



## Chapter 14. Detoxifying Scrubs & Exfoliators (Turmeric, Chickpea Flour)

### 1 ► The Big Picture – Why Scrub at All?

| Classical Idea                                  | What It Really Means   | Beauty Pay-off                               |
|---|--|--|
| <b>Udvartana / Udgarṣaṇa</b> = “rubbing upward” | Using a gritty herbal paste to move blood & lymph                | Pink “after-glow”; fewer bumpy arms          |
| <b>Lekhana</b> = “scraping”                     | The bitter/herbal powders dissolve sticky body-oil (Kapha + āma) | Matte, non-greasy skin, back-acne prevention |
| <b>Vyāna Vāta stimulation</b>                   | Gentle friction wakes up micro-circulation                       | Faster cell-turnover → fresh, even tone      |

**Quick analogy:** Think of the scrub as a *micro-gym session* for your skin—warm-up, workout, cool-down.

### 2 ► How the Ingredients Work (Classical × Modern)

| Everyday Name          | Sanskrit / Latin         | Old-School Description     | 21-st-Century Explanation           |
|------------------------|--------------------------|----------------------------|-------------------------------------|
| <b>Turmeric</b>        | <i>Haridrā (Curcuma)</i> | Hot, “cuts” toxins         | Natural AHA + anti-microbial        |
| <b>Chick-pea flour</b> | <i>Besan</i>             | Sweet, mild warmth, cleans | Plant saponins = soap-free cleanser |
| <b>Red-rice bran</b>   | —                        | Astringent, “polisher”     | Silica micro-grit buffs dead cells  |
| <b>Orange peel</b>     | <i>Nāraṅga tvac</i>      | Aromatic & Kapha-scraping  | Citric acid; Vitamin C brightens    |
| <b>Oat bran</b>        | —                        | Cooling & softening        | Beta-glucan soothes sensitive skin  |

### 3 ► Build-Your-Own Scrub – Kitchen Maths

1. **Pick a Base Grain (40-50 %):** chick-pea, green-gram, oat.
2. **Add an Exfoliant (20-30 %):** horse-gram, rice bran, orange-peel.
3. **Mix 1-2 Herbal Actives (20 %):** turmeric, neem, licorice, sandalwood.
4. **Season with a Skin-Soother (10 %):** rose petal, aloe powder.

(Percent = weight percent of total powder blend)

### 4 ► Flow-Chart – DIY Routine (print & stick in bathroom)

(If the image does not display in your reader, the six steps are:)

1. Choose Base → 2. Add Herbal Actives → 3. Pick Activator → 4. Mix Paste → 5. Massage 3-5 min → 6. Rest 1-2 min, Rinse, Seal with Oil.

### 5 ► Three Ready-Made Recipes (for workbook)



### “Creamy Almond Glow” (Vāta-Dry) “Rose-Vetiver Silk” (Pitta-Hot) “Neem-Citrus Scrub” (Kapha-Oily)

Chick-pea 35 %  
Oat 24 %  
Almond 16 %  
Shatavari 10 %  
Bala 8 %  
Sandal 6 %

Chick-pea 32 %  
Red-rice 20 %  
Rose 16 %  
Vetiver 12 %  
Manjishtha 10 %  
Aloe 10 %

Horse-gram 32 %  
Chick-pea 24 %  
Neem 16 %  
Orange-peel 12 %  
Lodhra 10 %  
Trikatu 6 %

#### How to mix

**Dry skin?** warm milk + ½ tsp honey | **Hot, sun-exposed?** chilled rose water | **Oily skin?** warm water + few lemon drops

## 6 ▶ Step-by-Step Demo (teacher’s script)

1. **Pre-wet skin** – 20 s warm shower, turn off tap.
2. **Scoop & Mix** – 2 Tbsp powder + chosen liquid ▶ yogurt texture.
3. **Massage** – upward strokes; 3 min = head-to-toe.
4. **Pause** – 1 min (Kapha 2 min, Vāta skip).
5. **Rinse** – lukewarm water only.
6. **Seal** – 1 tsp body oil (sesame for Vāta, coconut for Pitta).

## 7 ▶ Safety Cheat-Sheet

| If You See...            | Probable Reason      | Quick Fix  |
|--------------------------|----------------------|--|
| Yellow tint on fair skin | Too much turmeric    | Final splash: 500 ml water + 1 Tbsp lemon        |
| Stinging sensation       | Citrus on razor cuts | Rinse immediately, apply aloe gel                |
| Post-scrub dryness       | Over-scrubbing Vāta  | Add 1 tsp ghee to evening meal + richer body oil |

## 8 ▶ Mini-Quiz (for class discussion)

1. **Which rasa (taste) is dominant in chick-pea flour and what does it do to skin?** (Answer: Madhura; gently cleanses without stripping oils.)
2. **Name one modern benefit of turmeric besides colour.** (Anti-inflammatory, mild chemical exfoliation.)
3. **What liquid would you pick for a Kapha teen with back-acne and why?** (Warm water + lemon to cut oil and tighten pores.)

### Key Take-Aways

- Think **“Grain + Herb + Liquid”**—swap ingredients and you’ve customised for any season or skin.
- Keep pH slightly acidic (4.8–5.5) to protect the skin barrier.
- Always follow with light body oil so your skin doesn’t over-compensate with excess sebum.

**Remember:** Scrub to clear, oil to seal, smile—your skin will do the rest.