



Chapter 2. Ayurvedic Skin Rejuvenation Therapies

1 ► What “Rejuvenation” Means in Ayurveda

The Sanskrit term for rejuvenation is “**Vayas-sthāpana**,” which translates literally as “*holding the years in place*.”

Ayurvedic rejuvenation involves two essential steps, always performed together:

Step (Track)	Action in the Body	Easy Everyday Analogy
Śodhana (Deep cleansing)	Removes accumulated wastes and toxins from tissues.	Stripping away old, flaky wall paint.
Rasāyana (Rebuilding)	Replenishes tissues deeply with nourishing nutrients.	Applying a fresh, glossy new coat.

A therapy is genuinely “**rejuvenating**” only when it **first cleans out deeply**, and **then replenishes**.

2 ► Home-Level Therapies (Daily / Weekly)

Therapy	Sanskrit Name	Detailed 3-Step How-To Guide	Best for (Doṣa)	Visible Result (Typical)
Herbal Face Massage	<i>Mukha Abhyanga</i>	1) Use 5 drops warm sesame-Gotu kola oil 2) Gently massage upwards for 3 mins 3) Place a warm towel on face for 30 seconds	Vāta & Pitta (Dry, sensitive, fine-lined skin)	Fuller cheeks & softer skin within a week
Steam Tent	<i>Sveda</i>	1) Boil neem-rose water, cover head 2) Steam gently for just 30 seconds, eyes closed 3) Pat face dry gently	Kapha (Oily skin, blackheads, congestion)	Blackheads visibly reduced after 1 session
Powder Polish	<i>Ubtan / Udvartana</i>	1) Mix chickpea flour, turmeric, and rosewater into a paste 2) Gently scrub skin in circles for 2 mins 3) Rinse with lukewarm water	All types (Adjust ingredients to skin type)	Instant silky smoothness, clearer texture
Short Lepa Mask	<i>Vārṇya Lepa</i>	1) Blend sandalwood powder with licorice & rosewater 2) Apply evenly for 10 mins 3) Rinse gently	Pitta (Inflamed, red, sensitive skin)	Reduced redness and irritation after 2-3 uses

(Results are observed from practical class demonstrations, not formal clinical trials.)

3 ► Clinic-Level “Boost” Therapies

Intensity	Therapy	Step-by-step (Plain English)	Ideal for Treating	Recovery (Downtime)
□ Mild	Kesāra-Kumkumadi Dhārā (Warm saffron milk flow)	Warm saffron-infused milk gently poured over face for 20 mins, then softly wiped	Sun-induced dullness, mild pigmentation	None
□ Medium	Pracchana Rakta-mokṣaṇa (Micro blood-pricking)	Gentle micro-pricking (0.3 mm deep), followed by herbal wash (Manjishtha decoction)	Dark pigmentation (melasma), stubborn scars	Mild redness (24 hours)



Intensity	Therapy	Step-by-step (Plain English)	Ideal for Treating	Recovery (Downtime)
Strong	Virechana-for-Skin (Herbal purgation therapy)	Preparation: gentle internal oiling (snehapāna) for 3 days → herbal laxative on day 4 → follow-up with easy-to-digest meals	Cystic acne, extensive dark patches, deep toxins	Mild fatigue (2-3 days)
Intensive	Leech (Jalauka) Therapy (Medicinal leech application)	Medical-grade leeches placed on lesions for 15 mins → natural blood detox → antiseptic turmeric dressing afterwards	Stubborn purplish scars, vitiligo boundaries	Tiny pin-prick marks (heal within 2 days)

(Recommendation: Colour-code your slides to visually reinforce intensity levels.)

4 ▶ Decision-Tree: “Which Therapy for Which Face?”

Step-by-step decision guide (easy to draw visually):

- Is there active inflammation, pus, or redness?**
 - YES → Start gently with *Pitta-calming Lepa Mask* → Later, consider Virechana if persistent.
 - NO → Proceed to step 2.
- Is the skin oily, thick, or clogged?**
 - YES → Begin with gentle *Steam Tent (30 sec)* → Follow-up with *Ubtan Polish* → Consider micro-prick (*Pracchana*) if pigmentation persists.
 - NO → Proceed to step 3.
- Is the skin dry, thin, fine-lined, ageing?**
 - YES → Recommend daily gentle *Mukha Abhyanga* → Optional *Saffron Milk Dhara* (mild clinic booster).
- Persistent hyper-pigmented patch lasting 3+ months?**
 - Consider intensive *Jalauka (leech) Therapy* session followed by licorice-based Rasāyana (internal rejuvenation) for 2 weeks.

(Students can sketch this as coloured boxes with connecting arrows.)

5 ▶ Herb & Oil Matching Table (Therapeutic Blends)

Skin Concern	Base Oil	Key Herbs Added	Reason They Work
Fine lines, Dryness	Sesame + Almond oil	Gotu kola, Ashwagandha	Boosts collagen, strengthens fat barrier
Redness, Heat	Coconut oil	Manjishtha, Vetiver	Cools inflammation, reduces redness
Dull, Oily, Rough	Mustard + Sesame oil	Neem, Turmeric	Natural antimicrobial, gently drying
Pigmentation Spots	Cow Ghee	Saffron, Licorice	Brightens skin, regulates pigment

6 ▶ 14-Day “Rejuvenation Circuit”

Day	Morning Practice	Evening Practice
1	Warm water + Trikatu-honey	Mukha Abhyanga (3 min)
2	Gentle Ubtan polish	Rose-vetiver steam (30 s)
3	Clinic: Saffron milk Dhara therapy	Sandal-licorice face mask
4	Khichadi (easy digestion), begin snehapāna if required	Early bedtime
5	Virechana cleanse day (if prescribed)	Simple broth (peya)
6	Full-body sesame oil massage	Gotu kola herbal tea



Day	Morning Practice	Evening Practice
7	Rest, gentle yoga	Bed by 10 pm
Week 2	Repeat pattern	Take before/after selfies

Results typically visible as refined pores by day 7, firmer, radiant skin by day 14.

7 ► Common Errors & Quick Fixes

Error Made	Potential Result	Quick Fix Solution
Over-steaming (more than 1 min/session)	Skin dryness, visible capillaries	Limit steaming to 30-40 seconds; use vetiver hydrosol to soothe
Daily harsh scrubbing with coarse ubtan	Micro-tears, skin irritation	Use coarse ubtan only twice weekly
Aggressive cleansing in winter season	Vāta aggravation, increased dryness	Schedule intensive cleanses in spring/autumn instead

8 ► Quick Self-Quiz

- Which therapy specifically clears Kapha acne toxins deeply?
◦ **Answer:** Virechana (herbal purgation).
- Name two brightening herbs commonly found in Kumkumadi oil.
◦ **Answer:** Saffron, Manjishtha.
- True or False: Jalauka (leech therapy) leaves permanent scars.
◦ **Answer:** False. (Temporary pin-pricks fade completely.)

Key Takeaways

- Effective rejuvenation is a sequence: **Clean deeply → Nourish well → Protect carefully.**
- Home therapies build foundational skin health; Clinic therapies resolve persistent issues.
- Match therapy intensity to individual **doṣa** and seasonal timing.
- Combine external therapies with proper Rasāyana diet & restful sleep for lasting glow.

Mantra:

“Detox the channel, feed the tissue, seal the shine.”