

SKIN HEALTH AND DETOXIFICATION

Traditional Ayurvedic Remedies

This document outlines traditional Ayurvedic herbal remedies for Skin Health and Detoxification. Each remedy includes specific preparation instructions based on classical Ayurvedic texts.

1. Manjistha (*Rubia cordifolia*)

Preparation:

For acne, eczema, or pigmentation, take 1/2 teaspoon of Manjistha powder with warm water twice a day after meals. For external use, a face pack can be made by mixing Manjistha powder with honey or rose water.

Source: Synthetic PDF - Dhanvantari Nighantu on Raktashodhak Herbs

2. Neem (*Azadirachta indica*)

Preparation:

For skin allergies and infections, a paste of fresh Neem leaves can be applied topically. Neem leaf tea (boil 5-7 leaves in water) can be consumed for internal blood purification, but it is very bitter.

Source: Sushruta Samhita

3. Amla (*Phyllanthus emblica*)

Preparation:

For glowing skin and detoxification, consume 1-2 fresh Amla fruits daily or take 1 teaspoon of Amla powder with warm water in the morning.

Source: Charaka Samhita

DISCLAIMER

This information is for educational purposes only. It is NOT a substitute for professional medical advice. Always consult a qualified healthcare provider before using any herbal remedy.