

YOGA WITH PRAKHAR

Ayurvedic Skin Care (Twak Swasthya) & Holistic Diet Plan

SENIOR AYURVEDA CONSULTANT: PRAKHAR GARG

Namaste! Ayurveda mein skin ko 'Rasa' aur 'Rakta Dhatu' (blood tissue) ka reflection mana gaya hai. Jab sharir mein **Rakta Dhatu Dushti** ya **Tridosha Imbalance** hota hai, tabhi skin problems jaise acne, pigmentation, eczema, excessive dryness, ya oily dullness develop hoti hain. True skin glow external creams se nahi, balki internal blood purification (*Rakta Shodhana*) aur gut digestion (*Agni Balance*) se aata hai. Yeh complete guide har skin type aur har age group ke liye design kiya gaya hai.

1. SKIN TYPES & ISSUES ACCORDING TO TRIDOSHA

Ayurveda ke anusar skin problems teen mukhya Dosha imbalances mein divide hoti hain:

VATA SKIN TYPE (Dry & Aging)

Symptoms: Dry, rough, thin skin, premature wrinkles, fine lines, dark circles, flaky patches, dull complexion.

Treatment Focus: Hydrating & Unctuous (*Snigdha*) diet. Healthy fats like Cow Ghee, sesame oil massage (*Abhyanga*), soaked nuts, and hydrating herbs.

PITTA SKIN TYPE (Sensitive & Acne)

Symptoms: Redness, active acne/pimples, rosacea, freckles, melasma/pigmentation, burning sensation, sun sensitivity.

Treatment Focus: Cooling (*Sheetala*) & Blood Purifying (*Rakta Shodhak*) diet. Aloe Vera, Chandan, Neem, Amla, Coconut water, avoiding hot/spicy foods.

KAPHA SKIN TYPE (Oily & Congested)

Symptoms: Excessively oily, thick skin, enlarged pores, cystic acne, blackheads, whiteheads, fungal infections, water retention/puffiness.

Treatment Focus: Light (*Laghu*), Warm (*Ushna*) & Detoxifying diet. Bitter & astringent herbs (Neem, Haldi, Triphala), steam, avoiding heavy dairy & sugar.

2. COMPLETE AYURVEDIC SKIN CARE DIET PLAN (ALL TYPES)

Yeh daily diet routine *Rakta Shuddhi* (blood purification), digestion enhancement, aur natural skin glow promote karta hai.

TIME / ROUTINE	DIET / AAHAR OPTIONS	DOSHA CUSTOMIZATION & RATIONALE
Early Morning (6:00 AM - 6:30 AM)	1 glass Luke-warm water. • <i>Pitta</i> : Aloe Vera juice (15ml) or Amla juice. • <i>Vata</i> : Warm water + 1 tsp Cow Ghee + soaked almonds. • <i>Kapha</i> : Warm water + 1/2 tsp Haldi + pinch of Black Pepper.	Detoxifies digestive tract early morning. Haldi & Amla act as powerful antioxidants for blood purification and cell repair.
Breakfast (8:00 AM - 8:30 AM)	Freshly cooked warm meals: Vegetable Poha / Oatmeal / Moong Dal Chilla / Stewed Apples with Cinnamon / Ragi Dosa. 1 cup Herbal Skin Tea (Rose petals + Coriander seeds + Cardamom).	Light on stomach, rich in bio-flavonoids. Avoid tea/coffee with milk on an empty stomach as it aggravates Pitta and skin inflammation.
Mid-Morning (11:00 AM)	Fresh Sweet Fruits: Pomegranate (Anar), Watermelon, Papaya, Sweet Lime (Mosambi), or Coconut Water. <i>Plus</i> : Soaked Raisins (Kishmish) & Figs (Anjeer).	Anar aur Kishmish blood building (Rakta Vardhak) hain. Papaya digestive enzymes boost karta hai jo acne clear karta hai.
Lunch (1:00 PM - 2:00 PM)	1-2 Chapattis (Wheat/Jowar/Barley mix) + 1 bowl Yellow Moong Dal + Seasoned Green Sabzi (Bottle Gourd, Spinach, Cucumber, Beetroot, Ridge Gourd) with 1 tsp Cow Ghee.	Barley (Jau) & Jowar decrease Kapha and oiliness. Ghee lubricates Vata skin and neutralizes Pitta heat. Green veggies supply chlorophyll for detoxification.
Evening Snack (5:00 PM)		Seeds are rich in Zinc, Vitamin E, and essential fatty acids that promote collagen production and repair skin barrier.

TIME / ROUTINE	DIET / AAHAR OPTIONS	DOSHA CUSTOMIZATION & RATIONALE
	Cucumber & Carrot sticks OR Roasted Makhana OR Green Tea / Coriander Seed Tea. 1 tbsp Pumpkin Seeds & Sunflower Seeds.	
Dinner (7:00 PM - 7:30 PM)	Very Light Dinner: Vegetable Soup (Lauki/ Pumpkin/Tomato-free) OR Moong Dal Khichdi with Turmeric and Cumin. Finish before 7:30 PM.	Late dinners produce <i>*Ama*</i> (undigested toxins) which circulate in blood and cause breakouts, clogged pores, and skin dullness.
Bedtime (9:30 PM)	<i>Pitta/Vata</i>: Warm A2 Milk with pinch of Turmeric & Cardamom. <i>Kapha/Acne-prone</i>: 1 tsp Triphala Churna with warm water.	Triphala cleanses colon overnight. Clean colon equals clean, clear, glowing skin without acne.

