
Treating dry skin condition naturally applying ayurveda principles

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Dry skin looks dull and life less due to lack of moisture. Well hydrated skin glows and exhibits a healthy look. Wrinkles develop at an early age due to prolonged dryness of skin. Dry, rough and wrinkled skin gives an aged appearance. Excess drying of skin leads to dry eczema.

What ayurveda says about dry skin? According to texts of ayurveda dry skin is caused by vata dosha. When vata dosha increases in body it reduces kapha and makes skin dry and wrinkled. (Kapha keeps skin soft and smooth where as vata makes the skin dry and rough. Vata dosha's qualities are opposite to kapha dosha qualities).

Here are the natural tips to take care of dry skin

1. Do not use hot water to cleanse dry skin.
2. Use a soft cotton cloth and pat dry your skin. Do not rub the skin with harsh, rough textured towels.
3. Instead of washing with water use a clean sprayer to moisten your skin. Use mineral water instead of tap water for spray.
4. Lightly pat dry the skin.
5. Avoid using harsh soaps and face washes as they remove natural oil that protects your skin.
6. Pamper your skin by massaging with moisturizer. Moisturizer increases the moisture of upper layer of skin and makes it soft and smooth.
7. Regularly massage your body with herbal oil. Herbal oil softens and sooth the dry skin and help to trap the moisture between skin pores.
8. Apply a thin layer of coconut oil before finishing the bath and pat dry the skin
9. Avoid alcohol-based cleansers.
10. Consume a balanced diet which includes foods from all groups like vegetables, fruits, carbohydrates, cereals, milk and milk products.
11. Include yellow and orange vegetables like carrot which have rich anti oxidants. And Avoid junk food like chips, deep fried food etc

Ayurvedic Treatment tips for dry skin condition.

1. Keep yourself warm in dry cold climates.
2. Massage whole body with body massage oil which is infused with vata balancing herbs.
3. Do not sit near fire place.
4. Avoid stale, over fried, dry food.
5. Always consume fresh warm food with little fat like ghee or olive oil.
6. Include sour and salty food in diet.
7. Sweet juicy fruits are recommended.
8. Drink 7-9 glasses of warm water everyday. (Do not drink cold water as it increases vata)

Home remedies for dry skin: Mix egg yolk, rose water lime juice, olive oil and orange juice (1 tea spoon each) thoroughly. Apply a smooth mixture of this ingredient on your face in morning and wash it off after 20 minutes

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