

Chapter 27. Lip Care, Eye Care & Nail Care Through Ayurveda (Theory)

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Welcome to Day 48 of your Ayurveda Cosmetology course! Today, we'll delve into **Ayurvedic approaches** for the **lips**, **eyes**, and **nails**—three often-overlooked areas that can reveal underlying imbalances. By applying principles of **Vata**, **Pitta**, and **Kapha**, alongside simple herbal remedies, you can keep these delicate parts healthy and radiant.

1. Introduction

While modern beauty routines frequently emphasize the face and hair, **lips**, **eyes**, and **nails** also deserve **special** attention:

- **Lips:** Vata dryness can cause chapping; Pitta heat might create inflammation or sensitive, peeling lips; Kapha might manifest as dull or fluid-retentive lips.
- **Eyes:** Pitta-related redness or dryness can degrade vision comfort; Kapha can cause puffiness, and Vata dryness may lead to itching or fine lines around eyes.
- **Nails:** In Ayurveda, nails are an upadhatu (by-product) of **Asthi Dhatu** (bone tissue). Poor diet or internal dryness may show up as brittle nails, while Pitta imbalances might cause inflamed nail beds or discoloration.

By understanding these **dosha** influences, we can apply **targeted** herbal and daily-care approaches for each area.

2. Lip Care

A. Common Lip Issues & Dosha Links

1. **Chapped Lips**
 - Often a **Vata** sign—dryness, cracking, especially in cold or windy weather.
2. **Inflamed / Sensitive Lips**
 - May indicate **Pitta** aggravation from spicy foods, strong sun exposure, or dryness.
3. **Dull or Pale Lips**
 - Could be mild **Kapha** stagnation or overall poor circulation (also check diet for possible anemia in modern view).

B. Ayurvedic Remedies & Routines

1. **Ghee or Oil Application**
 - For dryness, regularly apply **pure ghee** or a mild oil (coconut, almond) to keep lips moisturized.
 - A bedtime ritual: a **tiny dab** of ghee on lips can prevent overnight dryness.
2. **Herbal Lip Balm**
 - Combine **beeswax**, a base oil (e.g., almond), and possibly a pinch of **rose** or **saffron** infusion.
 - For inflamed lips, a mild aloe or **licorice** extract can be soothing.
3. **Avoid Over-Exfoliation**
 - Gentle sugar-honey scrub 1-2 times a week can remove dead skin.



- Over-scrubbing might worsen dryness or cause micro-tears, especially in Vata or Pitta.

4. Lifestyle Tips

- Stay **hydrated**, especially if dryness is an issue.
- Protect from **sun** (Pitta) or **wind** (Vata) using a natural lip balm barrier.

3. Eye Care (Netra Paricharya)

A. Ayurvedic Eye Essentials

1. **Pitta** often accumulates in the eyes, causing **redness**, itching, or dryness.
2. **Kapha** might cause puffiness or watery eyes, especially if fluid retention or allergies are present.
3. **Vata** dryness can lead to a gritty sensation, flickering or mild strain.

B. Everyday Eye-Care Routines

1. **Gentle Washing**
 - Splashing eyes with **cool** water in the morning can soothe mild Pitta or dryness.
 - **Triphala wash** is often recommended: soak triphala in water overnight, strain, and gently rinse. Helps clarity and mild detox.
2. **Netra Tarpana** (Advanced)
 - Involves creating a dough ring around the eyes, filling it with **medicated ghee**. Usually done under professional supervision, offering deep lubrication and cooling.
 - Great for dryness, mild strain, or post-excess screen time.
3. **Eye Compresses**
 - For dryness or redness: **rose water** or **cucumber** slices over closed eyelids.
 - If puffiness is a Kapha concern, a mild green tea bag compress might help reduce fluid retention.
4. **Herbs & Dietary Factors**
 - **Internal**: Amla (rich in Vitamin C) or **Triphala** can support eye health.
 - Avoid excessive spicy or sour foods if eyes are inflamed (Pitta sign).

