

YOGA WITH PRAKHAR

Ayurvedic Skin Pigmentation & Melasma Management Guide

SENIOR AYURVEDA CONSULTANT: PRAKHAR GARG

Pranam! Ayurveda mein skin pigmentation, melasma, dark patches, aur uneven skin tone ko mukhya roop se **Vyanga** ya **Neelika** ke antargat dekha jata hai. Yeh mukhya roop se **Pitta Dosha ke imbalance, Rakta Dhatu (blood tissue) ki impurity**, aur liver ki heat (*Bhrajaka Pitta* vikriti) ke karan hota hai. Jab Pitta dosha aur toxins (*Ama*) skin ke deeper layers (Bhrajaka Pitta) tak pahunchte hain, toh melanin ka production abnormal ho jata hai aur spots ban jate hain. Ilaj ka uddeshya rakta shodhana (blood purification), Pitta calming, aur liver detox karna hai.

1. SKIN PIGMENTATION MANIFESTATIONS ACCORDING TO TRIDOSHA

Pigmentation aur dark spots ke mukhya karan alag-alag doshas ke adhaar par:

VATA PIGMENTATION (Dry & Ashen)

Characteristics: Dry skin, greyish-brown patches, fine lines, dullness caused by poor circulation and stress.

Focus: Nourishing healthy fats (Ghee), warm hydrating foods, sesame oil massage, and grounding adaptogenic herbs (Ashwagandha).

PITTA PIGMENTATION (Inflammatory / Melasma)

Characteristics: Deep blackish-brown or red-brown patches on cheeks, nose, forehead triggered by sun exposure and internal body heat.

Focus: Cooling blood-purifiers (*Rakta Shodhak*), Aloe Vera, Manjistha, Chandan, coconut water, and avoiding spicy/sour foods.

KAPHA PIGMENTATION (Thick & Dull Patches)

Characteristics: Dull, oily, thick pigmented patches with sluggish metabolism and toxins (*Ama* accumulation).

Focus: Light, warm, detoxifying diet, bitter greens, Trikatu, Haridra (Turmeric), and stimulating herbal teas.

2. COMPREHENSIVE AYURVEDIC PIGMENTATION DIET PLAN (VARNYA AAHAR)

Yeh skin-healing diet blood ko purify karne, liver function ko enhance karne, aur melanin production ko balance karne ke liye design ki gayi hai.

TIME / ROUTINE	DIET / AAHAR OPTIONS	DOSHA CUSTOMIZATION & RATIONALE
Early Morning (6:00 AM - 6:30 AM)	1 glass Luke-warm Water. • <i>Pitta/Melasma</i> : 15 ml Fresh Amla Juice + 15 ml Aloe Vera Juice in warm water. • <i>Vata type</i> : Warm water + 1 tsp Cow Ghee. • <i>Kapha type</i> : Warm water + 1/2 tsp Lemon juice + 1 pinch Triphala.	Cleanses the gastrointestinal tract, flushes toxins (*Ama*), and provides high Vitamin C for natural collagen synthesis and skin brightening.
Breakfast (8:00 AM - 8:30 AM)	Nourishing skin-friendly breakfast: • Porridge (Dalia) or Oats cooked with almond milk, dates, and a pinch of turmeric. • OR Moong Dal Chilla with fresh mint chutney.	Avoids processed sugars and refined flours which spike insulin and trigger skin inflammation and hyperpigmentation.
Mid-Morning (11:00 AM)	Fresh antioxidant juices or fruits: • Pomegranate (Anar) juice OR fresh coconut water. • A handful of soaked pumpkin seeds or sunflower seeds (Zinc & Vitamin E for skin repair).	Provides deep cellular hydration and powerful antioxidants to fight UV-induced free radicals and skin cell damage.
Lunch (1:00 PM - 2:00 PM)	• 2 Wheat/Millet Rotis with 1 tsp Ghee. • 1 bowl Yellow Moong Dal seasoned with cumin and turmeric. • Bitter gourd (Karela) or Bottle gourd (Lauki)	Bitter tastes (*Tikta Rasa*) are supreme for purifying blood (*Rakta Shodhana*) and clearing stubborn skin pigmentation.

TIME / ROUTINE	DIET / AAHAR OPTIONS	DOSHA CUSTOMIZATION & RATIONALE
	sabzi, plus a bowl of steamed green leafy vegetables.	
Evening Snack (5:00 PM)	Coriander-Cumin-Fennel (CCF) herbal tea OR Rose petal tea (Gulab tea) with 2 walnuts.	Cools internal Pitta, reduces skin heat, and provides essential fatty acids for skin barrier repair.
Dinner (7:00 PM - 7:30 PM)	Light & Easy Digestible Dinner: • Moong Dal Khichdi cooked with turmeric, cumin, and vegetables. • Strictly finish dinner by 7:30 PM.	Early light dinner allows liver and skin cells to undergo overnight repair and detoxification without metabolic burden.
Bedtime (9:30 PM)	1 glass warm water with 1 tsp Triphala Churna OR warm milk with 1/2 tsp Shatavari Churna.	Triphala acts as a mild colon cleanser and liver detoxifier, which directly reflects as a clear, glowing complexion on the skin.

