentation, acne, irritation	Cooling coconut water, cucumber, coriander, sweet fruits	Excess spice, alcohol, sour foods
<b>Kapha</b> (Earth 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
6:30 AM	Warm copper-charged water + lime & honey	Flushes overnight toxins, ignites digestion (Agni)
8:00 AM	Silky Oats (oats cooked in almond milk, chia seeds, ghee, berries)	Collagen amino acids + antioxidants + nourishing fat
11:00 AM	Sesame-Pumpkin seeds snack + Hibiscus tea	Zinc, copper, Vitamin C (skin repair)
1:00 PM	Rainbow Thali: red rice, mung dal, beet-spinach sauté, carrot salad, amla chutney	Covers all 6 tastes; delivers collagen, antioxidants, silica
4:00 PM	Golden Latte (milk, turmeric, black pepper, stevia)	Anti-inflammatory, antioxidant boost
6:30 PM	Quinoa-Veg Khichadi with curry-leaf pesto	Easy digestion, amino acids, prevents greying
9:00 PM	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:

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

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

<sup>©</sup> Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only Unauthorized reproduction, distribution, or commercial use is strictly prohibited.



WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

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

Easy Anti-age snack for daily consumption:

#### Ingredients:

- Dates (1 cup), Black sesame seeds (½ cup), Almond meal (¼ cup)
- Amla powder (1 Tbsp), Ghee (1 Tbsp), Cardamom (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 doşa 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."

<sup>©</sup> Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only Unauthorized reproduction, distribution, or commercial use is strictly prohibited.