

9TH AYURVEDA DAY CELEBRATION

29TH OCTOBER 2024



Holistic Approach Of Ayurveda For Women's Health through Diet and Lifestyle



Diet and lifestyle in Pubertal age group

Do's- Milk, Ghee, Seasonal fruits, Dal, Moong, Green leafy vegetable, Jaggery, Sesame, etc. Waking up early, Daily Exercise, Getting fresh air, Sleeping timely, Outdoor activities, Exposure to Sunlight.

Don'ts- Packaged Foods, Bakery Products, Biscuits, Cakes, Bread, Junk foods like noodles, momos, Excessive spicy and hot foods etc. Excessive sleep, Lack of exercise, Sleeping during daytime, Anger, Greed etc.



Diet and Lifestyle during Menstrual period

ततः पुष्पदर्शनि प्रथमदिवसात्प्रभृति ब्रह्मचारिणी स्नानाद्यलङ्काररहिता, दर्भसंस्तरशायिनी त्रिरात्रमासीत् । तीक्ष्णोष्णाऽम्ललवणानि च वजयेत् ॥ ४२ ॥

A.Hr.Sha,1/42

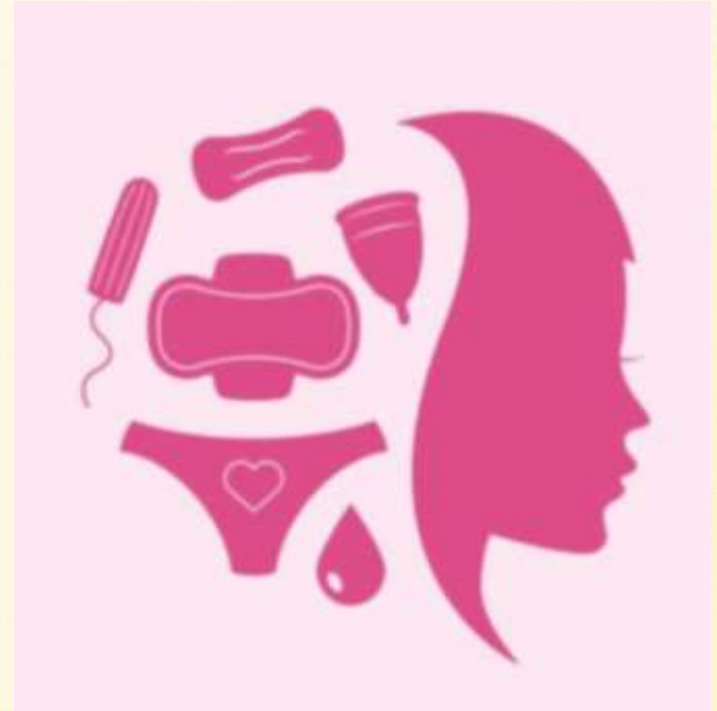
- From the first day of menses she should rest on soft and comfortable mat .
- Avoid taking hot, sour and salty food.

Do's- Easily digestible, freshly cooked food, Green gram, Shali rice, Sesame, Indian Gooseberry, etc. Menstrual Hygiene, Appropriate rest, Proper Hydration and adequate diet.

Don'ts- Excessive spicy and hot foods, Fried foods, Tea, Coffee, Packaged foods, Bakery products, Junk food, etc. Excessive exercise, Day sleep, Heavy work

Menstrual Hygiene Practice

- Keep the local area clean with warm water. Avoid use of soaps.
- Take bath with warm water.
- Use appropriate Sanitary options, e.g. Sanitary pads, Menstrual cups, Tampons, etc and keep a habit of frequently changing after 4hours.
- Undergarments should be washed well with warm water and dried in Sunlight.





