

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
Udvardana / Udgārṣaṇa = “rubbing upward”	Using a gritty herbal paste to move blood & lymph	Pink “after-glow”; fewer bumpy arms
Lekhana = “scraping”	The bitter/herbal powders dissolve sticky body-oil (Kapha + āma)	Matte, non-greasy skin, back-acne prevention
Vyāna Vāta stimulation	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
Turmeric	<i>Haridrā (Curcuma)</i>	Hot, “cuts” toxins	Natural AHA + anti-microbial
Chick-pea flour	<i>Besan</i>	Sweet, mild warmth, cleans	Plant saponins = soap-free cleanser
Red-rice bran	—	Astringent, “polisher”	Silica micro-grit buffs dead cells
Orange peel	<i>Nāraṅga tvac</i>	Aromatic & Kapha-scraping	Citric acid; Vitamin C brightens
Oat bran	—	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.*