



## Chapter 1. Fundamentals of Ayurvedic Dermatology

### Part - 1 Introduction to the Ayurvedic Perspective on Skin Health

#### 1 ▶ Skin Is a Living Mirror of Inner Balance

Ayurvedic View	Plain-English Translation	Beauty Implication
<b>Twachā</b> means “that which covers and protects.”	Skin is both shield <i>and</i> display screen.	If digestion, blood and mind are clear, skin glows automatically.
<b>Doṣas</b> (Vāta, Pitta, Kapha) circulate through skin via tiny channels ( <i>srotas</i> ).	Air, heat and moisture forces must stay in harmony.	Too much Vāta → dryness; excess Pitta → redness; clogged Kapha → oiliness.
<b>Bhrajaka Pitta</b> = special “colour-fire” in skin.	Micro-metabolism that controls complexion & tanning.	Nourish (don’t inflame) this fire with right foods, herbs, routines.

#### 2 ▶ Four Pillars of Healthy Skin in Ayurveda

1. **Agni (Digestive Fire)** - Converts food into pure plasma (*Rasa*).
2. **Rakta Dhātu (Blood)** - Carries oxygen & colour; heats or cools complexion.
3. **Śleshaka Kapha (Moisture)** - Natural sebum + NMF that keeps barrier soft.
4. **Vyāna Vāta (Circulatory Wind)** - Pushes nutrients outward, pulls toxins inward for clearance.

“Feed the fire → Colour the blood → Oil the shield → Move the wind.”

#### 3 ▶ How Imbalances Become Blemishes (The 4-Step Path)

1. **Wrong inputs** - junk food, late nights, chemical stress.
2. **Āma Build-Up** - half-digested residues clog gut & liver.
3. **Doṣa + Āma enter blood** - carried to the skin.
4. **Local expression** - acne, dryness, redness or patches.

(Every Ayurvedic treatment plan starts by reversing this flow.)

#### 4 ▶ Six Tastes, One Complexion

Taste (Rasa)	Balances	Typical Foods	Skin Effect
Sweet	Vāta & Pitta	Rice, dates, milk	Fills & plumps
Sour	Vāta	Lime, yogurt	Brightens (small doses)
Salty	Vāta	Rock-salt	Retains moisture
Pungent	Kapha	Ginger, pepper	De-greases pores
Bitter	Pitta & Kapha	Neem, fenugreek	Detox & tighten
Astringent	Pitta & Kapha	Green tea, lentils	Shrinks large pores

Balanced plate = balanced face.



## 5 ▶ Daily Routine Snapshot (Dinacharyā for Skin)

### Morning

Warm water + tongue scrape  
10 sun-salutations (circulation)

### Mid-Day

Eat main meal (strongest Agni)  
Stay hydrated, no iced drinks

### Evening

5-minute sesame oil face massage  
Early, light dinner; screen-off by 10 pm

## 6 ▶ Quick “Spot the Doṣa” Guide

Sign	Likely Doṣa Spike	First Self-Help Step
Tight flakes, fine lines	Vāta	Add 2 tsp ghee + sesame oil massage
Sudden redness, rash	Pitta	Cool rose-vetiver spritz + avoid chilli, coffee
Greasy T-zone, whiteheads	Kapha	30-sec neem steam + ginger-lime water

## 7 ▶ Why Cleansing + Rasāyana Go Hand-in-Hand

- 1. Cleanse (Śodhana): opens blocked channels.
- 2. Rasāyana (Rejuvenation): feeds freshly opened channels.

Skipping step-1 is like painting over rust; skipping step-2 is like stripping paint and never sealing the wood.

## 8 ▶ Key Take-Aways

- Skin health is **systemic**—gut, blood, nerves, and lifestyle all broadcast to the surface.
- Agni first**: if digestion is weak, even premium creams can't create lasting glow.
- Use the **Six-Taste compass** to design meals that pacify your current doṣa swing.
- Daily micro-rituals** (warm water, oil massage, early sleep) compound into visible youth more than occasional spa days.

“Clear the gut, calm the fire, oil the shield—skin will smile by itself.”

