The Journey of Woman through Ayurveda

“Menarche to Menopause”

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What is Ayurveda ?





Ayu- Life

Veda- Science, Knowledge, Wisdom

Ayurveda is an ancient wisdom for living healthy life.

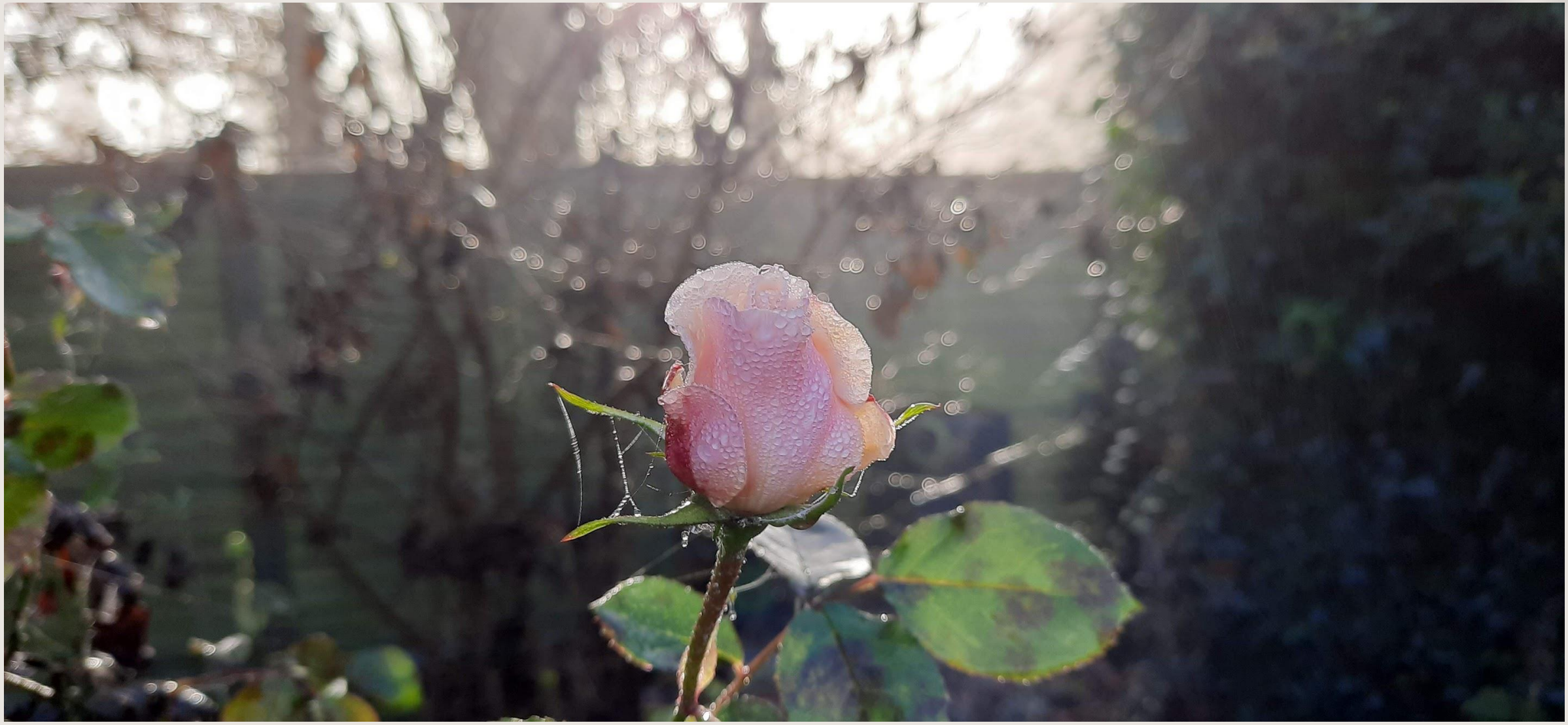
Life Stages of a Woman



8th year : Gauri
9th year : Rohini
10th year : Kanya
From 11 : Rajaswala

16 to 32 years : Taruni
32 to 50 years : Praudha
After 50 years : Vrudhha

Before Menarche



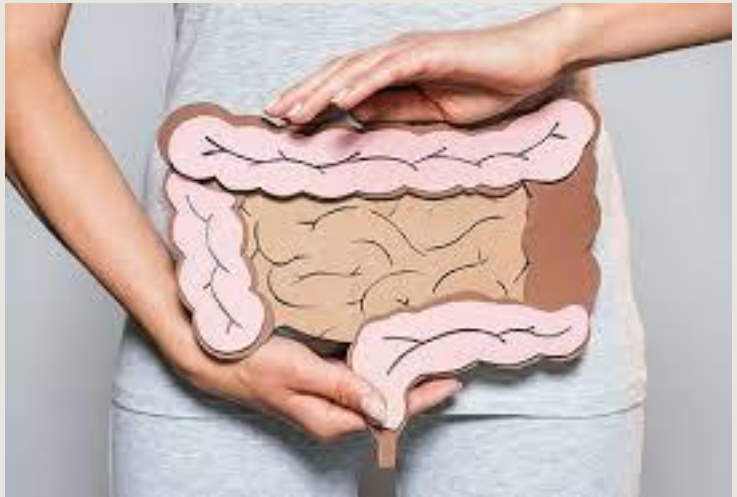
Prakriti (Constitution), Agni (Digestive fires) and Kostha (Gut)

