

WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

Chapter 1. Fundamentals of Ayurvedic Nutrition & Beauty

1 ► Big Idea in One Sentence

"What you eat → how well you digest → what quality of body-tissues you build → the glow your skin and hair display."

Ayurveda says food (*Ahāra*) first becomes **Rasa Dhātu** (plasma), then flows step-by-step into blood, muscle, fat, bone, marrow, and finally reproductive tissue.

Healthy Rasa and Rakta are the direct suppliers for Bhrajaka Pitta (skin metabolism) and Āsthi-upadhātu (hair & nails).

2 ► Digestive "Fire" 101

Sanskrit Term Plain English Beauty Link

Jathara Agni Main stomach & enzyme fire If low → undigested sludge (Āma) shows as acne, dull tone

Bhūta Agni Element-level transformation Mineral balance for nail/hair strength **Dhātu Agni** Tissue-specific mini-fires Proper collagen & melanin production

Cheat-code: Strong Agni = clear skin; weak Agni = break-out city.

3 ► The Six Tastes Cheat-Sheet

Taste (Rasa)	Dosha It Balances	Everyday Sources	Skin/Hair Effect (in moderation)
Sweet (Madhura)	Vāta & Pitta	Rice, dates, milk	Plumps cheeks, nourishes hair roots
Sour (Amla)	Vāta	Lemon, yogurt	Vitamin-C glow, BUT excess can cause redness
Salty (Lavana)	Vāta	Rock-salt	Retains moisture; too much = puffiness
Pungent (Kațu)	Kapha	Ginger, black pepper	Clears oily acne; excess dulls collagen
Bitter (Tikta)	Pitta & Kapha	Neem, fenugreek	Detox, anti-oxidant, brightens
Astringent (Kaṣāya)	Pitta & Kapha	Green tea, lentils	Tightens pores, but too much dries skin

Daily plate mantra: "50 % sweet grains/veg, 25 % mixed lentil-beans, 25 % rainbow spices and greens."

4 ► Beauty-Nutrient Table (Modern + Ayur Link)

Modern Nutrient	Best Ayur Source	Skin/Hair Super-Power
Collagen amino acids	Mung-dal, sesame + amla (vit-C activates)	Firm dermis, fewer lines
Omega-9 & 6	Cold-pressed sesame, almond	Lipid barrier → glossy hair
Antioxidants (polyphenols)	Turmeric, manjishtha, lotus	Fades spots, slows ageing
Silica	Red-rice bran, bamboo manna	Strong nails, thick hair shaft
Zinc	Pumpkin seeds, goat-milk	Acne control, keratin link

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5 ► Sample "Glow Day" Menu (Student Practicum)

Time	Menu	Why It Helps Beauty
7 am	Warm water + ½ tsp Trikatu-honey	Kindles Agni, mobilises toxins
8 am	Pink porridge - red-rice flakes + beet + dates + almond milk	Sweet + iron + silica combo
11 am	Fruit plate - papaya + 5 soaked almonds	Enzyme polish, good fats
1 pm	Main meal: brown-rice, mung-dal, steamed veg, 1 tsp ghee, coriander-mint chutney	Perfect 50-25-25 taste ratio
4 pm	Glow tea - hibiscus, amla, pinch licorice	Vitamin-C & flavonoids
7 pm	Quinoa-veg khichadi + roasted sesame sprinkle	Light but protein-rich; easy digestion
9 pm	1/4 tsp Bala-Ghee on tongue	Overnight tissue repair, Vāta calming

6 ► Common Diet Mistakes & Quick Fix

Symptom Seen on Skin/Hair	Likely Food Error	Simple Fix
Greasy acne flare	Too much fried + cheese	Swap cheese snack → roasted chick-peas; add bitter salad
Sudden hair fall in exam week	Skipped breakfasts (low Agni)	Warm porridge + 2 tsp ghee daily
Dull, grey undertone	Ice-cold drinks killing Agni	Switch to room-temp or warm herbal teas
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7 ► Digest-to-Dermis Flow (describe like a comic strip)

- 1. Bite fresh food.
- 2. Jathara Agni breaks it into absorbable juice.
- 3. Juice becomes **Rasa Dhātu** (plasma).
- 4. Rasa circulates to **Rakta** (blood) → carries oxygen & colour.
- 5. Healthy Rakta feeds **Māṁsa** (dermis) → strong collagen.
- 6. End result = **Bhrajaka Pitta** shines → visible glow.

(Students can copy this six-box chain into notes or visualise with arrows.)

8 ► Quick Quiz (Self-check)

- 1. Name two tastes that cool an overheated Pitta complexion.
- 2. If your nails have vertical ridges and break, which dosha and which nutrient are most likely low?
- 3. Why does ice cream at night hurt morning skin glow?

(Key: Bitter & Sweet; Vāta dryness & silica/zinc; weakens night Agni, creates āma.)

Key Take-Aways

- Agni first, menu later glowing skin starts with good digestion.
- Balance six tastes; favour your doşa but keep variety.
- Rasa & Rakta are the real "beauty serums" inside the body.
- Small daily tweaks (warm water, ghee, herbs) beat big crash diets every time.

Mantra: "Feed the fire, colour the blood, the mirror will tell the rest."

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