## Part -2 Role of Doṣas (Vāta, Pitta, Kapha) in Skin Diseases

### 1 ▶ Quick Memory Grid - “What Each Doṣa Does in Healthy Skin”

Doṣa	Normal Job in Skin	Easy Image
<b>VĀTA</b> (vāyu: air-space)	Micro-circulation, nerve sensation, cell turnover	Wind that keeps leaves (cells) moving
<b>PITTA</b> (tejas: fire-water)	Pigment control ( <i>Bhrajaka Pitta</i> ), dermal metabolism, warmth	Small camp-fire that cooks colour & glow
<b>KAPHA</b> (āpa-prithvī: water-earth)	Sebum / moisture ( <i>Śleṣaka Kapha</i> ), cushioning proteins, healing	Dewy clay that seals and repairs cracks

Healthy skin = breeze + campfire + dew all balanced.



## 2 ▶ What Happens When a Doṣa Goes Rogue

Sign on Skin	Dominant Rogue Doṣa	Classical Clue	Modern Parallel
Extreme dryness, fine cracks, grey hue, scaling, itching	<b>Excess VĀTA</b>	<i>Rūkṣatā</i> (dryness), <i>Kharatā</i> (roughness)	Xerosis, atopic dermatitis, psoriasis plaques
Redness, heat, burning pain, quick-spreading rashes or brown patches	<b>Excess PITTA</b>	<i>Dāha</i> (burn), <i>Rāga</i> (redness)	Acne flare, rosacea, melasma, urticaria
Greasy shine, large pores, whiteheads, thick or weeping lesions	<b>Excess KAPHA</b>	<i>Picchilā</i> (stickiness), <i>Śleṣman</i> overflow	Seborrhoeic dermatitis, cystic acne, fungal ringworm

## 3 ▶ Classic Disease Examples by Doṣa Pattern

Doṣa Pattern	Prototype Diseases (Ayur Name → Modern)	Why It Fits
<b>Vāta-Kapha</b> (dry + sticky)	<i>Kiṭibha</i> → psoriasis	Dry splits + stubborn plaques
<b>Pitta-Kapha</b> (hot + oily)	<i>Yauvana Piḍakā</i> → acne vulgaris	Heat promotes bacteria, Kapha adds pus
<b>Vāta-Pitta</b> (dry + heat)	<i>Vicharchikā</i> → atopic eczema	Itch of Vāta + inflamed ooze of Pitta
<b>Tridoṣa</b> storm	<i>Mahākuṣṭha</i> group	Chronic, deep-root disorders; all three disturbed

## 4 ▶ How to Spot the Doṣa at First Glance

(May use this as a clinic desk card)

Colour?	<ul style="list-style-type: none"> <li>Grey/dull → Vāta</li> <li>Red/copper → Pitta</li> <li>Pale/white/greasy → Kapha</li> </ul>
Texture?	<ul style="list-style-type: none"> <li>Dry/rough → Vāta</li> <li>Hot/swollen → Pitta</li> <li>Thick/oily → Kapha</li> </ul>
Sensation?	<ul style="list-style-type: none"> <li>Itch/tingle → Vāta</li> <li>Burn/pain → Pitta</li> <li>Dull heaviness → Kapha</li> </ul>

If you see a **mix**, list both doṣas – therapy must address each layer.

## 5 ▶ Doṣa-Wise Treatment Keys (One-Screen Summary)

Step	VĀTA-Dominant	PITTA-Dominant	KAPHA-Dominant
<b>Remove Cause</b>	Avoid late-night fasting, iced drinks	Cut chilli, alcohol, excess sun	Stop dairy + fried sweets
<b>Primary Panchakarma</b>	<b>Sneha-Basti</b> (oil enema)	<b>Virechana</b> (herbal purge)	<b>Vamana</b> (therapeutic emesis)
<b>Core Herbs</b>	Ashwagandha, Bala-ghṛita, Sesame	Neem, Manjishtha, Gudūcī, Amla	Turmeric, Trikatu, Triphala
<b>Topical Base</b>	Sesame-gotu kola oil	Coconut-sandal gel	Neem-turmeric clay scrub



