

01. Ayurvedic Cosmetics for Anti-Ageing

Below are **7 classical or classical-inspired preparations** that target fine lines, loss of firmness, dullness, and age-related dryness. Each recipe is scaled for a single 50 g batch of face product (adjust freely), uses **food-grade or pharmacopeial herbs**, and follows low-heat, small-equipment methods suitable for a clinic, spa back-bar, or artisan lab.

	Formulation	Brief Purpose	Key Classical Roots*
1	Kumkumādi Taila (Saffron Facial Oil)	Landmark anti-ageing & complexion enhancer – firms, brightens, supports collagen	Aṣṭāṅga Hṛdaya, Bhāvaprakāśa
2	Nalpa-Manjishtha Cream	Intensive night cream for wrinkles & photodamage	Based on Nalpāmarādi taila & Manjishthādi gana
3	Triphala Ghṛita Balm	Anti-oxidant barrier balm for Vata-dry mature skin	Caraka – Rasāyana adhyāya
4	Licorice-Shatavari Hydro-Gel	Cooling gel for Pitta-sensitive ageing skin	Kāyatārāva Tantra teachings on yashtimadhu
5	Rakta-Chandan Collagen Lepa	Weekly mask tightens & boosts glow	Śārṅgadhara Saṃhitā – Raktacandana yoga
6	Brahmi-Aloe Eye Serum	Targets periorbital lines, puffiness	Kerala Vaidya eye-cosmo recipes
7	Ashwagandha-Sesame Abhyanga Butter	Neck-décolleté & body firming butter	Suśruta – Vāta-hara sneha

*Classical roots are cited for lineage orientation; exact modern adaptation steps below.

1. Kumkumādi Taila (50 g)

Intro: A revered saffron oil for fine lines, tone, and subtle glow.

Ingredient	Botanical	Qty (g)
Saffron filaments	<i>Crocus sativus</i>	0.3 g
Red sandalwood fine pwd.	<i>Pterocarpus santalinus</i>	1.5 g
Manjishtha pwd.	<i>Rubia cordifolia</i>	1.5 g
Laksha pwd.	<i>Laccifer lacca</i> resin	0.5 g
Yashtimadhu pwd.	<i>Glycyrrhiza glabra</i>	1 g
Goat-milk decoction	—	15 g (water phase)
Sesame oil (cold-pressed)	<i>Sesamum indicum</i>	30 g

Method

1. Prepare a **kwatha**: simmer goat milk + 60 ml water with powdered herbs 20 min; reduce to ½ (≈15 g).
2. Filter; combine filtrate + sesame oil in a thick-bottom pot (sneha-pāka).
3. Low-heat till water evaporates (no more bubbling).
4. Cool to ≤40 °C; macerate saffron 5 min, strain if silky texture desired.
5. Bottle in amber glass.

Indications: Fine lines, uneven tone, post-sun ageing.

Contra-indications: Active pustular acne, known sesame or saffron allergy.



2. Nalpa-Manjishtha Night Cream (50 g)

Intro: Emollient cream merging *Nalpāmarādi* quartet (*Ficus* barks) with manjishtha for firming & brightening.

Phase	Ingredient	Bot. name	Qty
Oil	Nalpāmarādi taila base ¹	—	18 g
Oil	Wheat-germ oil	—	2 g
Water	Manjishtha decoction (2 %)	<i>Rubia cordifolia</i>	25 g
Emulsifier	Beeswax	—	3 g
Actives	Vitamin-E (tocopherol)	—	0.2 g
Preservative	Geogard ECO	—	0.6 g

¹Traditional sesame oil processed with barks of *Ficus religiosa*, *F. benghalensis*, *F. racemosa*, *F. glomerata*.

Method

1. Separate oil and water phases; heat to 70 °C.
2. Homogenize; cool to 45 °C; add vitamin E & preservative.
3. Pot in sterile jar.

Indications: Loss of firmness, photodamaged skin.

Contra-indications: Raw eczema; sap (latex) allergy to *Ficus* spp.

3. Triphala Ghṛita Barrier Balm (50 g)

Intro: For severely dry, mature Vata skin—locks moisture, anti-oxidant shield.

