



Menopause Beauty – Ayurveda Skin Care Regimen

Author

Vd. Shilpa Yerme Patil

Professor S.G.R. Ayurved college, Solapur

Vd. Meera Suryanshi

Associate Professor Rasashastra & Bhaishajya Kalpana

Sai Ayurved College, Vairag

Abstract –

Menopause is the special natural phase of women's life. Menarche and menopause play important role in her life. As menopause is governed by vata dosha, the symptoms are influenced by vatas Ruksha, Laghu Guna. All women want to be beautiful forever but as she enters in forty, due to hormones, other physiological changes, aging some women experiences major skin problems. Modern system of medicine suggests hormone therapy, ointments, lesser treatment for such issues. Ayurved has different approach of skin care, it recommends to care according to dosha dominance. in this article an attempt has made to focus on skin care regimen according to Dosha.

Keywords – beauty, skin, ayurved, menopause.

Introduction

“As is a man’s will, so is his action.

As his action, so he becomes “

Brihadaranyaka u. 4.5

One must understand the above statement man himself is creator of his own harmony and peace, it depends upon how we manage many aspects of daily life. Listen to your body and create routine according to it. Many women try to change suddenly but body does not accept this sudden change. Change few things at time, see the results and if you look or feel better with that change, you can add it as daily routine. Ayurved concepts

are very clear Acharya always told to listen to your body signals. You can become your own healer with your own potential.

Menopause is the end of female's monthly cycle. Menopause is clinically diagnosed when there is absence of menstruation for continuous 12 months. it occurs around age of twelve. Women's reproductive age starts with puberty around twelve years and end up in fifties ¹.

- तद्वर्षादद्वादशात् काले वर्तमानमसृक् पुनः | जरापक्वशरीराणां याति पञ्चाशतः क्षयम् ||११||
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- यथा च बालस्य जीर्णस्य वा तरोः पुष्पफलं पुष्पफलस्य वा तद्विधस्य गन्धो नोपलभ्यते । योषितश्च...
अतीतपञ्चाशद्वर्षाया रजस्तन्यादय इति । (अ.सं.शा. 1/21)

Just as the smell is not appreciable in small flowers (buds) and old flowers (due to exhaustion) likewise rajas and stanya are not appreciable or produced in females beyond 50 years ².

Menopause is transition from Pitta phase to Vata phase. Apan-Vata governs pelvic physiology i.e., Genito-urinary tract, elimination of waste products, and menstruation ³.

Hence it is a key dosha to cause menopausal changes. Menopausal symptoms are precipitated and aggravated by Vata Dosha such as dryness of skin, back pain, joint pain, constipation, palpitation, anxiety, mood swing, and memory loss. In Pitta dosh-dominated menopause, females hot, and anger. In Kapha dosh dominated menopause, females are prone to weight gain for no reason, fluid retention, slow digestion, and fungal infection, oedema over joints, mental and physical heaviness, and litharge,

The most prominent effect is seen on skin. As Vata dosha is Ruksha, Laghu, Chala, Khara its overall dries the human body. Due to Ruksha Guna skin loses its elasticity, wrinkles, dryness, blackish colour, hyperpigmentation are some of effects of Vata.

Factors Responsible for Menopause Symptoms

1. Vata dominating phase of life ⁴.
2. Dhatukshaya The natural decline of body
3. Mandagni- disturbed digestive power.
4. Ama- The improperly digested food creates ama in the body which further creates metabolic disturbances.
5. Dhatugata Vata – which afflicts all body tissues thus leading to structural and functional disturbances.

Some points to remember about beauty care

1. Beauty comes with care and routine everyone can achieve it by practising.
2. When your soul is pure and Sattvic that reflects your skin and beauty.
3. Improve digestion
4. Follow guidelines for food selection
5. Fasting occasional is good to maintain beauty, avoid over fasting.
6. Follow working lifestyle by balancing your dosha.
7. Make a perfect strict daily routine as per your prakriti, age, other factors.

Skin

Skin is largest gland which covers the body. Skin plays a vital role in human like protection, absorption, secretion, temperature maintenance ⁵. skin is the uttermost role in beauty.

During each stage of life skin undergo certain changes. during puberty due to active sebaceous gland pimples are developed mostly on face (forehead, cheeks), during pregnancy due to hormone skin may develop hyperpigmentation. Menopause is the transition period as it is noted as aging. By aging skin undergoes number of changes.