C. Frequency & Cautions

- **Gentle daily** wash or compress is safe for most.
- If severe infection, pain, or vision changes occur, seek specialized care—Ayurveda or modern ophthalmology.
- Overly cold compresses might aggravate Vata dryness if used frequently.

4. Nail Care (Nakha Paricharya)

A. Ayurvedic View of Nails

Nails are considered an upadhatu (secondary tissue) of **Asthi Dhatu** (bones). Hence, issues like **brittle** nails might reflect deeper dryness or nutrition deficits. Overly thick or oily nails could hint at **Kapha** dominance.

B. Basic Nail Routine

1. **Soaking & Softening**
 - A short soak in **warm water** with mild herbs (neem, tulsi) for **disinfection** or dryness can help.
 - For dryness, add a bit of **oil** or a teaspoon of ghee to the warm water.
2. **Trimming & Filing**
 - Keep nails at a healthy length, gently file from corner to center to avoid splitting.
 - Use **dosha** perspective: if nails are very brittle, soak more or add oil after filing.
3. **Cuticle Care**
 - Gently push cuticles back after soaking; do not aggressively cut them (in line with many modern guidelines)

as well).

- **Sesame** or **coconut oil** can be lightly massaged into cuticles, especially in Vata dryness or if dryness is evident.

4. Moisturizing

- Post-soak or daily routine, a tiny bit of **oil or ghee** on nails and cuticles keeps them strong.
- Kapha nails might prefer minimal oil—just a dab on cuticles if dryness is localized.

C. Internal Support

- Balanced dietary approach, especially **calcium** or **mineral**-rich foods, fosters healthy nails.
- Rasayana herbs like **amla**, **ashwagandha** may indirectly support the tissues forming nails.

5. Integrating Lip, Eye & Nail Care into Spa or Daily Routine

1. Mini-Add-On Services

- Offer quick lip hydration or gentle eye compress at the end of a facial.
- Ayurvedic manicure/pedicure can include herbal soaks for nails.

2. Home Maintenance

- Encourage clients to apply **ghee** or a natural balm on lips each night.
- Simple rose water eye compress after long screen use.
- Weekly warm nail soak if dryness or brittleness appears.

3. Dosha Awareness

- **Vata** dryness: Regular oiling of nails, lips, and occasional eye lubrication if dryness extends to eyes.
- **Pitta** sensitivity: Cooling lip balms or eye soaks, watch for sour/spicy dietary triggers.
- **Kapha** dullness or puffiness around eyes: Stimulating eye splash with slightly warm water, minimal use of heavy lip butters.

6. Indications & Contraindications

Indications

- Anyone seeking a **holistic** approach to minor dryness, sensitivity, or dullness in lips, eyes, or nails.
- Stressful lifestyles leading to tension in the eyes, chapped lips, or neglected nails.

Contraindications

- **Active Infections** (conjunctivitis, lip lesions, severe fungal nail issues) require specialized care.
- **Allergies** to certain herbs used in lip/nail oils or eye washes.
- **Serious Eye Conditions** (glaucoma, deep corneal problems) also need advanced or modern ophthalmic input, not just home remedy.

Conclusion

Lip care, eye care, and nail care often stand at the periphery of mainstream cosmetology, yet in **Ayurveda**, they're integral aspects of total well-being. Through **simple** routines—like ghee on lips, herbal eye compresses, or warm nail soaks—tuned to the client's **dosha** patterns, you ensure these delicate zones remain **nourished, protected, and vibrant**. Balancing dryness for Vata, heat for Pitta, and congestion for Kapha fosters true, holistic beauty—reflecting Ayurveda's mission of harmonizing the **body** with nature's rhythms.

End of Day 48: You've explored Ayurvedic guidelines for **Lip, Eye, and Nail** care—tomorrow (Day 49), we'll host an **interactive demo** on creating herbal products for these areas, further enhancing your practical skillset. Enjoy integrating



these small but impactful tips into your cosmetology toolkit!

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