

Chapter 1. Fundamentals of Ayurvedic Dermatology

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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
Twachā 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.
Doṣas (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.
Bhrajaka Pitta = 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



Taste (Rasa)	Balances	Typical Foods	Skin Effect
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 (Dinacharya for Skin)

Morning	Mid-Day	Evening
Warm water + tongue scrape 10 sun-salutations (circulation)	Eat main meal (strongest Agni) Stay hydrated, no iced drinks	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
VĀTA (vāyu: air-space)	Micro-circulation, nerve sensation, cell turnover	Wind that keeps leaves (cells) moving



Doṣa	Normal Job in Skin	Easy Image
PITTA (<i>tejas: fire-water</i>)	Pigment control (<i>Bhrajaka Pitta</i>), dermal metabolism, warmth	Small camp-fire that cooks colour & glow
KAPHA (<i>āpa-prithvī: water-earth</i>)	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	Excess VĀTA	<i>Rūkṣatā</i> (dryness), <i>Kharatā</i> (roughness)	Xerosis, atopic dermatitis, psoriasis plaques
Redness, heat, burning pain, quick-spreading rashes or brown patches	Excess PITTA	<i>Dāha</i> (burn), <i>Rāga</i> (redness)	Acne flare, rosacea, melasma, urticaria
Greasy shine, large pores, whiteheads, thick or weeping lesions	Excess KAPHA	<i>Picchilā</i> (stickiness), <i>Śleṣman</i> overflow	Seborrheic dermatitis, cystic acne, fungal ringworm

3 ► Classic Disease Examples by Doṣa Pattern

Doṣa Pattern	Prototype Diseases (Ayur Name → Modern)	Why It Fits
Vāta-Kapha (dry + sticky)	<i>Kiṭibha</i> → psoriasis	Dry splits + stubborn plaques
Pitta-Kapha (hot + oily)	<i>Yauvana Piḍakā</i> → acne vulgaris	Heat promotes bacteria, Kapha adds pus
Vāta-Pitta (dry + heat)	<i>Vicharchikā</i> → atopic eczema	Itch of Vāta + inflamed ooze of Pitta
Tridoṣa 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">• Grey/dull → Vāta• Red/copper → Pitta• Pale/white/greasy → Kapha
Texture?	<ul style="list-style-type: none">• Dry/rough → Vāta• Hot/swollen → Pitta• Thick/oily → Kapha
Sensation?	<ul style="list-style-type: none">• Itch/tingle → Vāta• Burn/pain → Pitta• Dull heaviness → Kapha

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
Remove Cause	Avoid late-night fasting, iced drinks	Cut chilli, alcohol, excess sun	Stop dairy + fried sweets
Primary Panchakarma	Sneha-Basti (oil enema)	Virechana (herbal purge)	Vamana (therapeutic emesis)
Core Herbs	Ashwagandha, Bala-ghṛita, Sesame	Neem, Manjishtha, Gudūcī, Amla	Turmeric, Trikatu, Triphala
Topical Base	Sesame-gotu kola oil	Coconut-sandal gel	Neem-turmeric clay scrub
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	Pitta-Kapha	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	Vāta-Kapha	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	Pitta	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 *Māṃsa* 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 (Sāratā)	Deficit / Excess Effect on Skin
Rasa (plasma)	Interstitial fluids, lymph	Hydration, nutrient ferry	Soft, moist, radiant texture	Dry shrink lines; sluggish nutrition
Rakta (blood)	RBCs, perfusion	Oxygen & colour	Rosy undertone, quick wound heal	Pallor, dark circles, red hot rashes (when vitiated)
Māṃsa (muscle / dermis)	Collagen-elastic mesh	Thickness, elasticity, pore support	Firm, pore-tight surface	Early sag, visible pores
Meda (fat)	Sub-cut fat, lipid stores	Cushion, long-term moisture, hormone substrate	Subtle “plump” glow, smooth contours	Excess: greasy shine, channel block → acne; Deficit: hollow cheeks, dullness
Asthi (bone)	Skull & facial framework	Structural lift, nail & hair hardness	Well-defined jawline, strong nails	Loss of facial angles, brittle nails
Majjā (marrow & nervous tissue)	Myelin, bone marrow	Deep luster, sensory calm	Soft sheen, clear whites of eyes	Dull/dry complexion, hypersensitive itching
Śukra (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** → **Māṃsa** → **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	Meda excess blocking flow	Kapha-scraping diet (barley, ginger), Vamana if severe
Hollow temples, premature wrinkles	Māṃsa / Meda deficiency	Ghee + protein, sesame abhyanga, sneha-basti
Bone-deep itching, burning soles	Majjā dryness + Pitta	Cow-ghee tarpana for feet, gudūcī-tikta ghṛita internally



