

## 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	<b>Amla (Indian Gooseberry)</b>	Rich in <b>Vitamin C</b> (boosts skin brightness, reduces scars)	Eat <b>1 fresh amla</b> or <b>1 tsp powder</b> each morning
Clears oil & pimples	<b>Neem leaves</b> (bitter)	Acts as a <b>natural antibiotic and liver detoxifier</b> , reducing acne	Blend <b>5 tender neem leaves</b> into smoothies <b>twice weekly</b>
Plumps & hydrates	<b>Ghee (clarified butter)</b>	Contains healthy fats enhancing skin cell membranes, <b>locking moisture</b>	Drizzle <b>1-2 tsp melted ghee</b> on rice or khichadi daily
Evens colour & UV protection	<b>Red rice / Black rice</b>	Rich in <b>anthocyanins</b> , potent antioxidants protecting from sun damage	Substitute white rice with red or black rice <b>3 times per week</b>
Collagen support	<b>Mung bean + Sesame</b>	Provides essential <b>amino acids</b> plus <b>copper &amp; zinc</b> crucial for collagen synthesis	Include as <b>sprout salad or dal 4-5 times per week</b>
Anti-age antioxidant	<b>Turmeric + black pepper</b>	<b>Curcumin</b> in turmeric, boosted by black pepper, protects skin from aging & inflammation	Add <b>1/4 tsp turmeric</b> 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
<b>Vāta (dry, thin)</b>	Warm milk, oats, dates, sesame, avocado	Dry crackers, raw salads (especially at night)	Moist, nourishing, heavy foods combat dryness
<b>Pitta (red, hot)</b>	Cucumber, coconut water, melon, coriander	Excess chilli, sour pickles, alcohol	Cooling foods calm inflammation, redness
<b>Kapha (oily, dull)</b>	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
<b>White-head break-outs</b>	Late-night ice cream & salty snacks	Switch to warm almond milk + cinnamon at night
<b>Under-eye dark circles</b>	Irregular eating & iron deficiency	Daily spinach + sesame-jaggery laddu
<b>Greyness / dull skin</b>	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 nightily 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.”**