Diet and Lifestyle for Preconceptional period

- **Body Purification** - panchakarma (Vaman, virechana, basti, etc under the guidance of Ayurvedic doctor)
- **Diet for Male-** Milk, Ghee, Kheer, Urad dal soup, Ripe mango, Dates.
- **Diet for Female-** Barley sattu with honey and ghee/oil/Urad/Sesame/Ginger/Gram, Mustard seed in small quantities.
- **Yogasana** (Veerbhadrasana, Dandasana, Matsyakridasana) & **Pranayama** (Nadishodhan, Sheetali, Bhramari)
- **Avoid-** Spicy, Hot foods, Packaged foods, Bakery products, Mental stress, Fear, Anxiety, Grief, Excessive physical labour



Diet and Lifestyle in Antenatal Period

मृदुमधुरशिशिरसुखसुकुमारप्रायैरौषधाहारोपचारैरुपचरेत् | Ch. Sha.8/22

Pregnant women should follow the diet and treatment which is soft, sweet, cold, comfortable in nature.

Along with nutritious diet one should add this as per the gestational period accordingly.

1st Month- Adequate amount of milk with nutritious diet.

2nd Month- Kheer, coconut water, milk supplemented with Bala, Shatavari and Mulethi powder(5g).

3rd Month- Glass of Milk with Ghee(1tsp) and Honey(1/2tsp)

4th Month- Glass of Milk with 10g of Butter.

5th Month- Glass of milk with Ghee(1tsp)

6th and 7th Month- Milk supplemented with Gokshur
and Prishniparni respectively.

8th Month- Kheer made with rice along with 1tsp of
Ghee.


9th Month- Kheer made with rice along with Ghee and
Khichadi.

**Note – Diet and exercise must be done as advised by
doctor**



स्त्री हि मूलमपत्यानां स्त्री हि रक्षति रक्षिता | A.S.Sha. 2/60

A woman is the root of the Progeny, hence she must be protected.



गर्भिणी प्रथमदिवसात् प्रभृति नित्यं प्रहृष्टा । सु . शा
.१०/३

**Women from the very first
day of pregnancy
should remain happy
and pious.**

सौमनस्यं गर्भधारणानां



- Saumanasyam(Cheerfulness) is the best tool for achieving conception.
- Acharya Charaka has described Shoka (depression),Krodha (anger), Asuya (jealousy), Bhaya (frightened), Trasa (stress), and Kshobha (agitation) should be avoided during pregnancy.
- Garbhini should practice Meditation, Prayer (as per belief), Shaucha(hygiene), Sadavachana (truthful speech), Achara (good conduct), Saumya Manonukula Katha Shravana (pleasant stories that soothe the mind).

Factors having adverse effect on pregnancy and fetus

गर्भोपघातकरास्त्वमे भावा भवन्ति; तद्यथा-

उत्कटविषमकठिनासनसेविन्या वातमूत्रपुरीषवेगानुपरुन्धत्या दारुणानुचितव्यायामसेविन्यास्तीक्ष्णोष्णातिमात्रसे
विन्याः प्रमिताशनसेविन्या गर्भो म्रियतेऽन्तः कुक्षेः॥

Ch.sha.8/20

- Uneven and hard postures(squatting posture, long standing)
- Suppressing the urge of flatus, urine and faeces.
- Excessive and improper exercise.
- Consumption of excessive hot, spicy and pungent food, stale food and either excessive or less amount of food should be avoided.
- Excessive use of Mobile, TV.
- Mental stress.
- Doing or Seeing Fearful things.
- Avoid consumption of alcohol and smoking in the pregnancy.

Diet and Lifestyle for Menopausal Period

- **Do's-** Rice, wheat, barley, moong, lentils, parwal, bitter gourd, ridge gourd, bathua, gourd, Singhada, fenugreek, carrot, cucumber, cilantro, coconut, dates, raisins, Papaya, orange, pomegranate, Milk etc.
- Exercise, Yoga (Bhadrasana, Shavasana, Pranayama),
- Nasal instillation of 2 drops of sesame oil/coconut oil/cow ghee , eating food on time, sleeping on time, oil massage etc.



· **Don'ts-**

Excess intake of heavy to digest substances made from flour, gram flour, Radish, Urad, Rajma, Mustard, Sour mango, Curry , Pineapple, Lemon, Hot, pungent, salty, fried foods, excessive curd, kanji, Intake of alcohol, etc.