3. KEY AYURVEDIC MEDICINES FOR SKIN PIGMENTATION (VARNYA & RAKTA SHODHAK)

Classical Ayurvedic formulations that purify blood, balance Pitta, and restore natural skin complexion (*Varnya*):

MEDICINE NAME	DOSAGE (KHORAK)	BEST TIME / ANUPAN	CLINICAL ACTION & BENEFITS
Mahamanjsthadi Kwath	15-20 ml with equal water twice daily	After meals	Premier blood purifier (*Rakta Shodhak*). Clears skin blemishes, melasma, dark spots, and promotes clear complexion (*Varnya*).
Khadirarishta	15-20 ml with equal water twice daily	After meals	Classical herbal tonic for chronic skin disorders, pigmentation, and blood impurities. Heals skin from within.
Guduchi Ghan Vati / Amritarishta	2 Tabs OR 15 ml twice daily	After meals with warm water	Powerful immunomodulator and Pitta-pacifying herb. Reduces systemic heat and skin inflammation.
Kaishore Guggulu	1-2 Tablets twice daily	After meals with warm water	Eliminates metabolic toxins from blood, regulates melanin production, and heals stubborn hyperpigmentation.
Kumkumadi Taila / Lepam	For External Application	At bedtime on clean face	Legendary Ayurvedic facial oil with saffron (Kesar) and sandalwood. Lightens dark spots, hyperpigmentation, and imparts a natural glow.
Haridrakhanda	1 tsp twice daily	With warm milk or water	Turmeric-based classical formulation that cures allergic skin conditions, uneven pigmentation, and improves skin texture.
Chandanasava	15-20 ml with equal water twice daily	After meals	Cooling tonic (*Pitta shamaka*) that calms internal body heat, burning sensations, and facial redness.

4. PIGMENTATION CARE GUIDELINES ACROSS DIFFERENT AGE GROUPS

1. Teenagers & Young Adults (Age 13 - 25 Years) - Hormonal & Acne-Induced Pigmentation

- Primary Concerns:** Post-inflammatory hyperpigmentation (PIH) left behind by acne/pimples, hormonal fluctuations, sun exposure.
- Management:** Blood-purifying decoctions like Manjsthadi kwath, external application of aloe vera gel and Kumkumadi oil. Avoid picking acne to prevent dark spots.
- Lifestyle:** Sun protection (natural sunscreen/hat), adequate hydration, reducing junk and oily food intake.

2. Adults & Working Professionals (Age 26 - 45 Years) - Melasma & Stress Pigmentation

- **Primary Concerns:** Melasma (butterfly patches on cheeks), sun damage, screen-induced hyperpigmentation, stress-related Pitta aggravation.
- **Management:** Khadirarishta, internal blood cleansers, liver detox support, and daily application of Kumkumadi oil at night.
- **Lifestyle:** Stress management, wearing physical sun protection outdoors, balancing work-life screen time.

3. Mature Adults & Seniors (Age 46+ Years) - Age Spots & Solar Lentigines

- **Primary Concerns:** Age spots, liver spots, dry skin pigmentation, reduced skin cell turnover.
- **Management:** Nourishing Rasayanas like Amla (Amalaki Rasayana), internal ghee consumption, and moisturizing herbal oils to restore skin elasticity and fade age spots.
- **Lifestyle:** Gentle facial massage with herbal oils, staying well-hydrated, avoiding harsh chemical cosmetics.

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

PATHYA (KYA KHAYEIN / KYA KAREIN)	APATHYA (KYA NA KHAYEIN / KYA NA KAREIN)
• Fresh, sweet, bitter, and astringent foods that cool Pitta. • Pomegranate, coconut water, green leafy vegetables, amla, almonds. • Drinking plenty of warm water throughout the day. • Adequate sleep (7-8 hours) to support natural skin cellular repair. • Using natural sun protection and gentle herbal skincare.	• Excessive spicy, sour, fried, and heavily salted foods (*Pitta-vardhak*). • Processed foods, refined sugar, white flour, and packaged junk food. • Direct exposure to harsh midday sun without protection. • Using harsh chemical-laden cosmetics and bleaching agents on skin. • Chronic anger, stress, and sleeping late at night.

Important Medical Disclaimer: Yeh document *Yoga with Prakhar* dwara educational aur skin health awareness ke liye banaya gaya hai. Pigmentation aur melasma ke kai karan ho sakte hain. Naye herbal formulations ya oils ko use karne se pehle patch test zaroor karein, aur severe skin conditions mein Ayurvedic Vaidya ki salah lein.