Step	VĀTA-Dominant	PITTA-Dominant	KAPHA-Dominant
Diet Emphasis	Warm soupy grains + ghee	Cucumber, coconut water, melon	Light barley, ginger-lime water
Lifestyle Cue	Early bed, oil massage	Cool room, anger management	Daily sweat, brisk walk

## 6 ▶ Interactive Decision Ladder for Students

1. **Look** – colour, texture, sensation.
2. **Name the Doṣa(s)** – V, P, K or combo.
3. **Pick matching Panchakarma** if moderate-severe.
4. **Layer internal herb + topical** from the table.
5. **Re-check in 4 weeks** – adjust if < 50 % improvement.

## 7 ▶ Quick Case Vignettes

Case	Snapshot	Rapid Doṣa Read	1st-Line Moves
19-yr student, oily T-zone, pustules, craves cheese/chocolate	Red + pus + oil	<b>Pitta-Kapha</b>	Virechana micro-dose 6 g Avipatti → Trikatu-honey AM → Neem-Turmeric clay alt-day
32-yr IT worker, itchy winter plaques, silvery scale, constipated	Grey scale + itch + dryness	<b>Vāta-Kapha</b>	5-night Sneha-Basti with Bala-taila → Maha-Tikta ghṛita 10 ml HS
28-yr teacher, butterfly melasma, heat flush, loves coffee	Brown pigment + facial heat	<b>Pitta</b>	Virechana once, Amla 3 g AM, Licorice-saffron gel, ZnO sunscreen

## 8 ▶ Self-Check Quiz

1. Burning red rash with oozing points mainly to which doṣa spike?
2. Name one panchakarma that is rarely used for Kapha-greasy acne.
3. True/False: A single patient can move from a Pitta-dominant rash to a Vāta-dominant dry plaque over years.

(Answers: Pitta • Basti (oil enema) • True – chronicity often drags Vāta into scene.)

## Key Take-Aways

- **Vāta → dryness & itch, Pitta → heat & colour change, Kapha → oil & thickness.**
- Treat from **inside → out**: cause removal → cleanse → pacify → rejuvenate.
- Mixed patterns are common; address each doṣa layer sequentially.
- Small daily adjustments (diet, sleep, stress) prevent doṣa swings and keep therapies working.

“See the shade, feel the texture, calm the doṣa—skin harmony follows.”

## Part - 3. Concept of Dhātus & How They Shape Your Skin Quality

### 1. Why Every Dhātu Matters, Not Just the First Three

The classical teaching is clear: “**Each tissue feeds the next; when any link breaks, the chain of beauty snaps.**”



Although *Rasa*, *Rakta*, and *Māmsa* give the most immediate surface effects, the later dhātus—*Meda*, *Asthi*, *Majjā*, *Śukra*—decide how long that glow lasts and how fast the skin can heal.

## 2. Seven-Dhātu Impact Matrix

Dhātu	Modern Parallel	Healthy-Skin Contribution	Excellence Sign ( <i>Sāratā</i> )	Deficit / Excess Effect on Skin
<b>Rasa</b> (plasma)	Interstitial fluids, lymph	Hydration, nutrient ferry	Soft, moist, radiant texture	Dry shrink lines; sluggish nutrition
<b>Rakta</b> (blood)	RBCs, perfusion	Oxygen & colour	Rosy undertone, quick wound heal	Pallor, dark circles, red hot rashes (when vitiated)
<b>Māmsa</b> (muscle / dermis)	Collagen–elastin mesh	Thickness, elasticity, pore support	Firm, pore-tight surface	Early sag, visible pores
<b>Meda</b> (fat)	Sub-cut fat, lipid stores	Cushion, long-term moisture, hormone substrate	Subtle “plump” glow, smooth contours	<b>Excess:</b> greasy shine, channel block → acne; <b>Deficit:</b> hollow cheeks, dullness
<b>Asthi</b> (bone)	Skull & facial framework	Structural lift, nail & hair hardness	Well-defined jawline, strong nails	Loss of facial angles, brittle nails
<b>Majjā</b> (marrow & nervous tissue)	Myelin, bone marrow	Deep luster, sensory calm	Soft sheen, clear whites of eyes	Dull/dry complexion, hypersensitive itching
<b>Śukra</b> (reproductive essence)	Hormone vitality	Regenerative power, true “youth factor”	Silky, almost translucent glow	Diminished vibrancy, slow repair, accelerated ageing