Ingredient	Botanical	Qty
Clarified cow ghee	—	35 g
Triphala coarse pwd.	<i>Terminalia chebula</i> , <i>T. bellirica</i> , <i>Embllica officinalis</i>	3 g
Amla juice swarasa	<i>E. officinalis</i>	8 g
Rose hydrosol	—	3 g
Beeswax (<i>Cera alba</i>)	—	1 g

Method (Ghrita pāka - madhyama)

1. Boil amla juice + rose hydrosol + triphala till ¼ volume.
2. Add ghee; simmer low till watery phase evaporates.
3. Strain, blend in beeswax at 65 °C. Cool & pour.

Indications: Vata wrinkles, wind-chapped cheeks.

Contra-indications: Very oily/comedo-prone skin.

4. Licorice-Shatavari Hydro-Gel (50 g)

Intro: Pitta-calming, hydrating gel for fine dehydration lines.

Ingredient	Botanical	Qty
Aloe vera gel (fresh)	<i>Aloe barbadensis</i>	30 g
Licorice cold infusion	<i>Glycyrrhiza glabra</i>	15 g
Shatavari extract	<i>Asparagus racemosus</i>	2 g



Ingredient	Botanical	Qty
Xanthan gum	—	0.4 g
Potassium sorbate sol.	—	0.6 g
Rose oil (trace)	<i>Rosa damascena</i>	2 drops

Method

1. Bloom xanthan in licorice infusion; add aloe gel slowly.
2. Stir in shatavari extract, preservative, rose oil.
3. Jar; refrigerate use within 4 weeks.

Indications: Sensitive, redness-prone ageing skin; hot climates.

Contra-indications: Aloe or licorice allergy.

5. Rakta-Chandan Collagen Lepa (Single-use Mask, 20 g)

Intro: Weekly tightening & glow mask; mild resurfacing.

Ingredient	Botanical	Qty
Red sandalwood powder	<i>Pterocarpus santalinus</i>	4 g
Wild turmeric (kasturi)	<i>Curcuma aromatica</i>	0.5 g
Manuka honey (raw)	—	8 g
Gotu kola micro-powder	<i>Centella asiatica</i>	1 g
Rose water (q.s.)	—	≈6 ml

Method

Mix powders; blend into honey; thin with rose water to paste. Apply 12 min; mist to keep moist; rinse.

Indications: Dull, lax skin; pre-event glow.

Contra-indications: Turmeric staining on very pale skin; test patch.

6. Brahmi-Aloe Eye Serum (15 g)

Intro: Lightweight roll-on for crow's-feet, puffiness.

Ingredient	Botanical	Qty
Aloe juice (cold-pressed)	<i>A. barbadensis</i>	10 g
Brahmi CO ₂ extract	<i>Bacopa monnieri</i>	0.15 g
Caffeine (natural)	—	0.1 g
Fractionated coconut oil	—	4.5 g
Ecogel emulsifier	—	0.25 g

Method

Low-shear emulsify oil into aloe juice with ecogel; fold in caffeine & brahmi; package in roll-on.

Indications: Fine peri-orbital lines, morning puffiness.

Contra-indications: Active blepharitis; sensitivity to caffeine.



7. Ashwagandha-Sesame Body Butter (100 g)

Intro: Lux body butter for mature neck, arms—promotes firmness & reduces crepe texture.

Ingredient	Botanical	Qty
Sesame oil infused with ashwagandha	<i>Withania somnifera</i>	40 g
Kokum butter	<i>Garcinia indica</i>	30 g
Shea butter	<i>Vitellaria paradoxa</i>	25 g
Vitamin E	—	0.5 g
Lavender EO (<0.5 %)	<i>Lavandula angustifolia</i>	0.25 g
Natural preservative	—	0.5 g
Arrowroot	—	4 g

Method

1. Melt butters + infused oil to 70 °C.
2. Cool to 35 °C; add vitamin E, preservative, lavender.
3. Whip until fluffy; fold arrowroot for non-greasy feel; jar.

Indications: Crepey arms, neck laxity, post-weight-loss skin.

Contra-indications: Nut or lavender allergy; active dermatitis.