

## 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
<b>Śodhana</b> ( <i>Deep cleansing</i> )	Removes accumulated wastes and toxins from tissues.	Stripping away old, flaky wall paint.
<b>Rasāyana</b> ( <i>Rebuilding</i> )	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)
<b>Herbal Face Massage</b>	<i>Mukha Abhyanga</i>	<ol style="list-style-type: none"><li>1) Use 5 drops warm sesame-Gotu kola oil</li><li>2) Gently massage upwards for 3 mins</li><li>3) Place a warm towel on face for 30 seconds</li></ol>	<b>Vāta &amp; Pitta</b> (Dry, sensitive, fine-lined skin)	Fuller cheeks & softer skin within a week
<b>Steam Tent</b>	<i>Sveda</i>	<ol style="list-style-type: none"><li>1) Boil neem-rose water, cover head</li><li>2) Steam gently for just 30 seconds, eyes closed</li><li>3) Pat face dry gently</li></ol>	<b>Kapha</b> (Oily skin, blackheads, congestion)	Blackheads visibly reduced after 1 session
<b>Powder Polish</b>	<i>Ubtan / Udvartana</i>	<ol style="list-style-type: none"><li>1) Mix chickpea flour, turmeric, and rosewater into a paste</li><li>2) Gently scrub skin in circles for 2 mins</li><li>3) Rinse with lukewarm water</li></ol>	<b>All types</b> (Adjust ingredients to skin type)	Instant silky smoothness, clearer texture
<b>Short Lepa Mask</b>	<i>Varnya Lepa</i>	<ol style="list-style-type: none"><li>1) Blend sandalwood powder with licorice &amp; rosewater</li><li>2) Apply evenly for 10 mins</li><li>3) Rinse gently</li></ol>	<b>Pitta</b> (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)
□ <b>Mild</b>	<b>Kesāra-Kumkumadi Dhārā</b> ( <i>Warm saffron milk flow</i> )	Warm saffron-infused milk gently poured over face for 20 mins, then softly wiped	Sun-induced dullness, mild pigmentation	None
□ <b>Medium</b>	<b>Pracchana Rakta-mokṣaṇa</b> ( <i>Micro blood-pricking</i> )	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	<b>Virechana-for-Skin</b> (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	<b>Leech (Jalauka) Therapy</b> (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):

- 1. 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.
- 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.
- 3. Is the skin dry, thin, fine-lined, ageing?**
  - YES → Recommend daily gentle *Mukha Abhyanga* → Optional *Saffron Milk Dhara* (mild clinic booster).
- 4. 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
<b>Fine lines, Dryness</b>	Sesame + Almond oil	Gotu kola, Ashwagandha	Boosts collagen, strengthens fat barrier
<b>Redness, Heat</b>	Coconut oil	Manjishtha, Vetiver	Cools inflammation, reduces redness
<b>Dull, Oily, Rough</b>	Mustard + Sesame oil	Neem, Turmeric	Natural antimicrobial, gently drying
<b>Pigmentation Spots</b>	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.”*