Prakruti (Constitution),





Kostha (Gut)



Agni (Digestive fire),



Healthy, Varied, Balanced Diet with six tastes



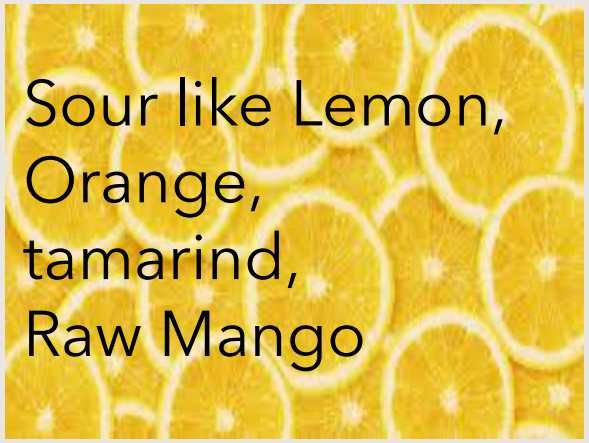


Sweet – Dates, Jaggery, Sweet fruits etc







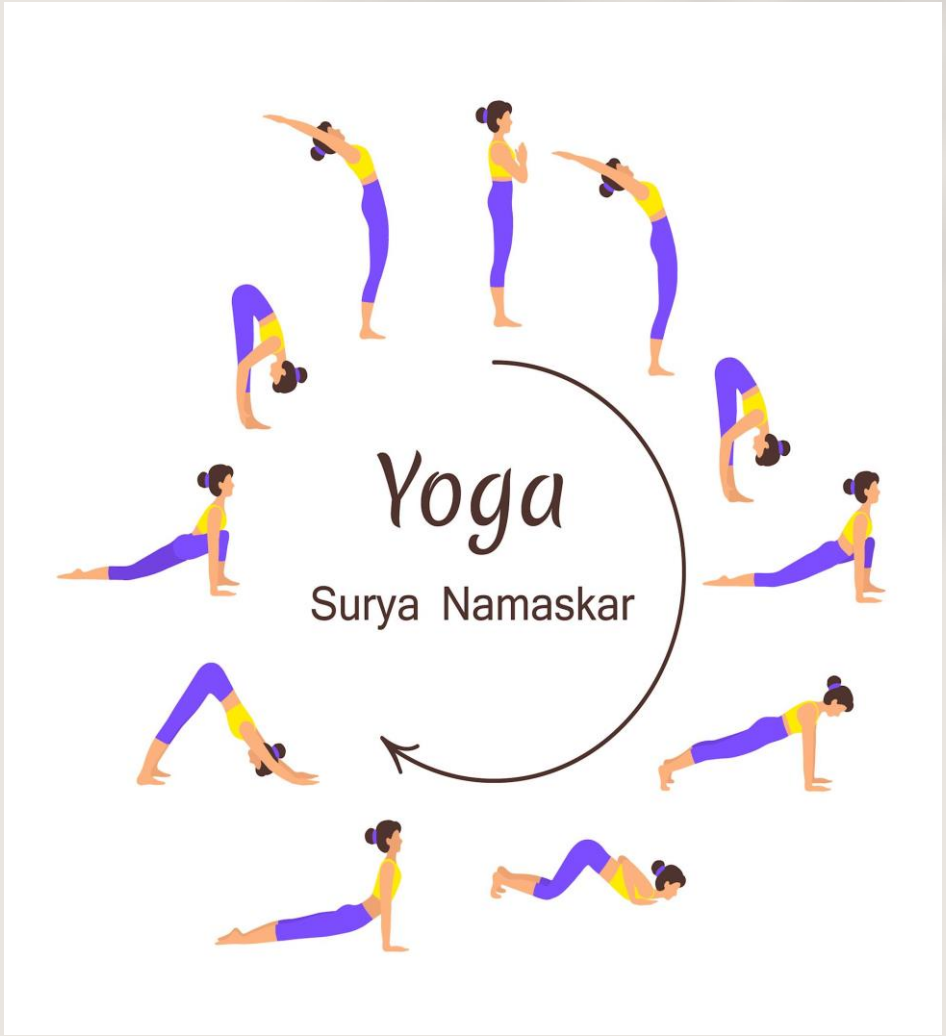




Exercise & Meditation

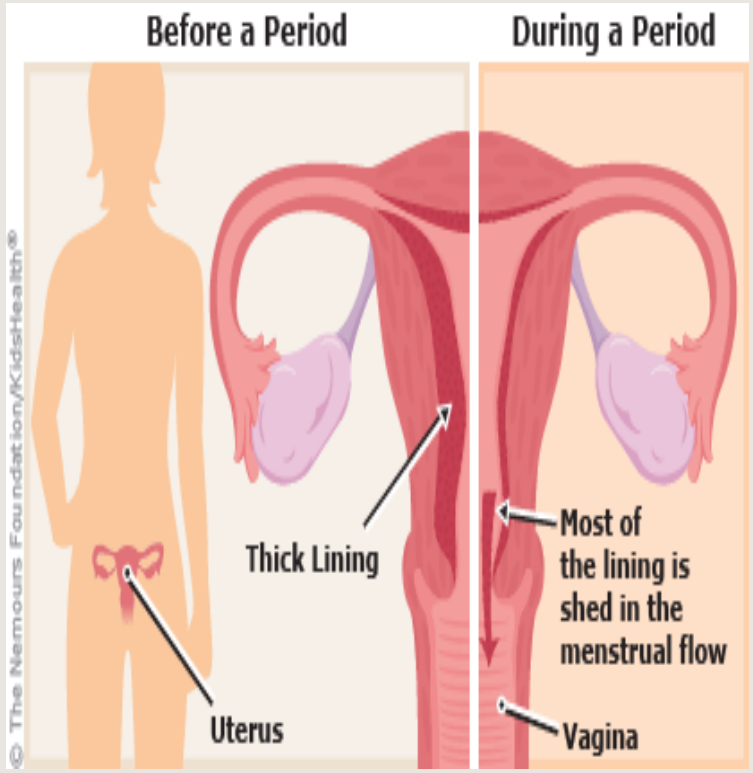


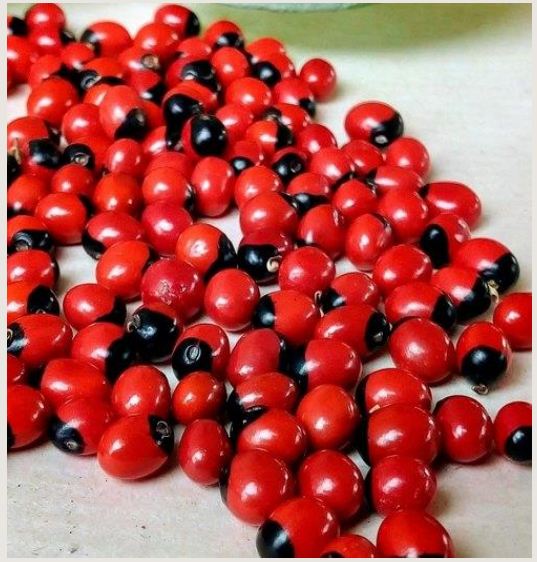




What is Normal period

- Colour
- Length
- Duration
- Quantity
- Associated symptoms







Care during periods

- Light meals, Barley with milk based meals.
- Light work
- Rest / Sleep early
- Avoid strenuous exercise
- Avoid day time naps, Massage , Sauna, Intercourse
- Herbs- Aloe vera, Turmeric, Cumin, Shatavari, Ashwagandha, Ashok
- Listen to your needs

Avoid







Preparing for Pregnancy

- Panchkarma
- Diet
- Lifestyle



Post partum care



- ‘It takes a village to raise a child’
- Emotional and physical nurturing
- Massage , Medicated water shower, Wrapping abdomen etc
- Food- Liquid diet with Ginger , Black pepper, Pippali, Panchkola, Ajwain
