



## *Skin Problems*

By Vaidya Smita Naram

Renowned Ayurveda Practitioner & founder of Ayushakti Ayurveda Clinics

## *Itching Red Skin, Rashes and Allergies*

**Dealing with long term Urticaria (over 5 years), Psoriasis (over 10 years), Eczema (18 years), and many other skin problems**

**A German doctor Jonas Boekelmann shared his experience of the SKINOTOX treatment for his own Psoriasis problem in the following email;**

From: Jonas Bökelmann [mailto:jonas\_\*\*\*\*.de]  
To: ad@ayushakti.com  
Subject: Psoriasis

*"Dear Ayushakti doctor,  
Sometime after I started to work as a medical doctor in the hospital in Germany in 2002, my Psoriasis flared up, very itchy, burning, with red spots and scaling a lot. Mainly my head was affected near the hair, all around my head. In 2003 I started specific Ayushakti's Skinotox program at Ayushakti Mumbai centre and slowly all my symptoms reduced and Psoriasis is 99% gone. The Chronic fatigue has also practically gone away completely, and many other issues. Thanks a lot to Ayushakti Ayurveda. Now I am practising Ayushakti way of treatments for my clients in Germany". Dr. Jonas.*

Dr. Jonas Boekelmann, from Germany, began learning pulse reading at Ayushakti in 2001. He saw one of Ayushakti's patients, Mr. Pratap Vora who had Psoriasis on 90% of his skin and got 40% relief within a few months of starting the Skinotox therapy. Dr. Jonas was monitoring Mr. Vora for three years and was amazed to see his steady improvement, up to 98% relieved. He has also personally observed many other chronic cases of skin problems and has been convinced by the remarkable improvement in all cases that using Ayushakti's Skinotox therapy has provided. In 2003, Dr. Jonas himself underwent Ayushakti's Skinotox therapy for relapses of his Psoriasis that was accompanied by very itchy, burning red spots and scaly skin. His symptoms were reduced by 99%. After experiencing the power of Ayushakti's ayurveda solutions, he started his own Ayushakti clinic in Mannheim, Germany in collaboration with Ayushakti.



## How does Ayurveda work on pacifying skin problems?

Ayurveda says inappropriate food, lifestyle and stress increase pitta (heat) and Kapha (mucous) in the body. This increase in heat and toxins shows up in the skin. When these deposited toxins reach critical level, they explode onto the skin in the form of rashes, itching, boils, and redness with pain, inflammation and puss. Sometimes this toxicity in the body creates an overactive immune system, which attacks our own cells, creating autoimmune skin problems like psoriasis or eczema.

## What is Ayushakti's "Skinotox" Treatment?

Skin problems are deeply rooted in various tissues such as blood, muscles, skin etc. For this reason we need to work on a deeper level for sustainable relief of skin problems. The revolutionary Skinotox program is a holistic approach with combination of Diet, effective herbs and proven intense detox therapies.

## How does Skinotox work to relieve skin problems at their root?

### The Skinotox Diet

**Avoid** foods which aggravate Pitta (heat) & cause inflammation, such as; Sour and fermented food, sour fruits, wheat, red meat, dairy, sea foods, and peanuts. Particularly avoid mixing foods that are not compatible, such as milk with meat, milk with fish, milk with fruit, milk with honey, or milk with salted food or sour foods.

**Eat more** foods which pacify Pitta, balance the immune system and are anti-inflammatory, such as;

Sweet fruits like coconuts, figs, apples, sweet black grapes, melons, pears, pomegranates, resins, avocado, sweet apples, fresh olives sweet and bitter-tasting vegetables like cauliflower, french beans, peas, all the squashes and pumpkins; barley, rice, corn, oats, white meat, egg whites.

Mung, mung dal, lentils, red lentils, pumpkins, fresh peas, cooked onion, sweet potato, fresh corn, leafy vegetables, lettuce, warm milk with cardamom, fresh cheese like cottage cheese, ginger, fennel, cumin, coriander, cinnamon, almonds, and desserts made with rice, milk, cream and sugar. Generally, it is recommended to eat more soft vegetables with a high water content, such as squashes, white and red pumpkin, spinach, etc. Use ghee liberally in place of oil.