## 3. Nourishment Cascade - from Food to Ojas

Food digested by main **Agni** →

**Rasa** nourishes → **Rakta** → **Māmsa** → **Meda** → **Asthi** → **Majjā** → **Śukra** → distils into **Ojas** (vital lustre).

If *Meda* is excessive and turbid, fatty plaques clog the micro-channels (*srotas*) and **starve the upper layers**—the skin turns dull or breaks out even when earlier dhātus seem adequate.

## 4. Dhātu-Wise Skin Red Flags & Correctives

Warning on Mirror	Likely Dhātu Issue	Quick Ayur Corrective
Greasy with cystic acne	<b>Meda excess</b> blocking flow	Kapha-scraping diet (barley, ginger), Vamana if severe
Hollow temples, premature wrinkles	<b>Māmsa / Meda deficiency</b>	Ghee + protein, sesame abhyanga, sneha-basti
Bone-deep itching, burning soles	<b>Majjā dryness + Pitta</b>	Cow-ghee tarpana for feet, gudūcī-tikta gṛīta internally
Loss of facial sheen after illness	<b>Śukra depletion</b>	½ tsp shatavari-ghee at bedtime, ashwagandha rasāyana

## 5. Sāratā — When a Dhātu Is at Its Best

Dhātu Sāra Type	Hall-Mark Skin & Appendage Qualities
<b>Rasa-sāra</b>	Naturally hydrated, soft, lotus-like complexion
<b>Rakta-sāra</b>	Copper-rose glow, bright lips, sparkling eyes
<b>Māmsa-sāra</b>	Thick, elastic, no laxity even with ageing
<b>Meda-sāra</b>	Smooth, well-contoured, youthful fullness ( <i>without oil-drip</i> )



Dhātu Sāra Type	Hall-Mark Skin & Appendage Qualities
Majjā-sāra	Oily lustre, gentle softness, calm nerves—skin feels “settled”
Śukra-sāra	Silk-like texture, radiant yet cool, rare blemishes

## 6. Therapeutic Priorities When Skin Disease Reaches Up to Māmsa

1. **Nidāna Parivarjana** – remove offending foods/lifestyle.
2. **Sōdhana** – choose Panchakarma based on dominant doṣa and saturated dhātu depth.
  - > Virechana for Pitta-Rakta disorders
  - > Sneha-Basti for Vāta-Māmsa depletion
  - > Vamana for Kapha-Meda obstruction
3. **Śamana** – herb combos targeting the specific dhātu (e.g., Manjishtha for Rakta, Gotu Kola for Māmsa).
4. **Rasāyana** – rebuild chain until Śukra; utilise Āmla, Gudūcī, Bala, Shatavari.

Remember: **Most Kuṣṭha (skin diseases) do not cross beyond Māmsa**, but chronic neglect lets the pathology dip into Meda and even Asthi, making recovery slower.

## 7. Integrated Daily Regimen (7-Dhātu Friendly)

Routine	Dhātu Supported	Key Ingredient / Habit
Warm copper-water + lemon at dawn	Rasa	Electrolyte hydration
5 soaked almonds + 1 amla	Rakta	Iron & vit-C synergy
30-min yoga with light weights	Māmsa & Asthi	Muscle-bone stimulus
Mid-meal bowl of steamed greens	Meda	Bitter scrape, prevents clog
Sesame-oil abhyanga 3x/week	Vāta across all dhātus	Fat infusion, channel opener
Evening Brahmi tea + mindful breathing	Majjā	Nerve calm
Shatavari-ghee ½ tsp at night	Śukra	Replenish reproductive essence, deep repair

## 8. Key Take-Aways

- **Skin is the scorecard of all seven dhātus**, not just the first three.
- Excess **Meda** can “block the pipes,” starving Rasa-Rakta-Māmsa despite good diet.
- Dhātu excellence (*sāratā*) gives predictable cosmetic markers—train eye to spot them.
- Balanced digestion (*Agni*) + clear channels (no āma) + dhātu-targeted nourishment = sustained radiance and strong disease resistance.

