

MELASMA (वांग)

➤ Causes:-

- SUN LIGHT
- STRESS, LESS SLEEP
- BIRTH CONTROL PILL (ELEVATE LEVEL OF ESTROGEN)

➤ Solutions:-

- Stop Birth control pills
- BLOOD PURIFIER – Hold KUTKI in your mouth 2 hours daily.
- Massage by Apple Cider Vinegar on effected area.
- For face wash use KAPURKACHRI POWDER, apply to your whole faced & wash after 3 minutes.
- To increase Vitamin 'C'
EAT : 30 minutes before LUNCH eat ½ LEMON OR AMLA OR
TAMARIND (चिंच) consequence day
EAT: 4-5 PM EAT DAILY 1 OR 2 SEASONAL FRUITS
EAT: TOMATO, SWEET POTATO, KISMISH
- Slowly will reduce after 5 month. If you eat VITAMIN 'C' rich food as mentioned above regularly without fail. But stop Milk & dairy product completely in this period or permanently.
- Avoid Sunlight, Take 8 hours relax sleep.