

## **Ayurvedic Skin Conditions that Can Be Treated with Herbal Remedies**

**Amélie R. Fontaine**

Department of Computer Engineering, University of Lausanne, Switzerland

**Received : 11/01/2026 ; Accepted : 28/06/2026 ; Published : 02/08/2026**

### **Abstract**

Taking a holistic approach to all aspects of healthcare, including the treatment of skin issues, is at the heart of Ayurveda, which is a traditional medical discipline that has been around for thousands of years and has its roots in India. In Ayurvedic practises, which are centered on restoring equilibrium to the body's doshas (Vata, Pitta, and Kapha) in order to improve one's overall health, herbal medicines play a significant role. This is because such practises aim to improve one's overall health. There are a number of herbal treatments that are frequently utilized in Ayurvedic medicine for the purpose of treating a comprehensive range of skin disorders.

**keywords-** Ayurveda, Herbal Remedies, Skin Disorders, Neem, Aloe Vera Turmeric

### **Introduction**

The condition known as skin issues is a pervasive and widespread public health problem that can affect people of any age or background. In contrast to the countless therapies that are offered thru modern medicine, the ancient medical practise of Ayurveda, which dates back more than 5,000 years and originated in India, provides a methodology that is both one-of-a-kind and all-encompassing for the management of a variety of issues. Ayurveda places a significant amount of importance on the maintenance of a healthy balance of the three doshas (Vata, Pitta, and Kapha) in the body. Additionally, it makes use of a wide variety of herbal medications in order to improve their overall health and the health of their skin in particular. in Ayurvedic medicine, the initiation of a herbal treatment for the cure of skin issues by using herbs. These findings highlight the usefulness of natural medicines that are derived from herbs and botanicals in the treatment of skin problems. Additionally, they highlight the significance of Ayurveda as a traditional medical system. Throughout the course of this discussion, we are going to investigate the basic herbal therapies that are recommended by Ayurveda, as well as the uses of these treatments in the treatment of a variety of skin diseases. Psoriasis, dry skin, acne, and eczema are some of the conditions that fall under this category. By the time they reach the conclusion of the article, readers will have acquired significant knowledge regarding the natural and comprehensive approach that Ayurveda offers for the purpose of maintaining healthy skin and a radiant complexion.

### **An Ayurvedic Approach to the Health of the Skin**

In addition to its function as a barrier that prevents harmful substances from entering the body, the skin, which is the largest organ in the body, also serves as a symbol of our overall health and satisfaction with life. There are a number of factors that can have an impact on both its vitality and its appearance. Some of these factors include things like heredity and the choices

that an individual makes about their lifestyle, as well as the components of the environment that surrounds them. Ayurveda is a traditional mode of treatment that has been around for a very long time and originated in India. Obtaining and sustaining good skin can be accomplished thru the utilization of this holistic and tried-and-true method. Ayurveda has been practiced for thousands of years, in contrast to modern dermatology, which offers a wide range of therapies for a number of skin conditions. According to Ayurveda, which literally translates to "the science of life," the human body is considered as a complex interaction of energies and elements, and the major goal of Ayurvedic practise is to attain a state of equilibrium among the three primary doshas: vata, pitta, and kapha. This holistic method recognizes that imbalances inside the body can manifest as problems with the skin. As a result, it treats the underlying causes of these conditions rather than merely treating the symptoms of these conditions. This approach is known as a holistic approach. the Ayurvedic approach to treating skin diseases, which lays an emphasis on the interdependence of the mind, body, and soul of the individual being treated. In this session, we will examine the management of skin diseases in accordance with the principles of Ayurveda, the utilization of herbal remedies that are tailored to the specific constitutions of individuals, and the significance of dietary and lifestyle adjustments in the maintenance of radiant and healthy skin. It is possible for us to discover the wisdom of ancient healing ways and incorporate it into our contemporary skincare routines if we first become aware of the distinctive attitude that Ayurveda takes on the condition of one's skin and how it ought to be cared for.

### **Dosha Function in Skin Diseases**

Ayurveda is an old holistic medical system that bases its ideas on the trifecta of doshas—Vata, Pitta, and Kapha—that govern the human body's functioning. In determining an individual's Prakriti, or fundamental make-up, and susceptibility to many diseases and maladies, including skin issues, these three components, called doshas, play a crucial role. Having a thorough grasp of how the doshas impact skin health is crucial for both treatment and prevention in Ayurvedic medicine.

#### **Vata Dosha and Skin:**

- Vata is characterised by a number of characteristics, including dryness, a preference for colder temperatures, and movement. When the levels are out of whack, it can cause the skin to become dry, rough, and flaking.
- Vata imbalance is a common factor in a number of skin disorders, including dry eczema, psoriasis, and premature ageing. These disorders are characterised by symptoms such as irritation, cracking, and the development of wrinkles and fine lines.

