
	
Editor's Note	
<p>Dear Readers,</p> <p>Menopause is the stage in a woman's life when the menstrual cycle stops. This is not a disease; rather it is a natural process in a woman's life. However, the stage when a woman has her menopause could be physically and mentally debilitating stage with several complications. When a woman is not menstruating for twelve consecutive months, then she has entered into the phase of menopause. Menses is called as Raja in Ayurveda. For this reason, the stoppage of the menses flow permanently, i.e. menopause is called as Raja Nivritti, which literally means retirement of menses.</p> <p>Every woman would experience the menopause, but the symptoms would be highly individualistic. Only few women are blessed with no disturbing symptoms of menopause. The extent of severity varies significantly from women to women. Ayurveda herbal supplements along with diet and lifestyle changes help to ease the menopausal transition. In this newsletter we will discuss about the Ayurvedic view of menopause and the herbal supplements recommended during menopause.</p> <p>We welcome your suggestions and submissions.</p> <p>Enjoy reading and get benefited with Ayurveda.</p> <p>Vaidya Lakshmi Anoop</p>	
Ease Menopause with Ayurveda	
	<p>Generally, a woman is said to have had her menopause if there has been no menstrual flow for at least one year. This natural end to reproductive life of a woman occurs in a time period of 45-55 years of age. The decline of the menstrual flow occurs gradually as the subsequent month's progress. Once she enters this phase she is no longer fertile.</p> <p>In Ayurveda, menopause is linked with aging, which is dominant Vata stage of life. Menopause is a culmination of all the three doshas of the woman's body. The menses themselves are pitta, while the woman may gain in her weight during this time, which indicates kapha imbalance. Since the woman may become moody and even lose her sleep during menopause, there is a strong</p>
<p>indication of the vata dosha.</p> <p>Menopausal symptoms occur due to the vitiation of one or more doshas, mainly Vata dosha. The symptoms are experienced by 75-85% of woman. Diet containing hot spicy food, alcohol, caffeine and stressful lifestyle can increase it.</p> <p>Unhealthy lifestyle vitiates all the doshas leads to Ama (metabolic toxin) formation which causes Srotorodha (obstruction of Artava Vaha Srotas or menstrual channels) and hence affects the proper functioning of hormones leading to menopausal symptoms. So these symptoms are actually a body's response to the individual to remind them to slow down the unhealthy lifestyle.</p> <p>Ayurvedic classification of signs and symptoms during menopause</p> <p>Vata-type menopausal symptoms tend to include nervousness, anxiety, panic, mood swings, vaginal dryness; irregular menstrual periods, insomnia, constipation, palpitations, bloating and joints aches and pains.</p> <p>Women with Pitta-type symptoms are often prone to anger, irritability, hot flushes, night sweats, excessive menstrual bleeding, urinary tract infections, excessive hair fall, skin rashes and acne.</p> <p>Kapha type symptoms include listlessness, weight gain, oedema, feelings of heaviness of the body, sluggishness, lethargy, fluid retention, yeast infections, lazy, depressed, lacking motivation, and slow digestion.</p> <p>Ayurvedic Management of Menopausal Symptoms</p> <p>Ayurveda advocates a holistic treatment of menopausal syndrome by utilizing various herbs and offers a reliable option to the conventional treatment. The herbs help to manage menopausal symptoms ensuring safety from associated risks that occurs with synthetic hormones.</p> <p>They possess certain phytoestrogen. The estrogen or phytoestrogen connects with the body's estrogen receptors, which enable the hormones to function properly, thereby help smooth the transition through menopause.</p> <p>Few commonly used herbs effective in easing Menopausal Symptoms</p> <p>Anethum Sova (Mishreya) acts as an emmenagogue which imparts active ingredients that increase more blood supply to the pelvic area and uterus.</p> <p>Saraca Indica (Ashoka) is the best uterine tonic which strengthens the muscles of uterus and reduces vaginal discharge and pain.</p> <p>Trigonella foenum graecum (Methika) contains estrogen-like saponins which help to improve uterine functions, reduce excess fat and levels of cholesterol, LDL and triglycerides safely and naturally.</p> <p>Asparagus Racemosus (Shatavari) has phyto-estrogen which helps in hot flashes, night sweats, anxiety, etc and enhances libido.</p> <p>Hemidesmus Indicus (Sariva) it is a blood purifier and corrects the Rasa and Rakta dhatu hence effective in issues like hot flushes.</p> <p>Emblica Officinalis (Amalaki) is an anti oxidant, rejuvenator and has anti aging properties, thereby promoting health of all organs including the uterus. It is a good cardiac tonic, hair tonic and complexion enhancer.</p> <p>These herbs address almost all the changes of the menopause without any side effects and have an</p>	

effect almost parallel to hormone replacement therapy and synthetic hormone medication.