*“Hydrate the sap, colour the blood, firm the flesh, temper the fat, lift the frame, calm the marrow, vitalise the essence—then watch skin sing.”*

## Part 4. Importance of Agni (Digestive Fire) & Ama (Toxins) in Skin Disorders

### 1 ▶ Core Definitions

Sanskrit Term	Plain English	One-Line Skin Relevance
<b>Agni</b>	All digestive & metabolic “fires”	Good Agni → nutrients reach skin; weak Agni → waste piles up.
<b>Āma</b>	Half-cooked residues—sticky, foul	Travels via blood, blocks micro-channels ( <i>srotas</i> ) → acne, dullness, itch.

**Equation:** Weak Agni → Āma ↑ → Doṣa + Āma reach skin → Kuṣṭha (disease).

## 2 ▶ The Four Main Types of Agni

Type	Governing Doṣa	Behaviour	Mirror Sign
<b>Samāgni</b> (Balanced)	Doṣas in harmony	Steady hunger, light body	Clear skin, bright eyes
<b>Viśamāgni</b> (Irregular)	Vāta	Bloating, alternating appetite	Dry patches, itch, fissures
<b>Tikṣṇāgni</b> (Hyper)	Pitta	Fast hunger, acid reflux	Red flush, heat rashes
<b>Māndāgni</b> (Sluggish)	Kapha	Heaviness, slow digestion	Greasy sheen, whiteheads

## 3 ▶ How Āma Forms & Reaches Skin (Step-by-Step Flow)

Wrong Diet / Lifestyle  
↓  
Agni Weak / Erratic  
↓  
Āma produced in gut ← (sticky, heavy, smelly)  
↓  
Āma mixes with Doṣa (Kapha, Pitta, Vāta)  
↓  
Enters Rakta Dhātu (blood)  
↓  
Blocks Skin Micro-Channels (Srotas)  
↓  
Manifests as Acne • Pigment • Eczema • Psoriasis (depending on Doṣa mix)

## 4 ▶ Tongue & Pulse Clues for Āma

Clue	Meaning
Thick white/grey tongue coating especially post-sleep	Gut Āma
Sour or metallic morning taste	Pitta-Āma in blood
Sticky pulse, heaviness at Kapha position	Kapha-Āma blocking channels

## 5 ▶ Agni-Kindling & Āma-Clearing Tools

### 5.1 Everyday Kitchen Spices

Spice	Dose & Time	Action on Agni/Āma	Skin Pay-off
<b>Trikatu</b> (dry ginger:black pepper:long pepper = 1:1:1)	½ tsp + honey, 30 min before lunch	Sparks digestive fire, melts Kapha-Āma	Fewer whiteheads, improved tone
<b>Cumin-Coriander-Fennel (CCF) tea</b>	1 tsp mix in 250 ml hot water after meals	Gentle carminative, prevents gas	Less Vāta dryness
<b>Turmeric + Black pepper</b>	¼ tsp + pinch pepper in soup	Scrapes Pitta-Āma, antioxidant	Fade pigment, reduce ROS



## 5.2 Agni-Friendly Meal Gaps

Time Rule	Reason	Benefit
4-6 h gap between meals	Complete previous digestion	Prevents new Āma
Main meal at noon	Strongest <i>Jatharāgni</i>	Full nutrient assimilation
No iced drinks within meals	Cold douses Agni	Maintains enzyme activity

## 6 ▶ “Āma-Flush” 3-Day Micro-Plan

Day	AM	Lunch	PM	Outcome
1	Warm water + ½ tsp Trikatu honey	Khichadi + cumin ghee	CCF tea	Tongue coat thins
2	200 ml barley water	Moong-veg soup + mint	Triphala 3 g HS	Lighter belly
3	Amla-ginger shot	Red-rice, steamed greens	Early dinner 6 pm + 10 min walk	Skin brightens, appetite resets

(Repeat monthly at season change.)