Collagen is protein which provides elasticity and firmness to skin. At this age collagen starts declination followed by various visible changes like wrinkles, sagging, spots, blemishes. Oestrogen plays a crucial role in collagen production and maintains thickness and moisture content. As oestrogen declines skin tend to lose elasticity, lustre, and moisture. Due to lowered sebum production skin becomes increasingly dry and itchy with sagging and atrophy. Skin atrophy due to collagen loss is more probable in menopausal women. In early menopause skin collagen levels decrease rapidly with a collagen reduction of around 30 % in first five years, later 2% per year for next 20 years ⁶.

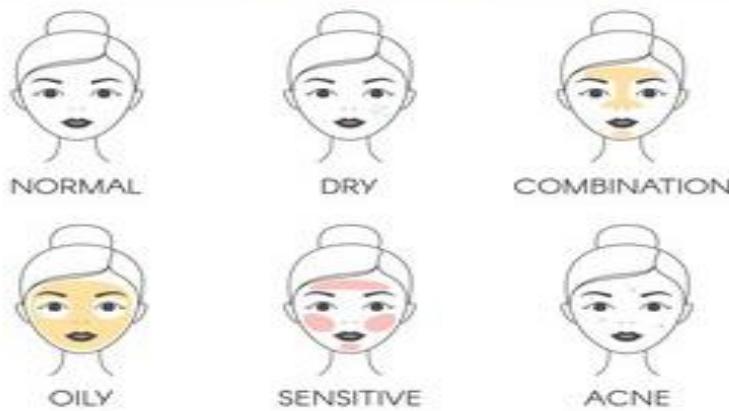
Skin becomes dry due to dominance of Vata dosha according to Ayurveda. Skin could not store moisture resulting wrinkles, roughness, dullness etc.

Common skin problems during Menopause

1. Dry skin – due to reduced oestrogen moisture content lowered and skin become dry.
2. Wrinkles – low levels of oestrogen produce less collagen and skin becomes wrinkled. As collagen is stored in skin, collagen give a specific shape to face and other body parts. But in menopause naturally less collagen is produced resulting in wrinkles.
3. Enlarged pores – as elasticity is reduced skin pores appear large during and after menopause.
4. Age spots- brown spots – these are often referred as melasma, it is due to hormonal changes and sun exposure. it is mainly observed on face over cheeks, upper lip, forehead.
5. Acne -rosacea – some women experiences acne pus filled red bumps. Women with hot flushes more prone to develop Acne.
6. Hirsutism – excessive hair growth on face is called as Hirsutism. Hormonal changes may develop such type of pattern. Women with HRT may observe hirsutism.
7. Hyperpigmentation – menopause skin discoloration is seen as dark brown hyperpigmentation with thickening of skin. This is called as Acanthosis nigricans, this is mostly seen in areas of like neck, underarms, forehead, knee back, groin and umbilicus.

Generally skin types are considered as

- a. Normal – not much reactive to climate change
- b. Dry – always dried
- c. Oily- secrete more oil
- d. Sensitive – reactive to change in weather or any product
- e. Combination – few area dry and few oily



Ayurveda considers beauty aspect according to Dosha and prakriti. Though generally we follow skin care same for every person, but Ayurveda recommends that everyone before applying any Lepa or therapy dosha combination should be followed.

1. Vata Dosha skin

During menopause Vata is dominant and skin loses oil and moisture, so every woman can follow these guidelines but specifically Vata women must follow the routine.

Vata dosha is predominantly made of Air & Ether. Dryness is a predominant character it is observed that almost 80 % of the vata dosha individuals have dehydrated dry skin. Prominent characters of skin are as below

- a. Rough facial skin
- b. Dehydrated dry, thin skin
- c. Delicate but rough thin skin
- d. Dark, dull, unshiny complexion.
- e. Cool to touch, palms, and soles always cold, less sweating is observed.
- f. Tendency to develop cracks easily specially in winter
- g. Cannot tolerate dry, cold, windy weather but sun, heat may be tolerated.
- h. Cheeks appear sunken and dry.
- i. Prone to early wrinkling, cracked skin and cracked feet due to dryness.
- k. Skin appears healthier in wet hot weather.

