

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 (<i>Madhura</i>)	Vāta & Pitta	Rice, dates, milk	Plumps cheeks, nourishes hair roots
Sour (<i>Amla</i>)	Vāta	Lemon, yogurt	Vitamin-C glow, BUT excess can cause redness
Salty (<i>Lavana</i>)	Vāta	Rock-salt	Retains moisture; too much = puffiness
Pungent (<i>Kaṭu</i>)	Kapha	Ginger, black pepper	Clears oily acne; excess dulls collagen
Bitter (<i>Tikta</i>)	Pitta & Kapha	Neem, fenugreek	Detox, anti-oxidant, brightens
Astringent (<i>Kaṣāya</i>)	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



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	¼ 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

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 **doṣa** 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.”