## 7 ▶ Panchakarma Matrix for Deep Āma Removal

Dominant Āma-Doṣa Mix	Panchakarma Choice	Key Signs It Worked
Kapha-Āma (sticky oil + acne)	<b>Vamana</b> (therapeutic emesis)	Chest light, hunger returns
Pitta-Āma (hot rash, pigment)	<b>Virechana</b> (purgation)	Clear yellow bile stool, cooling sensation
Vāta-Āma (dry scale, itch)	<b>Sneha-Basti</b> (oil enema)	Soft stool, moisturised skin, calm sleep

## 8 ▶ Quick-Pick Herb Formulas

Ready Tablet / Powder	Dose	Target
<b>Arogyavardhini Vati</b>	250 mg × 2	Liver-Āma, melasma
<b>Triphala-Guggulu</b>	500 mg × 2	Kapha-Āma acne, boils
<b>Punarnava-Mandura</b>	250 mg × 2	Rakta-Āma anemia, dull tone

(Start low dose, 7 days; monitor bowel & tongue.)

## 9 ▶ Self-Check Quiz

- Which type of Agni becomes **erratic** under Vāta dominance?
- True/False: Thick white tongue coating suggests strong digestion.
- Name the classic three-spice blend that sparks Agni and melts Āma.

**Answers:** Viṣamāgni • False • Trikatu.



## 10 ▶ Take-Away Nuggets

- **Agni is the skin's hidden furnace; keep it hot, colours stay bright.**
- **Āma is sticky smoke**—if it escapes into blood, pores choke and patches appear.
- Daily spice rituals, proper meal timing, and monthly mini-cleanses keep the furnace clean and the chimney clear.
- For stubborn cases, match the Panchakarma to the **doṣa carrying that Āma**.

**Mantra:** "Kindle the fire, clear the smoke—then watch the mirror give thanks."

## Part 4. Skin Care According to Prakriti (Skin Type: Vata, Pitta, Kapha)

### 1 Prakṛti Overview

Skin Constitution	Typical Look & Feel	Key Vulnerabilities	Core Goal
<b>VĀTA</b> (Air + Space)	Thin, dry, fine pores, cool touch	Dehydration, early lines, dull tone	Nourish & seal moisture
<b>PITTA</b> (Fire + Water)	Warm, soft, rosy-pink, medium pores	Redness, sensitivity, pigment, break-outs	Calm heat, protect from sun
<b>KAPHA</b> (Water + Earth)	Thick, smooth, cool, larger pores, oily sheen	Congestion, white/black-heads, edema	Decongest, stimulate circulation

*Note:* Mixed types are common; follow the routine of the dominant trait(s).

### 2 24-HOUR DAILY REGIMENS

Step	VĀTA ROUTINE	PITTA ROUTINE	KAPHA ROUTINE
<b>Wake-up drink</b>	200 ml warm water + ½ tsp ghee	200 ml room-temp coconut water	200 ml ginger-lemon infusion
<b>Cleanse (AM) Tone</b>	Chick-pea flour + milk splash Rose-sandal mist	Aloe-rose gel wash Cucumber-mint hydrosol	Neem-basil powder scrub (30 s) Vetiver-lime hydrosol
<b>Moisturise (AM)</b>	Sesame-gotu kola oil (4 drops)	Coconut-manjishtha gel	Lightweight tulsi-tea-tree lotion
<b>Sun block</b>	Zinc-ghee cream SPF 25	Zinc-licorice cream SPF 30	Red-oxide-turmeric matte SPF 20
<b>Mid-day beverage</b>	Warm cumin-fennel tea	Coriander-rose cooler	Green tea with pinch trikatu
<b>Cleanse (PM)</b>	Sesame-oil massage + oat wipe	Vetiver milk wipe	Multani clay + turmeric paste
<b>Night serum</b>	Kumkumadi (4 drops press-in)	Aloe-saffron gel (pea-size)	Neem-tamanu gel-oil mix (2 drops)
<b>Bedtime tonic</b>	½ tsp bala-ghṛita, warm water sip	½ tsp amla-ghee	3 g triphala powder with warm water

