

UGM Dermatologist Shares Tips on How to Mind Your Skin Health during Fasting

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Fasting is perceived to give several health benefits for the body. Besides being beneficial to digestion and heart health, fasting also presumed to have an impact on the skin.

Specialist skin and venereal disease as well as the Head of the Department of Dermatology and Venereology FKKMK UGM, dr. Fajar Waskito, Sp.KK (k)., M. Kes., said that until now, there had been no representative medical research that revealed the benefits of fasting, especially Ramadan fasting for skin health. Even so, when running fast, the consumption of food will practically be reduced, especially the types of foods with a high glycemic index.


"Besides, the addition of a lot of consumption of vegetables and fruits that are rich in antioxidants will affect an inhibitor of the skin's aging process so that the skin is smoother and maintained its elasticity," he explained on Monday (4/5).

He explained that high glycemic indexed foods would affect increasing blood sugar levels. This condition can cause inflammation in the body, including acne.

When a person is fasting, he or she generally maintains the quality of food and beverage intake. Then, not eating food all day supports the process of cleansing toxins or detoxification so that it makes the skin healthier and more resilient.

"The process of detoxification is more comprehensive because there is a decline in the intake of food that can increase the body's metabolism. The process itself is essentially neutralization of oxidants produced in the body's metabolic processes when fasting occurs. But in the elderly, reduced consumption of carbohydrates and fats makes the skin drier so that the need to apply moisturizers is an absolute thing," Fajar explained.

So how do you keep your skin healthy when you are fasting? Dawn also shared some tips that can be done.



The primary step is to maintain a diet. Consumption of nutritious and balanced food is very influential in skin health. It is starting with eating foods that are rich in fiber and antioxidants such as vegetables and fruit—avoiding or limiting foods high in sugar and fat. Also, accomplishing with enough water consumption of about 2 liters per day.

Besides, it must also be careful in the use of toothpaste with a high content of detergent or mint so as not to cause dry lips. Meanwhile, to reduce discomfort when lips feel thirsty, it is recommended to apply a moisturizer.

"If the lips are dry, don't often suck them or lick them because they will become even more dehydrated. Use a moisturizer, preferably hypoallergenic, to prevent irritation or allergic skin," Fajar explained.

Head of KSM Kuli and Gender Disease Dr. Sardjito said that water exposure to the skin too often can cause skin dryness. He gave an example during the month of Ramadan. In general, Muslims further increase their worship activities, including prayer. Ablution activities become more frequent. For that reason, the use of moisturizers can be considered, especially after exposure to water, so that the skin does not dry out and reduce the possibility of irritation.

Next, use sun protection or sunscreen to protect the skin against sun exposure, especially when going outdoors.

Adequate rest or sleep is also essential to maintain healthy skin during fasting. When fasting, sometimes the break time is reduced. Lack of sleep will make the skin look duller. While getting enough sleep will keep your skin healthy and bright.

"Make sure you also continue to do physical activity or moderate exercise to help maintain the body's metabolism. Because a smooth metabolism can maintain skin health," Fajar concluded.

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