Few classical preparations mentioned in Ayurveda texts which help to smooth the transition through Menopausal symptoms are Chanraprabha vati, Phala ghrita, Pushyanuga churna, etc.

Product of the month – Sundarikalp tea (Menopause help)

Ingredients - Ashoka (Saraca asoka), Shatavari (Asparagus racemosus), Lodhra (Symplocos racemosa), Anantmool (Hemidesmus indicus), Jatiphal (Myristica fragrans), and Ela (Elettaria cardamomum).

Method of use – Sundarikalp tea is in the form of sachets. Dip one sachet in one cup of hot water and allow it to steep for 2 – 3 minutes and then take it as an herbal tea. One or two servings daily are recommended.

Benefits - Maintains women's health and beauty naturally. Helps cope with pre – menopause and post - menopause effectively by reducing menopausal symptoms like hot flushes, night sweats, mood swings, vaginal dryness, enhances libido, etc.

For more details on Ayurvedic Teas please [click here](#)

Group from Italy successfully completed Ayurveda Training

Group from Italy successfully completed 9 day intensive Ayurveda Training at Chakrapani Ayurveda Center. Under the leadership of Mrs. Sadhbhawana Bharadwaj, they enjoyed their stay and learning at Chakrapani Ayurveda Center. On successful completion of the course, they were awarded course completion certificate. The certification ceremony and valedictory function was held on 29 the August at 11 am and was graced by Dr. Mita Kotecha who is a professor of Dravya Guna Dept., NIA, Jaipur. On the occasion, Prof. Arya Bhushan Bharadwaj gave inspirational speech and showered his blessings. Certificate and gifts were given to all students by Dr. Mita Kotecha and Mrs. Sadhbhawana Bharadwaj.



We wish them good luck for a prosperous & healthy future.

If you are looking for interesting facts and updates on Ayurveda, please like us on Facebook.



Wish to procure our products? Kindly contact as detailed below:

USA:

Now available at Garry and Sun, USA - The new longevity tonic & all the other products of Chakrapani Ayurveda, India, potent and fresh Ayurveda herbs, massage oils for body types, good quality Indian spices and readymade Ayurveda food items suitable for Ayurveda body types. Contact at Toll Free: 1 - 888 - 98 - HERBS

Garry and Sun
<http://garrysun.com>

France
S.I.E.T.P.A.
<http://massages-ayurvedique.com>

U.K.
Health Trail
www.healthtrail.co.uk

Ireland
The Samadhi Centre
<http://thesamadhiCentre.com>

Colombia
Ms. Gisele Dupuis
kamalacentroyurveda@gmail.com

Curacao
Ms. Soraida
<http://www.enlightengroup.org>

Brazil
Jorge Farias
fariasjh@hotmail.com
Ph: (21) 2261.5352

Would you like an advertisement of your health services and products to be read by the largest on - line audience of Ayurveda in the whole world? Or would you like to sponsor a newsletter ? For all information about our newsletter and sponsorship details [click here](#)

For Archives of our earlier published Newsletters, please [click here](#)

Subscription Information:

If you know someone, who would enjoy AyurvedaNews, please forward it to them or tell them about it.

If AyurvedaNews came to you from a friend, you can subscribe to it for free at our web sites or [click here](#)

[Click here](#) to send your feedback on this issue of AyurvedaNews. Your valuable suggestions will help us in our efforts at continuous improvement.

Change of Address: If at any time you wish to change your e-mail address, please update us by [clicking here](#).

Stop Subscription: If you wish to stop your subscription [click here](#)

Chakrapani Ayurveda have been giving genuine services in the field of Ayurveda from past 17 years and we would like to introduce our readers about our services and our team. Kindly visit Chakrapani Ayurveda Clinic & Research Center Introduction Part I on you Tube at <http://www.youtube.com/watch?v=YNO7FuxnEwg>. This video shows first part of the thorough introduction on the services being offered by Chakrapani Ayurveda Clinic & Research Center based at Jaipur, India. To see second and final part of the introduction, kindly visit <http://youtu.be/pQPb9oR9MgI>.

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

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

<http://garrysun.com> , <http://PanchakarmaEquipment.com>