

# CHAKRAPANI AYURVEDA

## Ayurveda for Women's Health



### Editors' Note

Dear Readers,

Women are the caretakers for us all but they often neglect themselves and their own health and wellness for the benefit of those around them or to live up to society's pressures. Multiple roles as the mother, daughter, wife, homemaker, wage earner is physically and mentally quite taxing. As a woman, she might share some common health risks with men, such as Hypertension, Diabetes etc. but because of her special reproductive role, she is at risk of some distinctly female disorders.

The natural progression of life is like the changing of seasons. A woman goes through different phases of physical and physiological changes during her lifetime. Accordingly specific diet and lifestyle regimens are advised to follow during these phases as well as proper support needs to be there so as to manage her with the changes properly. In this newsletter we shall see how Ayurvedic principles can help women maintain health and well-being.



We welcome your suggestions and submissions.

Enjoy reading and get benefited with Ayurveda.

Vaidya Lakshmi Anoop



Ayurveda is holistic health care for repairing the body and teaching it to thrive, thus living a life of greater comfort, ease and bliss. Ayurveda has best natural health supplements and products to manage the changes in the body right from puberty to menopause. A woman goes through different phases namely – menarche, menstruation and menopause. Ayurveda recommends specific diet and lifestyle regimen to be followed during these different phases to maintain health.

All the three doshas are always present in the body but relative predominance of doshas changes in different conditions or ages. For e.g. Artava (Menstrual blood) being Agneya (Predominance of Fire element) in property hence there will be Pitta dominance during menstrual phase. So women should follow specific diet and lifestyle according to the state of health and dosha predominance at different stages of her life in order to maintain health.

The following table illustrates the status of doshas in different stages of a woman's life.

Classification of Age	Sub classification	Age limit (years)	Changes in body	Status of Doshas
Balyavastha (Childhood)	Bala	10	General development	Kapha predominant
	Kumari	10 to 12	Development of secondary sexual characters	Kapha predominant
	Rajomati	12 to 16	Menarche and the lady is capable of conception	Kapha & Pitta predominant
Madhyamavastha (Middle Age)	Yuvati	16 to 40	Maximum reproductive capacity, full maturity	Pitta & Kapha predominant
	Praudhavastha	40 - 50	Pre menopause	Pitta & Vata predominant
	Adhirudha	After 50	Menopause	Mainly Vata predominant and Pitta second predominant
Vridhavastha (Old age)	Vrdha	After 55 or 60	General decline	Vata predominant

### Lifestyle guidelines during menarche

Ayurveda opines that menarche is generally attained at 12 years of age. During this phase a girl should adopt healthy diet and

lifestyle to support the physiological changes in her body. Staying awake at night for long hours, sleeping during daytime, sedentary lifestyle without much physical activity, excessive exposure to sexual content in television, internet, etc. should be avoided.

**Common health problems during menarche** – Amenorrhoea, Oligomenorrhoea

**Herbs recommended** – Shatavari, Kumari, Hingu, Ajamoda

#### **During menstruation**

During menstrual phase, a woman should take nutritious diet, which is freshly prepared, light to digest, warm and unctuous. She should restrict excess intake of salt, spicy food, fried food, processed food items. She should avoid excessive physical activity, strenuous physical exercise, sexual indulgence, mental strain, exposure to excessive wind, sunlight, etc.

**Common problems during Menstruation** - PMS (Pre – Menstrual syndrome), Menorrhagia, Metrorrhagia, Dysmenorrhea, PCOS (Poly Cystic Ovarian Syndrome)

**Recommended herbs** –Lodhra, Shatavari, Manjishta, Ashoka, Triphala, Yavani

#### **During Menopause**

Menopause!! This is a "pause" period of the menstrual cycle. This phase is an important corner of the life for a female, which brings a lot of changes in her life. Ayurveda explains that menopause occurs due to ageing which is a 'Vata' predominant stage of life. Common menopausal symptoms experienced are Hot flushes, Night sweats, Mood swings, Palpitations and Vaginal dryness. Strengthening and rejuvenating diet, ghee and milk are advised. Yoga, meditation and exercise should be done daily. One should avoid excessive physical strain and mental stress.

**Common health problems** during menopause – Obesity, Improper lipid metabolism, Osteoporosis, Thyroid imbalance

**Recommended herbs** – Shatavari, Guduchi, Amalaki, Gokshur, Brahmi, Sariva

#### **Diet and Lifestyle regimen during menopause**

Ayurveda is a holistic health care system and its main principle is keeping the body toned in tune with the nature. Women are complex and delicate and they can be benefited with Ayurveda. Ayurvedic healthcare is the perfect solution for women to maintain health, beauty and zest.

This article is written by Vaidya Mita Kotecha, Professor & HOD Dravyaguna department, NIA, Jaipur.

#### **Product Of The Month - Shatavari Kalp**

Shatavari Kalp Granule is a caffeine free herbal beverage prepared in natural sugar base. It is widely used in the treatment of gynecological conditions. It is indicated for proper growth of fetus during pregnancy and as a galactogogue after delivery.



**Ingredients :-** Shatavari (Asparagus racemosus), Yashtimadhu (Glycyrrhiza glabra), Ela (Elettaria cardamomum), Gokshura (Tribulus terrestris), Musta (Cypres rotundus), Vidari (Pueraria tuberosa), Anantamool (Hemidesmus indicus), Bhoomyamalaki (Phyllanthus neuri) and Natural cane sugar (Saccharum officinarium).

**Indications** - Threatened abortion, PCOS, PMS, dysmenorrhea, metrorrhagia, menorrhagia and menopausal symptoms.

**Recommended use** – 1 tsp with warm milk / water x twice daily

**Buy Now**

#### **Easy to follow and effective home remedies for Amenorrhea**

1. Boil 5 gms black sesame seeds, 2 gm dry ginger powder and 3 gms parsley in 100 ml water and reduce to 50 ml. Filter and when it is slightly warm, add organic jaggery and take x 2 times a day 1 hour before food.

2. Take fenugreek powder 1 tsp x 2 times a day with warm water.

#### **Which Prakriti you belong to ?**

for analysis visit us : <http://chakrapaniayurveda.com/online-constitution-analysis/>

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#### CONTACT US

Chakrapani Ayurveda Clinic & Research Center,  
Chakrapani Global Center for Training & Research in Ayurveda  
8, Diamond hill, Behind Birla Temple, Tulsi circle, Shanti path, Jaipur-  
302004, India.

Telefax : +91-141-2624003 Phone: +91-141-2620746

E-mail: [info@chakrapaniayurveda.com](mailto:info@chakrapaniayurveda.com)

<http://chakrapaniayurveda.com> , <http://LearnAyurveda.com> , <http://ayu.in>  
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