



Chapter 2. Ayurvedic Diet for Glowing Skin

1 ► Three Golden Rules before Any Food Talk

Rule 1: Protect “Agni” (Digestive Fire)

- **Why It Matters for Skin:**
 - Weak digestive fire (Agni) leads to incomplete digestion, creating a sticky, half-digested toxin called **Āma**. Āma accumulation manifests on the skin as **acne, blemishes, and dullness**.
- **Micro-Action to Follow:**
 - Drink **warm water before meals**.
 - **Avoid iced or cold beverages** during meals to preserve Agni.

Rule 2: Maintain Six-Taste Balance with Doṣa Tilt

- **Why It Matters for Skin:**
 - Each of the **six tastes (sweet, sour, salty, bitter, pungent, astringent)** carries a unique set of **phyto-nutrients** essential for balanced skin nutrition.
- **Micro-Action to Follow:**
 - Arrange your plate with **50% sweet taste** foods (grains, root vegetables), and divide the remaining half evenly among the **five other tastes** (sour, salty, bitter, pungent, and astringent).

Rule 3: Eat with the Sun

- **Why It Matters for Skin:**
 - Digestion is naturally **twice as strong at noon** compared to night-time, aligning with the body’s circadian rhythm.
- **Micro-Action to Follow:**
 - Have your **largest meal between 12-1 pm**.
 - Consume a **lighter dinner** ideally **before 8 pm**.

Remember: Healthy digestion = internal face-wash for clearer, radiant skin.

2 ► “Glow-Foods” Cheat-Table (Common Kitchen Items)

Effect on Skin	Star Ingredient	Why It Works (Plain English)	How to Use
Brightens & fades marks	Amla (Indian Gooseberry)	Rich in Vitamin C (boosts skin brightness, reduces scars)	Eat 1 fresh amla or 1 tsp powder each morning
Clears oil & pimples	Neem leaves (bitter)	Acts as a natural antibiotic and liver detoxifier , reducing acne	Blend 5 tender neem leaves into smoothies twice weekly
Plumps & hydrates	Ghee (clarified butter)	Contains healthy fats enhancing skin cell membranes, locking moisture	Drizzle 1-2 tsp melted ghee on rice or khichadi daily
Evens colour & UV protection	Red rice / Black rice	Rich in anthocyanins , potent antioxidants protecting from sun damage	Substitute white rice with red or black rice 3 times per week
Collagen support	Mung bean + Sesame	Provides essential amino acids plus copper & zinc crucial for collagen synthesis	Include as sprout salad or dal 4-5 times per week
Anti-age antioxidant	Turmeric + black pepper	Curcumin in turmeric, boosted by black pepper, protects skin from aging & inflammation	Add ¼ tsp turmeric with a pinch of pepper daily in soups, dals, or milk



3 ► Doṣa-Lens: Foods to Love & Foods to Limit

Skin Constitution	Eat More Of...	Go Easy On...	Why
Vāta (dry, thin)	Warm milk, oats, dates, sesame, avocado	Dry crackers, raw salads (especially at night)	Moist, nourishing, heavy foods combat dryness
Pitta (red, hot)	Cucumber, coconut water, melon, coriander	Excess chilli, sour pickles, alcohol	Cooling foods calm inflammation, redness
Kapha (oily, dull)	Spices (ginger, pepper), barley, leafy greens, apple	Excess dairy, fried foods, sugary drinks	Light, pungent, stimulating foods reduce oiliness

Shortcut:

- If your T-zone gets oily/shiny by noon → follow **Kapha list**
- If cheeks become dry/flaky → follow **Vāta list**

4 ► Daily “Glow-Plate” Diagram (Mental Picture)

Visualize your plate divided as follows:

- **50% Warm grains / root vegetables**
- **15% Cooked leafy greens**
- **15% Lentil / bean protein**
- **10% Healthy fats** (e.g., ghee, sesame oil, avocado)
- **10% Colourful veggies/spices** (for antioxidants and flavour)

5 ► One-Day Sample Menu (All-Dosha Friendly)

Time	Meal Details	Skin Benefit
7 am	1 cup lukewarm water + ½ tsp lime + ¼ tsp honey	Awakens Agni, flushes overnight toxins
8 am	Pink Oat Porridge (oats, beet, dates, cardamom, ghee)	Provides slow-releasing carbs, iron, healthy fat
11 am	Handful sprouted mung beans + 5 almonds	Amino acids boost collagen production
1 pm	Rainbow Thali (red rice, mung dal, spinach-carrot sauté, mint-coriander chutney, roasted sesame)	Covers all six tastes for holistic nutrition
4 pm	Hibiscus-Rose tea (no milk)	Rich in Vitamin C & antioxidants
6.30 pm	Quinoa-vegetable khichadi with lemon & ghee drizzle	Easy digestion to prevent bedtime bloating
9 pm	¼ tsp turmeric-ghee mix on tongue + warm water	Anti-inflammatory overnight skin repair

6 ► DIY Skin-Glow Drinks (Easy Class Activity)

Golden Amla Shot

- **Ingredients:** ½ cup warm water, 1 tsp amla powder, pinch turmeric + black pepper, ½ tsp jaggery
- **Use:** Drink mid-morning for brightening effect.

Kapha-Cut Ginger Fizz

- **Ingredients:** 200 ml warm water, 3 ginger slices, squeeze of half lime, pinch rock salt
- **Use:** Ideal before lunch, especially for oily skin.



Pitta-Cool Cucumber Lassi

- **Ingredients:** ½ cup plain yogurt, ½ cup water, ¼ cup cucumber cubes, fresh mint
- **Use:** Blend and enjoy with lunch to cool heated skin.

7 ► Common Skin Complaints → Quick Dietary Tweaks

Complaint	Likely Food Habit	7-Day Fix
White-head break-outs	Late-night ice cream & salty snacks	Switch to warm almond milk + cinnamon at night
Under-eye dark circles	Irregular eating & iron deficiency	Daily spinach + sesame-jaggery laddu
Greyness / dull skin	Low hydration, unhealthy breakfast	Drink 8 glasses water + switch to warm oat porridge

8 ► Interactive Quiz (Mentimeter/Kahoot Suggestions)

- Which taste should oily (Kapha) skin minimize most?
(Answer: Sweet)
- Amla powder is best paired with which Vitamin-C booster drink?
(Answer: Lemon/Lime water)
- True or False: Eating curd at night benefits Vāta skin?
(Answer: False, it increases mucus & āma)

Key Takeaways:

- **Agni is king:** Protect your digestion with warm, timely meals.
- **Six-Taste Wheel:** Customize according to your dominant doṣa.
- **Colourful natural foods** provide vital phytonutrients, ensuring skin vibrancy.
- **Simple nightly turmeric-ghee** enhances skin glow more effectively than costly serums.

Mantra to Remember:

“Cook in rhythm with the sun, colour your plate, glow from first cell to final complexion.”