Vata Skin Care Regimen: the key points for vata skin care are to provide nourishment, hydration, rejuvenation and moisturization.

simple self-care ideas

- a. Massage – slightly warm oil massage sesame oil enhanced with ashwagandha, bala, shatavari, almond oil, nourishing herbs. Massaging keeps the skin wrinkle free and nourished. Oil should be warm so it can penetrate more deeply and calm the nervous system. Almond, sesame, olive is good for vata.
- b. Sun bath is good for vata or slightly swedan (morning sun soaking is best option).
- c. Udvartan – gently with milk, warm water, rose water oil is beneficial. do not rub the skin too much, Sesame oil, milk, butter, castor oil can be added in paste.
- d. Nourish the body internally and externally with milk, ghee, coconut oil, essential oils, and sweet juicy fruits.

- e. Consume lots of Luke warm water to hydrate and cleanse the system.
- f. Face pack of fresh fruits like papaya, berries, along with rose petals, butter can be used at least once a week.
- g. Moisture immediately after cleansing as vata skin needs deep moisture. (Almond, Butter, Sesame Oil).
- h. Consume well cooked food specially using ghee, oil, butter. Avoid too many raw veggies as they contribute to dryness and slow down digestion. (follow all diet pattern advised for vata).
- I. Do not over-exercise - choose grounding activities like yoga, walking, swimming, dance, short hikes, balancing activities.
- j. Protect your skin from the environment (cold, wind, sun) —wear scarves, hats, and gloves.
- k. Try to get regular sleep. Go to bed at the same time each night, try relaxing before bed routine (music, massage).
- l. Ashwangdha, Brahmi, Cinnamon, Haritaki, Tulsi, Shatawari oils- Rose, Sandalwood jasmine sesame castor is good for vata skin.
- m. Bath- vata may use warm water and like to stay long in hot baths, warm soak that help dilate pores and peripheral circulation and skin to glow.

Few combinations of special bath

1. Milk and water
2. Mint -water
3. Chamomile oil -soothing, relaxing
4. Sunbath – help vata for pleasure and warmth
5. Herbal bath- sesame oil, bramhi oil , essential oils can be used (lavender, rose, orange blossom)
6. Mud pack – bath
7. Multani mitti Lepa – bath with milk
8. Peppermint, lavender, honey, jojoba - for tanning sunburn
9. Basil, rosemary, lemon – cleansing
10. Vata essential oils – cinnamon, musk, orange, jasmine

2. Pitta Dosha skin

During menopause Pitta is also high imbalances the heat, and women may have reddish pigmentation. Reddish-brown pink, hot, delicate, abundant moles, freckles, pimples, moist, fair skin is observed in pitta dosha. Medium thick skin, soft texture, and delicate appearance.

Skin appears smooth with a glowing complexion. Skin always feels warm, palms and soles are also hot to touch.

Phonocentrivity, heat intolerance is common. Skin appears healthier in cool weather.

cheeks appear flat, red, and smooth. Excessive, sweating and perspiration is common.

Tendency to have a lot of moles, eruptions and freckles is common.

Pitta skin is prone to discoloration, inflammations, rashes, burning sensation, premature wrinkling, blackheads, and whiteheads. Pitta skin respond earlier to any change or allergies to beauty products.

Pitta skin care regimen

- a. Pitta individual have a very sensitive specially to heat/sun and is prone to easy sunburns acne and inflammations. So, it is very necessary to provide coolness and proper hydration. Too much oil is avoided that may create itching, irritable, rash, olive oil, ghee, Keshar based oil are good for pitta.
- b. Massage – Coconut oil enhanced with Bhringaraja, Bramhi, Chandana.
- c. Use light Sweden if necessary or occasionally.
- d. Udarvartan – Pitta skin is delicate with profuse sweating and odor using aromatic herbal powder (Ushira, Chandana, Koshta, Jatamansi, Mustaka, Padmakashtha etc removes oil. Barley, Rice flour Aloe vera, lemon can be used once a week.