#### **Pitta Dosha and Skin:**

- Pitta is connected to characteristics such as heat, intensity, and acidity. Pitta is one of the three doshas. An imbalance of the Pitta dosha can cause the skin to become sensitive and irritated.
- Acne, rosacea, and hives are just some of the skin conditions that might be linked to an excess of pitta. These disorders are distinguished by the presence of redness, inflammation, and an increased sensitivity of the skin.

**Kapha Dosha and Skin:**

- Characteristics: Kapha is characterised by features such as weight, stability, and dampness. An imbalance of the Kapha dosha can cause the skin to become excessively oily and congested.
- Skin Disorders Conditions such as greasy acne, cystic acne, and excessive perspiration are common examples of skin disorders that can be caused by an excess of kapha. The skin may have the appearance of being thick, greasy, and prone to having its pores become clogged.

**Balancing Doshas for Healthy Skin:**

- The goal of Ayurvedic treatment for skin conditions is to bring the three doshas back into equilibrium. Alterations to one's food, one's way of life, and/or the consumption of certain medicinal plants could be necessary.
- When Vata is out of balance, activities that are hydrating and nourishing are stressed as a way to fight dryness.
- Remedies that are cooling and soothing are necessary for Pitta imbalances in order to minimise inflammation and redness.
- Detoxification and oil-reducing therapy are beneficial for patients with Kapha imbalances.

**Ayurvedic Lifestyle for Healthy Skin**

A balanced and harmonious lifestyle that is in alignment with your individual constitution (Prakriti) and addresses any doshic imbalances is essential to achieving and maintaining healthy and radiant skin, according to Ayurveda. This is in addition to the use of topical treatments, which are also important (Vikriti). The following are some of the most important features of an Ayurvedic lifestyle for maintaining healthy skin:

**Diet and Nutrition:**

- Ayurveda places a strong emphasis on customising one's diet to one's dosha, and it recommends that this be done when eating. Vata types are best nourished by foods that are warm and comforting. Foods that are less hot and spicy are ideal for Pitta types to consume. Foods that are light, peppery, and dry are beneficial for people who are Kapha.
- Hydration: Maintaining an appropriate level of hydration throughout the day is critical for having good skin. In order to assist the body in eliminating toxins, drinking warm water or herbal teas throughout the day is beneficial.
- Foods High in Antioxidants: Consuming foods that are high in antioxidants, such as brightly coloured fruits and vegetables, is an effective way to fight free radicals and support healthy skin.

**2. Digestive Health:**

**Strong Digestion:** Ayurveda lays a significant amount of emphasis on having healthy digestion (Agni). Consume warm, cooked meals and abstain from overeating as well as foods that are dense and difficult to digest in order to strengthen Agni.

**3. Daily Routine (Dinacharya):**

To remove toxins from your body, begin your cleansing routine with a tongue scraper, then move on to oil pulling using either coconut or sesame oil. This habit contributes to the preservation of digestive and dental health.

Use Ayurvedic or natural skin care products that are formulated specifically for your skin type when caring for your skin. It is necessary to perform a mild washing, exfoliation, and moisturising thereafter.

Perform frequent exercise at a low intensity; this will help to improve your circulation as well as your general health. Choose pursuits that are in harmony with your dosha, such as relaxing activities like yoga for Vata and more strenuous workouts for Kapha.

Sleep: Make getting enough quality sleep a top priority. Aim for maintaining a consistent sleep pattern, and make sure that the atmosphere in which you sleep is one that encourages rest.

#### **4. Stress Management:**

Meditation and Relaxation: If you want to learn how to manage your stress effectively, make meditation and relaxation practises part of your daily routine. Skin issues might get significantly worse when prolonged stress is present.

Breathing mindfully can help to relax the nervous system and alleviate stress-related skin problems. By practising deep, focused breathing, you can do both.

#### **5. Seasonal Awareness:**

Be aware that your skin's requirements may shift depending on the time of year, and make any necessary adjustments accordingly. In accordance with the teachings of Ayurveda, you should modify both your skincare routine and your nutrition.

#### **6. Herbal Remedies:**

Internal and Exterior Application To treat certain skin issues, you can use Ayurvedic herbs like neem, aloe vera, and turmeric in both an internal and an external application.

Talk Things Over With an Ayurvedic Professional: Seek the advice of an ayurvedic practitioner in order to receive individualised suggestions on herbs.

#### **7. Detoxification (Panchakarma):**

Periodic therapies for detoxification, such as Panchakarma, can assist in the elimination of accumulated toxins and in the rejuvenation of the body as well as the skin.

#### **8. Environmental Awareness:**

Be sure to shield your skin from damaging elements of the environment, such as sun exposure and pollution. Natural sunscreens and other preventative measures are encouraged by Ayurvedic medicine.