### 3 WEEKLY & SEASONAL UPGRADES

Frequency	VĀTA	PITTA	KAPHA
<b>2x / week</b>	Sugar-sesame lip & body polish; warm sesame abhyanga	Rose-vetiver steam 30 s; sandal-licorice mask	Dry-brush; neem-turmeric clay mask; steam tent 60 s
<b>1x / week</b>	Shiro-abhyanga with bhṛngarāj oil	Aloe-sandal eye pack 10 min	Kapha-scrub <i>udvartana</i> (horse-gram)
<b>Season switch</b>	↑ Ghee & almond milk in autumn-winter	↑ Cucumber, watermelon in summer	↑ Dry spices, barley soups in rainy season



## 4 DOs & DON'Ts

	VĀTA	PITTA	KAPHA
<b>Must DO</b>	• 2 L warm water daily • 7 h sleep pre-11 pm	• 2 L cool/room-temp water • 15 min morning shade sun	• 30 min brisk walk / sweat daily • Early light dinner
<b>Avoid</b>	• Iced drinks • Over-exfoliation	• Spicy junk, alcohol • Noon sun without SPF	• Dairy desserts, fried snacks • Oversleeping day-time

## 5 RECOMMENDED INGREDIENTS & FORMULATIONS

Vāta Nourish	Pitta Cool	Kapha Purify
Sesame oil, almond oil, shea butter, ashwagandha, gotu kola, shatavari, bala ghrita	Coconut oil, cucumber, vetiver, manjishtha, rose, licorice, neem-patra ghrita	Mustard + sesame blend, neem, tulsi, turmeric, triphala, trikatu, multani mitti

## 6 SAMPLE ONE-DAY MENU (balanced by skin type)

Meal	VĀTA	PITTA	KAPHA
<b>Breakfast</b>	Oat porridge + dates + ghee	Cucumber-mint smoothie + red-rice flakes	Warm barley upma + ginger chutney
<b>Lunch (main)</b>	Brown-rice, mung-dal, beet-spinach, 1 tsp ghee	Quinoa-mung salad, coconut curry, coriander dip	Red-rice + lentil soup, steamed greens, trikatu sprinkle
<b>Snack</b>	Sesame-jaggery laddu	Sweet melon bowl	Apple slices + roasted chick-peas
<b>Dinner (light)</b>	Vegetable khichadi + almond milk	Moong-dal soup + cucumber salad	Clear veggie soup + millet roti

## 7 HOME SPOT-TREATMENT QUICK LIST

Issue	Vāta Fix	Pitta Fix	Kapha Fix
Sudden dryness patch	Dab ghee + 1 drop sandal —	—	—
Red heat bump	—	Turmeric-aloe dab 4 h —	—
Greasy whitehead	—	—	Neem-turmeric paste 2 h

## 8 SELF-ASSESSMENT MINI-QUIZ

1. Your skin feels tight and looks dull by afternoon—do you need more sesame oil massage or turmeric clay?
2. A blushy red rash flares after chilli dinner—name two immediate Pitta-cooling steps.
3. Whiteheads cluster on nose by evening—identify doṣa and one weekly ritual to adopt.

### Model answers:

1. Sesame oil massage (Vāta dryness). 2) Rose-vetiver spritz + coconut water. 3) Kapha; do neem-turmeric clay mask and steam tent weekly.

## 9 Key Take-Aways

- **Vāta skin** thrives on oil, warmth, and early bedtimes.
- **Pitta skin** needs cooling herbs, sun discipline, and emotional calm.



- **Kapha skin** stays clear with daily movement, light meals, and regular scrubs.
- Adjust diet, routine, and products with seasons and life-stage; your dominant doṣa is the compass.

**Mantra:** *“Align care with Prakṛti, and the skin becomes its own best cosmetic.”*

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