Lifestyle

- Avoid overexposure to sun and wind, smoking and late nights.
- Only eat when hungry, don't eat when you're not hungry.
- Don't wear synthetic clothes or use chemical cosmetics.

### Exercise

Exercise improves circulation, helps remove toxins from the body, stimulates growth hormone levels and decreases destructive stress-hormone levels. Walk for at least 40 minutes daily. Yoga or pilates are recommended.

## *Skinotox Home Remedies*

### **1. For reducing pitta and calming skin problems**

Raisins soaked overnight	20
Cumin seed powder (jeera)	½ tsp
Coriander seed powder (dhaniya)	½ tsp
Fennel seed powder (saunf)	1 tsp
Turmeric powder (haldi)	1 tsp

Squeeze the juice out of the soaked raisins or, simply add the other ingredients and blend. Drink it twice a day.

### **2. For eliminating excess heat and toxins**

Triphala powder; one teaspoon at night eliminates toxins through the stools.

### **3. One tsp of ghee with warm water on an empty stomach early every morning.**

Ghee calms down the Pitta (heat) in the body.

### **4. Body rashes due to Pitta: Apply ghee on the affected area.**

### **5. Urticaria, itching , hives**

Ghee(Clarified Butter)	1 tsp
Black pepper powder	¼ tsp
Ajwain (owa) seed powder	¼ tsp
Jaggery (unrefined raw sugar)	1 tsp

Mix them together and take in the morning on an empty stomach. If needed, take twice daily.

For better results use Ayushakti Sudarun lotion.

### **6. Psoriasis & Eczema**

Neem oil	½ tsp
Karanj oil	½ tsp
Pure ghee	1 tsp
Sesame oil	1 tsp

Mix well and apply 3-4 times per day.



## *Skinotox herbal formulas*

### **1. Ayushakti's Skin tonic**

1. tablet: 2 tablets twice daily for 6-12 months to purify the blood, clear the skin and relieve further skin eruptions. For chronic diseases like psoriasis, eczema, warts etc, take a double dose of the tablets for 2 years or more as per the skin conditions.

### **2. Ayushakti's Swasavin D-Vyro tablet**

**2 tablets twice daily to balance the immune functions.**

**Skinotox Detox:** Detoxification is very important in all types of skin disease.

**Skinotox's** special cleansing herbs help expel toxins from deeper tissue levels, cleanse and repair cells, leading to the rejuvenation and restoration of normal skin functions. Within 15-25 days you can experience a noticeable improvement in symptoms. Skinotox detox therapies are customized according to your need and done under an expert Ayushakti doctor's supervision, available only at all Ayushakti clinics worldwide. Post Skinotox therapy, you may have to follow the herbal remedies, diet and lifestyle plans over many months, following the Ayushakti doctor's advice, for preventing relapses and gaining maximum benefits.

#### **What are the benefits of Ayushakti's Skinotox therapy?**

- Helps to greatly reduce itching, redness, thick & hard skin
- Helps relieve pain and inflammation of skin
- Helps reduce dryness and flaky skin & retrieve normal skin texture & colour
- Helps reduce frequency of recurring skin allergies, rashes, boils on face, neck, forehead
- Helps relieve acne/pimples & dark patches after pimples
- Helps rejuvenate skin cells & prevent relapses over the long term
- Helps balance a hyperactive immune system



## About Vaidya Smita Naram (the founder of Ayushakti clinics)



Vaidya (Dr) Smita Naram is an accomplished Ayurvedic physician, pharmaceutical herbalist and nutritionist. She is a highly skilled pulse reader and specialist in the detoxification treatment Panchkarma - the Ayurveda deep purification therapy.