### **Seeking Advice from an Ayurvedic Physician**

It may be difficult to find one's way thru the complex principles and vast array of medications that make up Ayurveda when one is seeking treatment for a specific health issue, like a skin problem. The pursuit of knowledge on the treatment of skin disorders is a prime example of this. Every individual's unique constitution (Prakriti) and potential imbalances (Vikriti) necessitate targeted treatments, which is why Ayurvedic personalized care is vital. As a system of medicine, Ayurveda takes a person's unique Prakriti and Vikriti into account. You should not neglect the consultation with an Ayurvedic practitioner on the way to achieving optimal health and well-being, which includes getting healthy, beautiful skin. Both the need of Ayurvedic

consultations for skin problems and what people can expect from seeing an Ayurvedic specialist are discussed in this article. Consultations rooted on Ayurveda are an alternative medical practice that prioritizes the well-being of the whole person. A patient's mental, emotional, and spiritual well-being are all considered by those who practice this philosophy. By learning more about the function of Ayurvedic consultations in skin problem therapy, people can gain a better understanding of the holistic and personalized care that this age-old medical system provides. Here we will go over the objectives of an Ayurvedic consultation, the diagnostic procedures utilized, why it is important to create personalized treatment programs, and how the practitioner and patient work together. Furthermore, we will emphasize how Ayurvedic consultations dive deeper than just treating symptoms to tackle the root causes of skin problems. This all-encompassing approach is in line with the principles of Ayurveda, which is literally "the science of life."

### **Conclusion**

If you are looking for an ancient system of skincare and problem skin treatment, go no further than Ayurveda. It offers a comprehensive and all-natural method for attaining and sustaining radiant skin. "Herbal Remedies for Skin Disorders in Ayurveda" is a book that has helped bring attention to the ancient Indian medical practise of Ayurveda and its effective, time-tested remedies for skin disorders. The Ayurvedic approach to skincare is holistic, meaning it considers the whole person—mind, body, and spirit—rather than just the surface level. Recognizing that each person has their own unique constitution (Prakriti) and set of imbalances (Vikriti) is one way it celebrates individuality. The foundation of individualized care is this understanding, which allows for therapies to be tailored to treat the underlying causes of skin ailments as well as their symptoms. Ayurvedic practitioners often recommend a combination of herbs for the treatment of skin conditions, such as the adaptogenic neem, the analgesic aloe vera, the anti-inflammatory turmeric, and the revitalizing sandalwood. When used correctly, these at-home remedies can alleviate symptoms and promote healing for a broad range of skin disorders. Bear in mind that Ayurvedic remedies comprise more than only herbal remedies. Improving one's emotional and mental well-being is also a part of these treatments, which often include changes to one's diet and way of life. Keeping the balance of the three doshas (vata, pitta, and kapha) is an essential principle of Ayurveda. Ayurveda aims to bring about a state of internal harmony, which manifests itself in radiant skin. Discordances in these energies can manifest as skin problems, and the goal of Ayurvedic treatment is to restore harmony. To achieve this balance, one usually needs the help of a skilled Ayurvedic practitioner who can assess the patient's constitution, identify any imbalances, and then prescribe a treatment plan specifically for them. "Herbal Remedies for Skin Disorders in Ayurveda" provides an introduction to the Ayurvedic skincare philosophy, which is known for its holistic approach and natural remedies. It advocates for the incorporation of herbal remedies, food choices, lifestyle adjustments, and practices that enhance emotional well-being into people's lives, as taught by this ancient tradition. Doing so can set people on the road to better skin and overall health, a state of harmony that is in line with the ancient wisdom of Ayurveda, sometimes called the science of life.

**Bibliography**

- Srinivasan, K. (2013). "Black Pepper and its Pungent Principle-Piperine: A Review of Diverse Physiological Effects." *Critical Reviews in Food Science and Nutrition*, 53(9), 875-886.
- Mahomoodally, M. F., et al. (2012). "A Quantitative Ethnobotanical Survey of Immune-Boosting Traditionally Used Medicinal Plants in the Floristic Regions of Mauritius." *Journal of Ethnopharmacology*, 143(3), 801-814.
- Patwardhan, B., & Vaidya, A. D. B. (2012). "Natural Products Drug Discovery: Accelerating the Clinical Candidate Development Using Reverse Pharmacology Approaches." *Indian Journal of Experimental Biology*, 50(3), 201-207.
- Frawley, D., & Lad, V. (1986). "The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine."
- Tiwari, M. (2008). "Ayurveda: Secrets of Healing."
- Svoboda, R. E. (1999). "Prakriti: Your Ayurvedic Constitution."
- Sharma, H. (2003). "Ayurvedic Healing: A Comprehensive Guide."
- Lad, V. (1996). "Ayurveda: The Science of Self-Healing."