Worry, anger, sleeping during the day, waking up at night, frequent eating, Excessive exercise.

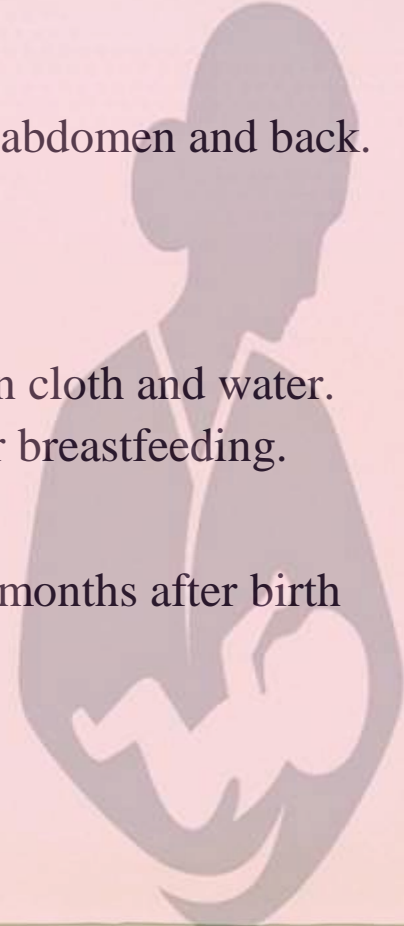


Sutika paricharya - diet and lifestyle in post partum women

- After delivery, the woman is called *Sutika* for 45 days. The care that is taken of the woman during this period is called *Sutika Paricharya*.
- After delivery, on good appetite consume $\frac{1}{4}$ tspn of dry ginger powder with ghee.



- Application of sesame oil or Bala oil on the entire body, abdomen and back. then wrap the abdomen with a large, clean cloth.
- Breastfeed the baby after cleaning the breasts with clean cloth and water. Breasts should be kept clean in the same way even after breastfeeding.
- Mother's milk is the complete food for the child till six months after birth which fulfils all the needs.



- To increase and to improve the quality of breastmilk consume Shatavari, Vidari powder with milk.



- Consume laddoos made of figs, coconut, almonds, pistachios, walnuts, jaggery, dry ginger, peppers.



Vihar(Lifestyle)

- Massage the whole body with sesame oil or Bala tail.
- Wrap the abdomen with a clean cloth.
- Do not watch TV for long hours.
- Avoid speaking too loudly, laughing too much and being sad.



What not to eat

- Don't eat spicy and fried food.
- Reduce the intake of tea, coffee.
- Don't use cold drinks, cold water.
- Don't consume alcohol or cigarettes at all.





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ADDRESSING COMMON WOMEN HEALTH ISSUES THROUGH AYURVEDA



PMS (Pre Menstrual Syndrome)

Diet and lifestyle

- Do light exercise.
- Avoid consumption of caffeine.
- Include Flax seeds, pumpkin seeds, sunflower seeds, pineapple, banana and sweet potato in diet.

Vata type

- Eat fresh and warm food cooked in oil / ghee.
- Eat food that are sweet, sour and salty in taste like lemon, ginger etc.
- Plenty of fluids.



Pitta type

- Do not use excess amount of spices.
- Eat food that are sweet or bitter in taste like fenugreek, yashtimadhu etc.



Kapha type

- Do exercise .
- Consume food that are dry, warm, spicy.
- Avoid excess oil/ghee.



DYSMENORRHOEA

- Dysmenorrhea is a very common problem faced by adolescent girls.
- Various home remedies that can be followed are-
 1. Consumption of food items made out of Til (sesame seeds).
 2. Fresh Aloe vera juice 1-2 tsf with Pepper or sugar.
 3. Buttermilk processed with Hing (Asafoetida), powder of roasted black jeera/jeera ½ spoon.
 4. Mint tea along with ginger and tulsi.
 5. Paratha containing Ajawain and coriander.
 6. Water processed with Dalcheeni powder.