Vaidya Smita Naram is a female Ayurveda practitioner and entrepreneur with vast international clinical experience, who is one of Ayurveda's most insightful practitioners, lecturers and teachers. She has personally helped hundreds of thousands of people across the world for the past 28 years suffering from numerous chronic health disorders like Arthritis, Joint pain, Sciatica, Osteoporosis, Anxiety, Diabetes, High Blood Pressure and many more chronic health concerns. With her rich personal experience, understanding of eastern and western life influences on health, along with the study of her teachers' ancient writings, she has developed a precise method of intuitive and clinical effectiveness.

She has been honoured worldwide with many prestigious awards for her contributions in the domain of health. With her expert team of Vaidyas, she conducts Practitioner training courses in pulse reading across the world. Her effective health tips for vibrant health have been broadcast through national & international television shows, helping hundreds of thousands of people worldwide to transform their lives.

## About Ayushakti Clinics

- Through its worldwide chain of clinics Ayushakti has helped more than a million people over the past 27 years to gain relief from chronic ailments such as joint pain, breathlessness, high blood sugar, skin & hair problems, gas-acidity, IBS, weight gain, infertility, chronic coughs, cold & allergies in children and a host of other ailments.
- It has published research papers internationally on the efficacy of Ayushakti herbs in treating dermatitis, breathlessness & allergies, anxiety, depression, infertility, and pain management.
- All Ayushakti herbs are safe, natural and herbal, tested and manufactured in NSF-USA certified manufacturing facility
- There are more than 108 clinic consultation points worldwide and clinics presents in USA, Europe, Australia, New Zealand, UK, Thailand, and India.
- More than 150 western medical doctors and Heilpraktikers (health practitioners) have been taught the art of Pulse reading and Ayurveda and they now practice the Ayushakti way of treatment in their clinics.



For powerful health transformation stories, subscribe to the Ayushaki Youtube channel:  
<https://www.youtube.com/user/AyushaktiTV>

For regular health tips & updates go to the Ayushakti facebook page:  
<https://www.facebook.com/Ayushakti>

For more information and free downloads, visit:  
[www.ayushaktiusa.com](http://www.ayushaktiusa.com) / [www.ayushakti.com](http://www.ayushakti.com) / [www.ayushakti.eu](http://www.ayushakti.eu)

To have a personal pulse reading health consultation with an Ayushakti Vaidya, book an appointment through the following:

**USA:**

Ph. no: +1 800 280 0906.  
Email: [info@ayushaktiusa.com](mailto:info@ayushaktiusa.com)  
Website: [www.ayushaktiusa.com](http://www.ayushaktiusa.com).

**Europe:**

Ph. no: +31 181 614 017  
Email: [info@ayushakti.eu](mailto:info@ayushakti.eu).  
Website: [www.ayushakti.eu](http://www.ayushakti.eu)

**UK:**

Ph. No: +44 20 8144 4374.  
Email: [info@ayushakti.co.uk](mailto:info@ayushakti.co.uk).  
Website: [ayushakti.co.uk](http://ayushakti.co.uk).



**U.S.A.:**

Ph. no: +1 800 280 0906.  
Email: [info@ayushaktiusa.com](mailto:info@ayushaktiusa.com)  
Website: [www.ayushaktiusa.com](http://www.ayushaktiusa.com).

**U.K.:**

Ph. No: +44 20 8144 4374.  
Email: [info@ayushakti.co.uk](mailto:info@ayushakti.co.uk).  
Website: [ayushakti.co.uk](http://ayushakti.co.uk).

**Australia & New Zealand:**

Ph. no: +64 9 889 3552  
Email: [nz@ayushakti.com](mailto:nz@ayushakti.com).  
Website: [www.ayushakti.com.nz](http://www.ayushakti.com.nz).

**Europe:**

Ph. no: +31 181 614 017  
Email: [info@ayushakti.eu](mailto:info@ayushakti.eu).  
Website: [www.ayushakti.eu](http://www.ayushakti.eu).

**India:**

Ph. no: +91 22 67376733/29.  
Email: [info@ayushakti.com](mailto:info@ayushakti.com).  
Website: [www.ayushakti.com](http://www.ayushakti.com).