- e. Before exposing to sun/heat, apply appropriate sunscreens or aloe vera cream. Drink lots of fluids-water, fresh fruit juices, lemon water to maintain hydration.
- f. light massage with cooling Ayurvedic oils weekly 2-3 times preferable for Pitta dosha. Use cooling herbs like rose petal infused water or oil with sandal wood, Chandan oil helps cool and rejuvenate the skin.
- g. Hot spicy deep-fried foods must be avoided and lots of sweet, juicy fruits, rose infused milk and cooling vegetables must consumed. Avoid harsh cosmetics. Use natural face pack with cucumber mint, rose petal, sandalwood powder, and mung bean powder at least once a week. The pack can be mixed with cold milk
- h. Amalaka, Coriander, Jasmine, Manjishta, Sandalwood, base oil- Coconut, Rice bran
- i. Pitta bath- cool water, as pitta feel weakened with hot water bath. Cool, cold showers keep pitta down.

Bath combinations for pitta

- a. Milk -water
- b. Rose water
- c. Chandan
- d. Nariyal milk
- e. Fennel water
- f. Mint
- g. Rosemary, lotus, rose, jasmine, mint is good for pitta.
- h. Moon bath – relaxing on full moon days at night with gentle massage
- i. Sunburn – jojoba, honey, peppermint, lavender

3. kapha Dosha skin

During menopause kapha is low in quantity, but kapha skin have adequate amount of oil in skin, kapha women develops very few skin problems during menopause.

Kapha Prakriti Individual's Skin: Kapha dosha is predominantly made of water & Earth. Kapha skin is Soft, oily, lustrous, pleasant, greasy, clear complexion and thick. skin remains wet and cold all time. Very rarely kapha person gets pimples or any skin scars. Kapha skin heals earlier as compared to other skin types.

Normal to moderate perspiration is observed.

Skin is tolerant to sun but intolerant to wet weather. Skin is prone to itching and excessive oiliness Due to excessive oiliness, it is easily prone to acne, eczema, infections etc but remains wrinkle free for long.

Kapha Skin Care Regimen: Kapha prakriti individual's skin observed tendency to accumulate water, toxins and fat because of its thickness and oiliness.

Some self-care tips are:

- a. Massage – mustard oil (enhanced with nimbi lodhra, jatiphala) Massage will improve blood circulation. we can use little heavy or penetrating massage for kapha as the skin is quite thick.
- b. Swedan – sun bath, any other techniques may be used for Kapha.
- c. Udwartan – Dry powder Vacha, Mushtaka, Triphala. Warm water bath it gives pleasant feeling, relieves strain stress. Corn, millet flour, almond can be added.
- d. Regular scrubbing of the skin with mung bean powder or gram flour or Ayurvedic body scrub powders like Manjishta ,Triphala reduces oiliness and cleanses the skin.
- e. Exercise regularly to burn the accumulated fat as well as to open the blocked skin pores.
- f. Regular hot oil massage, powder massage or scrubs & hot water bath are good to increase circulation in the body. Face packs with gram flour, papaya, lemon juice, Fuller's Earth/Multani Mitti, , honey, turmeric , Massor , neem are good to use.
- g. Kapha bath – kapha should take regular bath with warm water and by using soft brush (loufa)to wash and stimulate their circulation. Make own soap by using almond oil, herbal tea, essential oils . use unperfumed liquid soap. soap disturbs the natural protective mantle of skin and removes beneficial bacteria. use paste or ubatan for bath

Combinations of bath for Kapha

- Raw milk water
- Epsom bath – by using Epsom salt – 4 cups of Epsom salt soak for 20 minutes useful in inflammation, itching and muscle stress.
- Sun bath
- Essential oil for kapha – cinnamon, musk, sage, cedar
- flaxseed, mustard oil
- basil, lemon for oily skin

Characters	Vata	Pitta	Kapha
Skin characters	Dry, rough	Soft, delicate, thin	Thick, moist
Prone to	Wrinkles	Allergies	Itching, clogging of pores
Food to take	Hot, cooked, moist	Cool, sweet	Hot, little spicy
Food to skip	Cold, frozen, dry, stale, raw	Sour, spicy, hot	Sweet, dairy products, meat
Herbs for mask	Chickpea, milk, turmeric	Aloe vera gel, rose water	Turmeric, honey, Multani mitti
Key points for care	Nourishing, grounding, oiling, hydrating	Cooling, Nourishing, cleansing, nurturing	Exfoliation, massage
Treatment modalities	Abhyanga, mediation, Nasya, shirodhara	Abhyanga, virechan ,	Udvartan , dry powder massage

Conclusion – Ayurveda has a different approach managing menopausal skin problems. Massage , swedan, Lepas , udvartan, special baths have great role in beauty care.

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