- Lifestyle- Wrapping warm, using warm water ,warm food
- To be followed atleast upto 1.5 month
- Avoid Pickles, Spicy food, Chickpeas,
- Avoid Dry Food, Cauliflower, Brussel sprouts



Post Partum Care

Shatavari




Fenugreek leaves

Ginger, Black pepper, Pippali



Haleem/ Aliv Pudding



Broth / soups



Goond ladoos



Haleem Ladoos



Fenugreek



Goond- Edible gum



Dry Fruits



Menopause – A Natural process

Hot flushes

Dryness

Joint pain/ Osteporosis

Anxiety, Depression

Reduced Muscle Strength







Peri Menopausal & Menopausal care



- Start early – Before reaching 40
- Physical well being- Exercise
- Mental well being- Meditation, find a hobby, write a diary
- Massage- Rose oil, Sesame oil, Coconut oil
- Basti
- Herbs- Shatavari, Ashwagandha, Sariva, Shankhapushpi
- Seeds- Sesame, Flaxseed, Sunflower, Pumpkin
- Herbal tea- Fennel , Ajwain, Mint
- Rasayan herbs
- An Amla / Haritaki a day





What is health?

Equilibrium in mind and body.

Pleasant feeling in senses,mind & soul.

Are you healthy?


Thank You