



The Complete
**AYURVEDIC
RECOMMENDATIONS**



(FROM A-Z)

ACNE PRONE SENSITIVE SKIN



By

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PIMPLE / ACNE PRONE / SENSITIVE SKIN

AYURVEDIC SKIN CARE FOR PIMPLE / ACNE PRONE / SENSITIVE SKIN

RECOMMENDED DIET

Pitta dosha individuals must prefer cool food items as well as liquids. Items with fairly sweet, bitter, and astringent flavors would be the best. Lessen the intake of foods that are pungent, salty, as well as sour.



1. Many **Oily foods** should be avoided. Ayurveda suggests a reduced consumption of **Fats and Oils**, as these enhance the fire in your characteristic. **Clarified Butter** may be a good option. **Sunflower, Coconut, & Olive oils** are some of the best oils. Using a lesser amount of **Sesame, Almond, and Cornoil** is recommended.



2. Dairy products can be useful. Consume **Milk, Ghee, and Butter**. Fermented products such as **Yogurt, Sour cream, and Cheese** should be avoided.



3. **Barley, Rice, Oats, & Wheat** can reduce Pitta and these are helpful for Pitta prakriti people.



4. Fruits such as Apples (sweet), Coconuts, Grapes, Dates, Melons, Figs, Cherries (sweet), Avocadoes, Mangoes (ripe), Pomegranates, Pineapples (ripe), Oranges, Pears, Raisins, Prunes, Plums, and Watermelons are recommended.

X Reduce the intake of sour fruits like Apples (sour), Berries (sour), Apricots (sour), Cranberries, Lemons, Strawberries (sour), Tamarind, Grapefruits, Mangoes (green), Apricots, Persimmons, Rhubarb, and other Sour berries.



5. The vegetables to prefer are Cabbage, Asparagus, Cilantro, Cucumbers, Kale, Potatoes, Dandelions, Sweet potatoes, Peas, Green leafy Vegetables, Parsley, Pumpkins, Potatoes (white and sweet), Broccoli, Lettuce, Cauliflower, Okra, Celery, Green beans, Zucchini, and Artichoke.

X And Beets (raw), Corn, Garlic, Eggplant, Green chilies, Peppers, Onions, Olive green, Prickly pear, Spinach, Tomatoes, Turnips, and Radish (raw) shall be avoided.



6. Spices such as Coriander, Cinnamon, Fennel, & Cardamom are all right.

X But Ginger, Black pepper, Cumin, Fenugreek, Celery seed, & Clove shall be avoided.



7. Chicken, Turkey, and Pheasant can be consumed.

X But Seafood, Eggs, and Beef shall be minimized.



8. Cinnamon toast, Apple tea, & Cold cereals are the best breakfast for Pitta.

X Orange juice, Doughnuts, and Coffee aggravate pitta and shall be avoided.



9. **X** Fast foods, and Processed foods shall be avoided.

Breakfast

Breakfast is usually not to be **skipped**



Lunch

Try something like **Seasoned tofu** and **Steamed collard greens** over wild rice. Sauté the tofu in sunflower oil and stir in your favorite pitta balancing spices. Garnish the greens with olive oil, freshly squeezed lime juice, ground coriander, and black pepper.



Red lentils are made with cooling herbs like **Cilantro**, **Mint**, or **Fennel**, with **buttered whole grain bread** (use unsalted butter), sautéed purple cabbage, and a green salad. Add vegetables like carrots, celery, and onion to your soup. Sauté the cabbage in ghee with cumin, coriander, turmeric, lime juice, and a splash of maple syrup.



Avocado fried rice and **sprouted wheat bread** with ghee or unsalted butter.



Whole wheat pasta, **Pesto**, and **Fresh vegetables** (like bell peppers, broccoli, carrots, celery, green beans, mushrooms, zucchini, or black olives). Garnish the pasta with crumbled chèvre, olive oil, and cilantro. Serve with a small green salad and soup.



Dinner



Dinner is ideally a bit smaller and lighter.

Try **Green mung beans** with **Dill**, paired with roasted **Asparagus** and **Basmati Rice**.

Veggie (or turkey) **burgers** with **sautéed mushrooms**, **goat cheese**, **lettuce**, **avocado**, and a side of **home fries**.

Spiced double rice, omitting the **mustard seeds** and replacing the **cashews** with **soaked and peeled almonds**, **pumpkin seeds**, or **sunflower seeds**, and served with **flatbread**.

Lifestyle Changes

Maintaining the regular routine, which includes sleeping before 10 pm (Pitta Dosha acts high from 10 pm–2 am), intaking meals in regular proportion at proper times, and oil massage with pitta massage oil daily, coconut oil or



Have a **dip in cool water**. If a natural spring, ocean, or lake is not accessible, have a cool soak in a pool or your own bathtub. Have breaks; chant to quell the reactive emotions of high-stress situations.

Do proper meditation to reduce stress. Practice Some Yoga asanas & Pranayama. The following yoga postures help in pacifying a pitta imbalance



Marjariasana
(Cat stretch),



Vipareeta Shalabhasana
(Superman posture),



Shishu Asana
(Child's Posture),



Pashchimottasana
(Seated forward bend),



Chandra Namaskar
(Moon Salutation),



Ardha Naukasana
(Half boat posture),



Utkatasana
(Chair Posture),



ArdhaSarvangasana
(Half shoulder stand),



Bhujangasana
(Cobra posture),



Setubandhasana
(Bridge posture),



Shavasana
(Corpse Posture)

- ➔ Do sing to freshen up yourself from the tacky environment.
- ➔ Put yourself in the pleasing company.
- ➔ Do wear cool colored clothes, such as purple or blue. For pitta, the White color is very much beneficial.
- ➔ Do not pursue exercise during the heat of the day. Always plan to do exercise in the cool morning or evening hours.
- ➔ Avoid your body to get exposure to fumes or chemicals.

Specific Skin Care Routine



CLEANSING

Rose Water (Daily)

EXFOLIATION

Milk + Sugar candy (Thrice a week)

MASSAGING:

Sandalwood/Coconut oil
(Thrice a week)

STEAMING:

Neem Leaves (Daily)

MASK:

Crushed rose petals + Milk +
Sandalwood powder. (Once a week).

Certain herbs that are good for pitta skin care are **Bhringaraj, Aloe vera, Amla, Red Sandalwood, and White sandalwood**. These help in drawing out excess heat from the skin and provide nourishment to the tissues of the skin to withstand the changes in temperature and help in keeping the skin clear and healthy.

Also, **Triphala, Neem, and Manjishta** are helpful for Pitta skin types as they purify the skin while retaining moisture and youthfulness of the skin. Ayurvedic formulations for pitta skin types include combining these herbs with soothing oils that balance the pitta dosha.