3. KEY AYURVEDIC MEDICINES FOR SKIN CARE (TWAK AUSHADHI)

Ayurvedic classical formulations for deep blood purification, anti-inflammatory action, and skin rejuvenation:

MEDICINE NAME	DOSAGE (KHORAK)	BEST TIME / ANUPAN	CLINICAL ACTION & BENEFITS
Mahamanjsthadi Kwath	15-20 ml with equal water twice daily	After meals	Premier classical blood purifier (<i>*Rakta Shodhak*</i>). Excellent for chronic acne, hyperpigmentation, eczema, and skin redness.
Kaishore Guggulu	1-2 Tablets twice daily	After meals with warm water	Powerful anti-inflammatory and detoxifier. Clears deep-seated skin infections, cystic acne, rashes, and psoriasis.
Khadirarishta	15-20 ml with equal water twice daily	After meals	Made from Khadira (Acacia catechu). Treats allergic skin conditions, itching, urticaria (<i>*Shitapitta*</i>), and chronic dermatitis.
Gandhak Rasayana	1 Tablet twice daily	After meals with milk or water	Purified Sulphur formulation. Acts as natural antibacterial & antifungal. Restores skin luster, treats fungal issues and scabies.
Haridrakhanda	1 tsp twice daily	With warm milk/water after meals	Turmeric-based formulation. Outstanding for skin allergies, hives, seasonal rashes, and boosting skin immunity.
Kumkumadi Tailam	3-4 drops for face application	At night on cleansed face	Saffron-infused oil. Fades dark spots, pigmentation, brightens complexion, and nourishes Vata-Pitta skin.
Nimbadi Churna / Neem Tablets	1 tsp churna OR 1 tab twice daily	Before meals with warm water	Potent bitter medicine. Reduces excessive oil production (<i>Kapha</i>), kills acne bacteria, and detoxifies liver.

4. SKIN CARE GUIDELINES ACROSS DIFFERENT AGE GROUPS

1. Teenagers & Youth (Age 13 - 19 Years) - Hormonal Acne & Pitta Peak Primary Concerns: Hormonal acne, blackheads, excessive sebum, facial redness, self-esteem issues. Dietary & Herbal Care: Strict avoidance of junk food, chocolates, deep-fried snacks, and cheese. Daily Neem water or Amla juice intake. Apply fresh Aloe Vera gel or Sandalwood paste externally. Lifestyle: Keep face clean with herbal cleansers (Besan + Haldi + Milk/Rosewater wash). Never squeeze or pop pimples.
2. Adults & Working Professionals (Age 20 - 45 Years) - Stress, Pigmentation & Pollution Primary Concerns: Stress-induced breakouts, melasma/pigmentation, uneven tone, dullness due to pollution, dark circles.

- **Dietary & Herbal Care:** High-antioxidant diet (Pomegranate, seeds, green juices). Take Mahamanjsthadi Kwath for pigmentation. Use Kumkumadi Tailam massage at night.
- **Lifestyle:** 7-8 hours sound sleep, stress management through Pranayama (Anulom Vilom, Sheetali), daily sunscreen, and regular hydration (2.5 - 3L water).

3. Middle Age & Senior Citizens (Age 46+ Years) - Aging, Dryness & Vata Dominance

- **Primary Concerns:** Extreme dryness, sagging skin, wrinkles, age spots, thin skin barrier, loss of collagen.
- **Dietary & Herbal Care:** Include Desi Ghee in daily diet, warm almond milk with Shatavari, soaked walnuts, and hydration. Take Chyawanprash or Amlaki Rasayana daily.
- **Lifestyle:** Gentle daily facial massage (*Mukha Abhyanga*) with Kumkumadi or Almond oil. Avoid hot water washes on face and harsh chemical soaps.

5. PATHYA & APATHYA (DO'S AND DON'TS FOR GLOWING SKIN)

PATHYA (KYA KHAYEIN / KYA KAREIN)	APATHYA (KYA NA KHAYEIN / KYA NA KAREIN)
• Amla, Pomegranate, Aloe Vera, Cucumber, Beetroot daily. • Pure A2 Cow Ghee & Coconut water for internal cooling. • Natural face packs: Besan + Haldi + Rosewater / Milk. • Drinking adequate warm/room temp water throughout the day. • Pranayama (Sheetali, Sitkari, Anulom Vilom) for skin radiance. • Sleeping early (before 10:30 PM) for nocturnal skin repair.	• Excessive spicy, salty, sour, acidic, or deep-fried foods. • Viruddha Ahara (Incompatible foods e.g. Milk with Fish/Citrus). • Chemical-heavy skincare products, bleaching, or synthetic makeup. • Hot water washes on face (causes dryness & broken capillaries). • Late night sleeping (*Ratri Jagran*) & smoking/alcohol. • Constipation (Suppressed bowel movements ruin skin glow).

Important Medical Disclaimer: Yeh document *Yoga with Prakhar* ke dwara educational aur health awareness purpose ke liye banaya gaya hai. Chronic skin diseases (severe psoriasis, severe eczema, deep cystic acne) ke case mein individual diagnosis zaroori hai. Kisi bhi classical aushadhi ko start karne se pehle certified Ayurvedic Doctor se consult zaroori karein.