POLY CYSTIC OVARIAN SYNDROME

Causes of PCOS



Genetics



Stress



Unhealthy
lifestyle



Junk food



Staying
up late
at night



Obesity

Symptoms of PCOS

- Irregular periods
- Weight gain
- Acne on the face
- Hair on the body and especially on the face
- Skin disorders (blackish discoloration)
- Conception difficulty

Do's and don'ts in PCOS-

Do's

- Include fresh fruits and vegetables in the diet as per the season, consume green leafy vegetables like spinach, carrot etc.
- Consume balanced diet and exercise regularly
- Include yoga and pranayama in your daily routine regularly.
- Get enough sleep

Don'ts

- Non-vegetarian diet like chicken, red meat and ice cream, sweets cookies, jam, desserts, pastries, donuts and carbonated drinks .
- Do not skip meals or sleeping on time.
- Do not miss your regular health checkups and medications.

Recipes for PCOS

1.Ragi Buttermilk

Ragi roasted in ghee: 2 tablespoons + 1 cup water (cook the ragi for 8 to 10 minutes until thick, then cool) + buttermilk- 1 cup + rock salt- 2 grams + a pinch of cumin powder.

2.Laja Kheer

Boil 500 milliliters of milk and reduce it to 250 milliliters. Add 100 grams of laja (boil for 10 minutes) + 1 tablespoon of sugar + 5 grams of cardamom powder.

3.Bottle Gourd Multigrain Chilla

2 tablespoons of gram flour / ragi / roasted multigrain flour + 40 grams of bottle gourd + 10 grams of onion + 1/2 teaspoon of rock salt. Serve with 1 teaspoon of mustard oil and chutney.

4.Moong Dal Chaat

100 grams of soaked and boiled moong dal + 30 grams of chopped carrot + 25 grams of pomegranate seeds + 30 grams of raw onion + 1 teaspoon of mint + 2 teaspoons of coriander + 1 teaspoon of chaat masala + 1 teaspoon of lemon juice + 1/2 teaspoon of rock salt.

Coconut Chutney: 50 grams of grated raw coconut + 1/4 teaspoon of rock salt + 2 pinches of mustard seeds and a tempering of 2 curry leaves.



5. Bajra Vegetable Sesame Tikki

40 grams of bajra + 150 grams of vegetables (onion, carrot, beans) + 1 teaspoon of rock salt + roasted sesame seeds. Cook in mustard oil or ghee.

6. Fenugreek Seed Chaat

Soak 75 grams of fenugreek seeds (for 8 hours) + 30 grams of onion + 20 grams of mint + 20 grams of coriander + 1/2 teaspoon of chaat masala + 1 teaspoon of lemon juice + 1/2 teaspoon of rock salt.

6. Yavadi Roti

Barley flour: 450 grams

Amla powder: 10 grams

Turmeric powder: 5 grams

Coriander powder: 5 grams

Cardamom powder: 5 grams

Carom seeds: 5 grams

Cumin powder: 5 grams

Add water as needed to knead the dough.

Make small balls from the dough and roll them into flatbreads.

7. Moong Dal Dosa

20 grams of soaked moong dal, 20 grams of soaked ragi, and 10 grams of rice. Grind all these together with 200 grams of vegetables and serve with chutney.

8. Ragi Veggie Paratha

40 grams of ragi flour + 40 grams of grated carrot + 10 grams of onion + 1/2 teaspoon of rock salt + carom seeds. Cook with ghee or mustard oil and serve with chutney.

LEUCORRHOEA – Excessive vaginal discharge

- *Maintain vaginal hygiene*
- *Vaginal wash with triphala, neem, turmeric decoction.*
- *Eat calcium rich food like raagi, custard apple, milk etc.*
- *Avoid sexual contact with infected partner.*

Anartava- Absence of Menses

- Absence of menses in female
- One should consult doctor in case of absence of menses to rule out pregnancy and other systemic disorders.
- **Diet** -Sesame seed, black gram, curd, fish, Kulatha, acidic food, hot potency food, Black sesame seed kwath with jaggery, Black cumin with jaggery.
- **Lifestyle-**
 - Regular sleep schedule,
 - Stress Management
 - Balanced diet
 - Regular exercise



ANAEMIA



Anaemia being the most important problem faced by women of reproductive age group specially during pregnancy , prevention and care to avoid anaemia as well as measures to treat it are necessary.

