



*The Complete*  
**AYURVEDIC  
RECOMMENDATIONS**



(FROM A-Z)

**NORMAL SKIN**



*By*

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# SKIN TYPE: **NORMAL SKIN**

## RECOMMENDED DIET

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### CEREALS

Cereals to be consumed: Whole grains cereals, Wheat, Oatmeal, Brown rice Flour Ratio Wheat Atta (80%) + Soybean Atta(20%)

**Cereals to be avoided:** White refined flour and its products.



### FRUITS

Fruits to be consumed: All fruits include all berries like Blackcurrants, Avocado, Blueberries, Guava, Papaya, Apricots, Apple, and Indian gooseberry.

**Fruits to be avoided:** Canned or packaged fruits and juices.



### VEGETABLES

Vegetables to be consumed: Broccoli, Sweet potatoes, Carrots, Potatoes, Bitter Gourd, Spinach and other dark green and leafy vegetables. All Seasonal vegetables should be consumed.

**Vegetables to be avoided:** Canned Vegetables, Chips and Roasted Potatoes, Coconut, Frozen Vegetables.



### PULSES

Pulses to be consumed: all pulse and legumes.

**Pulses to be avoided:** Nil



### SPICES

Spices to be consumed: Cumin, Coriander, Turmeric, Ginger, Fennel, Mint, Thyme, Basil.

**Spices to be avoided:** Red chillies, Table Salt (Excess).



## DAIRY PRODUCTS

Dairy Products to be consumed: Low-fat Milk, Tofu.

**Dairy Products to be avoided:** Whole milk and cream, Full-fat yogurt, Condensed Milk, Buttermilk, Curd, Cheese.



## OILS

Oils to be consumed: Cow ghee, Sunflower oil, Canola oil, Olive Oil. Oil brand should be changed after every three month.

**Oils to be avoided:** Unsaturated fats, Cream, Palm Oil, Coconut oil.



## DRINKS

Drinks to be consumed: Coconut water, Green juice, Herbal tea, Beetroot Juice, Green Tea, Aloe Vera juice, Bitter gourd juice, Gooseberry juice, Pumpkin juice.

**Drinks to be avoided:** Whole milk drinks, Cream based liqueurs, canned soup and packaged soup, Alcohol, Soft drinks, Squashes, Carbonated drinks.



## FLESH FOODS

Flesh foods to be consumed: Egg white, Roasted chicken, Grilled fish, Lean meat, Skinless chicken, Fatty fish, such as Salmon and Rohu.

**Flesh foods to be avoided:** Raw, Uncooked and Processed meat, fish especially Shell fish, Shark, Sword fish, Tuna and Marlin, clams, Mussels, Oysters and Scallops, Pork, Organ Meat Such as Liver, Kidney and Chest, Red meat, Prawns, Lobster, Crab, Lean beef, Lamb, Ham, Rabbit, Mutton, Duck, Goose.



## DRY-FRUITS / SEEDS

Dry Fruits to be consumed: 4-5 Almond (Soaked in water overnight), Walnut, Sunflower seeds, Chia seeds, Flaxseed, Pumpkin Seeds.

**Dry fruits to be avoided:** Pistachio, Cashew Nuts.



## Lifestyle Changes

1. Starting the day right **Hydration** is vital for the skin; therefore, always begin your day with a glass of lukewarm water. **Sleeping** in an air conditioned environment can dehydrate the skin overnight, and adding some lemon to the water not only helps hydrate better, but it also aids your **digestion**, which helps keep the skin clear.



2. Gut health **Poor digestion**, since it creates **amanpour nutrition**, is frequently a root cause of skin disorders. The quality of the blood is a direct result of the strength of **digestion**. The Stronger The digestive system, the cleaner the blood will be and in turn, the healthier the skin. The Weaker The digestive system, the more **toxins** will be present in the blood and the more likely you are to get a skin condition. This is why, when looking to improve the skin, Ayurveda frequently looks at the **digestive system first**.



3. Nourish your skin with **daily oil massage**. Indulge in the goodness of oil massage. Make it a regular habit to gently massage your body before bathing. **Abhyanga** is an ayurvedic therapeutic massage which stimulates blood flow in your body and also nourishes your skin. There are several benefits of such ayurvedic massage if done correctly. You can use various oils for such a massage. Choose one according to your requirement and choice. A few of the beneficial oils that you can use for **Abhyanga** are, **Sunflower oil, Coconut oil, Jojoba oil, Sesame Oil, Avocado oil**.



**4. Meditation and Pranayama:** Early morning is the best time to meditate the environment is quiet and peaceful, with minimal distractions. Starting your meditation with some gentle joint rotations followed by deep breathing or yogic practices like **Sama Vritti Pranayama (Equal Breathing)** or **Vibhaga Pranayama (Sectional Breathing)** will be even more effective as they calm the nervous system. This is important as stress is one of the worst enemies for our health, and it has a powerful impact on our skin and hair. Therefore, making time daily for some mindfulness activities is absolutely essential. Not only does this improve your mood, but it also **regulates hormones** and slows down the **process of aging**.



**5. Yoga Asana:** Practice once daylight breaks and the sun starts stories, you can begin your asana practice. 6am to 10am is a good time to do physical activities like exercise or yoga asanas. This gets your blood circulation going, which nourishes the skin. More intense activities can also result in sweating, which has a cleansing effect. Vigorous movements, when done with breath awareness such as in **Surya Namaskara (Sun Salutations)**, also activate the **Lymphatic system** and help the body detox and eliminate waste materials more efficiently.



**6. Get Enough Sleep:** You simply cannot have a healthy body without enough sleep. This is when the body rests and repairs all the damage that has happened during the day. If we don't sleep, the body does not get enough time to rebuild itself. If you have trouble sleeping due to stress, try herbs like **Ashwagandha**. Taking a pinch of **nutmeg with Milk** at night is also known to induce sleep. Practices like **Yoga Nidra (Yogic Sleep)** or pranayama like **Bhramari (Humming Bee Breath)** have a very relaxing effect and help you sleep. It is also a good idea to do some meditation again before sleeping.



## Specific Skin Care Routine



**CLEANSING** - Rosewater + Jasmine.  
(Daily)

**STEAMING** - Plain water. (Daily)

**TONER** - Rose water. (Daily)

**MOISTURIZE** - Aloe Vera. (Daily)

**MASSAGING** - Kumkumadi Oil.  
(Thrice a week)

**MASK** - Face mask. (Once a week)

Mix half a spoon of **turmeric powder** and a spoon of **sandalwood powder**. Add 2-3 spoons of **honey** to the mixture to prepare a fine paste. Apply it to your face and neck and leave it to dry. Later, rinse it off with **cold water**.



Mix 1 spoon of **sandalwood powder**,  $\frac{1}{2}$  spoon of **turmeric powder**,  $\frac{1}{2}$  spoon of **milk**, and  $\frac{1}{2}$  spoon of **yogurt**. Blend the ingredients well to make fine paste. Apply it to your face and wash it off with **cold water** after half an hour.