Warning on Mirror

Loss of facial sheen after illness

Likely Dhātu Issue

Śukra depletion

Quick Ayur Corrective

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
Rasa-sāra	Naturally hydrated, soft, lotus-like complexion
Rakta-sāra	Copper-rose glow, bright lips, sparkling eyes
Māmsa-sāra	Thick, elastic, no laxity even with ageing
Meda-sāra	Smooth, well-contoured, youthful fullness (<i>without oil-drip</i>)
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. **Śodhana** – 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, Gudūci, 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 abhyāṅga 3×/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
Agni	All digestive & metabolic “fires”	Good Agni → nutrients reach skin; weak Agni → waste piles up.
Āma	Half-cooked residues—sticky, foul	Travels via blood, blocks micro-channels (srotas) → 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
Samāgni (Balanced)	Doṣas in harmony	Steady hunger, light body	Clear skin, bright eyes
Viṣamāgni (Irregular)	Vāta	Bloating, alternating appetite	Dry patches, itch, fissures
Tikṣṇāgni (Hyper)	Pitta	Fast hunger, acid reflux	Red flush, heat rashes
Māndāgni (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
Trikatu (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
Cumin-Coriander-Fennel (CCF) tea	1 tsp mix in 250 ml hot water after meals	Gentle carminative, prevents gas	Less Vāta dryness
Turmeric + Black pepper	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)	Vamana (therapeutic emesis)	Chest light, hunger returns
Pitta-Āma (hot rash, pigment)	Virechana (purgation)	Clear yellow bile stool, cooling sensation
Vāta-Āma (dry scale, itch)	Sneha-Basti (oil enema)	Soft stool, moisturised skin, calm sleep

8 ► Quick-Pick Herb Formulas

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

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



9 ► Self-Check Quiz

1. Which type of Agni becomes **erratic** under Vāta dominance?
2. True/False: Thick white tongue coating suggests strong digestion.
3. 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
VĀTA (Air + Space)	Thin, dry, fine pores, cool touch	Dehydration, early lines, dull tone	Nourish & seal moisture
PITTA (Fire + Water)	Warm, soft, rosy-pink, medium pores	Redness, sensitivity, pigment, break-outs	Calm heat, protect from sun
KAPHA (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
Wake-up drink	200 ml warm water + ½ tsp ghee	200 ml room-temp coconut water	200 ml ginger-lemon infusion
Cleanse (AM)	Chick-pea flour + milk splash	Aloe-rose gel wash	Neem-basil powder scrub (30 s)
Tone	Rose-sandal mist	Cucumber-mint hydrosol	Vetiver-lime hydrosol
Moisturise (AM)	Sesame-gotu kola oil (4 drops)	Coconut-manjishtha gel	Lightweight tulsi-tea-tree lotion
Sun block	Zinc-ghee cream SPF 25	Zinc-licorice cream SPF 30	Red-oxide-turmeric matte SPF 20
Mid-day beverage	Warm cumin-fennel tea	Coriander-rose cooler	Green tea with pinch trikatu
Cleanse (PM)	Sesame-oil massage + oat wipe	Vetiver milk wipe	Multani clay + turmeric paste
Night serum	Kumkumadi (4 drops press-in)	Aloe-saffron gel (pea-size)	Neem-tamanu gel-oil mix (2 drops)
Bedtime tonic	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
2x / week	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
1x / week	Shiro-abhyanga with bhṅgarāj oil	Aloe-sandal eye pack 10 min	Kapha-scrub <i>udvartana</i> (horse- gram)
Season switch	↑ Ghee & almond milk in autumn-winter	↑ Cucumber, watermelon in summer	↑ Dry spices, barley soups in rainy season

4 DOs & DON'Ts

	VĀTA	PITTA	KAPHA
Must DO	• 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
Avoid	• 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 ghṛita	Coconut oil, cucumber, vetiver, manjishtha, rose, licorice, neem-patra ghṛita	Mustard + sesame blend, neem, tulsi, turmeric, triphala, trikatu, multani mitti

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

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