Diet beneficial in Anaemia



INFERTILITY

WAYS TO BOOST FERTILITY



- 1 Brown rice
- 2 Raw Nuts
- 3 Sprouts
- 4 Broccoli
- 5 Onion
- 6 Garlic
- 7 Wheatgrass

MENORRHAGIA

| | What to Eat | What not to Eat |
|-----------|---|---|
| Fruits | Grapes, Pomegranate, Amla, Apple, Banana, Dates, Custard Apple, black raisins | Papaya, Pineapple, Orange, Raw Mango, Plum |
| Vegetable | Onion, Spinach, Bottle gourd, Cabbage, Parwal | Drumstick pods, Radish, Carrot, fenugreek, garlic, onion |
| Other | Milk, Ghee, Gulkand, Navneet(Makhan) Water processed with Coriander seeds. | Coffee, Alcoholic beverages, Cold drinks, Bread, Paneer, caffeine, pickles, spicy food, curd, non-vegetarian diet like fish and red meat. |

MENOPAUSE

How Menopause Affects the Body



Take a Vata Pitta pacifying diet to balance dosha, support digestion and prevent inflammation in the body.



Avoid processed, spicy, fried and sugary foods. Stay clear from caffeine, alcohol and smoking.



Introduce Herbs and Spices in your meals, herbal teas to ignite digestive fire and balance hormones.



Practice yoga, meditation and stress busting activities to keep your mind relaxed and prevent build up of stress.



Exercise regularly. Focus on strength building activities to prevent weight gain and increase lean muscular mass.



Essential nutrients to include are Calcium, Magnesium, Complex carbohydrates, Vitamin D, Proteins and Healthy Fats.



A YURVEDIC STHANIK CHIKITSA (LOCAL THERAPIES) FOR WOMAN'S HEALTH

Any local treatment other than systemic treatment is called *Sthanik Chikitsa*.

Sthanik Chikitsa preferably includes *Uttar-Basti*, *Yonidhawan* , *Yoni-Pichudharan*, *Yoni-Dhupan* , *Yoni-Varti* , *Yoni-Puran*, *Yoni-Parisheka*.

These therapies should be done under the guidance of ayurvedic gyanecologist s and in the hospital only.

1. Uttar basti

It is administration of medicated oil/ghee through *uttaramarga* i.e, vagina.

Indication – Infertility, Retention of Urine, Amenorrhoea, Dysmenorrhoea



2. Yoni pichu dharan- Placing a tampon soaked in medicated oil/ghee in the vagina.

Indication – Uterine Prolapse, Cervical erosion, scanty and painful menstruation.



3. Yoni dhawan- It is a procedure of cleaning vagina and vaginal passage with medicated decoction.

Indication – Abnormal vaginal discharges, Burning in vagina, Itching in vagina.



4. Yoni Varti - Vartis are wicks made by mixing finely powdered drugs with adhesive drugs or binding agents. Time limit of retention of *Yonivarti*- 1 *muhurta* (48 minutes).

Indication – Cervical erosion, Abnormal vaginal discharges.

5. *Kshara pratisarana*

Application of *kshara* (*Apamarga kshara, Yavakshara etc*) over cervical erosion.

***These therapies should be done under the guidance of ayurvedic gynecologists and in the hospital only.**



Disclaimer

This presentation is for informational purposes only .The advices and practices etc advised here are only indicative in general sense, their specific use as per the individual constitution, disease, age etc to be used after consulting an Ayurveda doctor. Always consult a qualified healthcare professional before making significant changes to your diet or lifestyle. For personalized recommendations, please seek guidance from a certified Ayurvedic practitioner.



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THANK YOU



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