

Skin Care and Ayurveda

Dr. Jaya Daptardar
M.H.A. B.A.M.S. (India)

Skin is a sense of touch. Skin is also a sign of person's Ayurvedic constitution. The nature of the skin indicates the age of the person. Proper skin care protects the skin from premature aging.

According to Ayurveda, skin is categorized into three types:

1. Vata type skin
2. Pitta type skin
3. Kapha type skin

Skin care for vata type

People who have vata constitution or aggravation of vata in their bodies have vata skin type. This skin type is very dry, wrinkled, rough, cold and itchy. This type of skin has the tendency to age prematurely, and in other words, aging also causes dryness of the skin. Vata skin should be protected from excessive exposure to cold and extremely hot weather conditions.

1. Oil massage is the key to keeping the beauty of the skin intact.
2. Deep cleansing with milk cream is recommended. Milk cleanses and lends a glow and softness to the skin.
3. Apricot scrub is recommended to exfoliate dead skin cells.
4. A face pack is always useful to tighten wrinkled skin. Chickpea flour is good for the dry skin. A pinch of turmeric powder adds a glow and also reduces the itching.
5. Drinking plenty of water is always recommended to keep skin hydrated.

Skin care for Pitta type

People who have pitta constitution or aggravation of pitta in their bodies have pitta skin type. This skin type is very fair, rosy toned, very delicate, usually has pimples or moles, pigmentation and rashes. Pitta type skin has a tendency toward sunburn, pigmentation and moles. This type of skin should be protected from hot weather.

1. Pitta type skin needs rose water cleansing.
2. Use cold water to wash the skin, which is also a good toning to the skin.
3. Paste of Tulsi (Basil) leaves is recommended for pigmentation.
4. Sandal wood powder and rose water paste is recommended in face pack.
5. Drinking plenty of water is always good to keep the skin hydrated.

Skin care for kapha type

People who have kapha constitution or aggravation of kapha in their bodies have kapha skin type. This skin type is oily, moist, smooth, tendency towards developing pores. This type of skin should be protected from humid weather and polluted environment.

1. This type of skin needs deep cleansing two times a day with rose water and/or any non-oily cleansers.
2. Use cold water and mild soap to wash the skin.
3. An application of sandalwood powder, turmeric powder and rose water as a face pack helps to keep the skin less oily.
4. Sugar scrub is recommended, only if there is no acne on the skin.
5. Drinking plenty of water is always good for the health of the skin.

Sources:

Ayurveda: A way of life by Dr. Vinod Verma, Weiser Books (June 1995).

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