



Role of Ayurveda & Women's Health

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DISCLAIMER

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namAmi dhanavantari Adi devam
sura suraihl vandita pAdapadmam
loke-jarA-ruk bhaya-mrtyu-nAsham
dhAta-ramIsham
vividha-aushadhi-nAm

Welcome

Welcome to my lecture!

My name is Monica Groover and I am the director of Narayana Ayurveda.

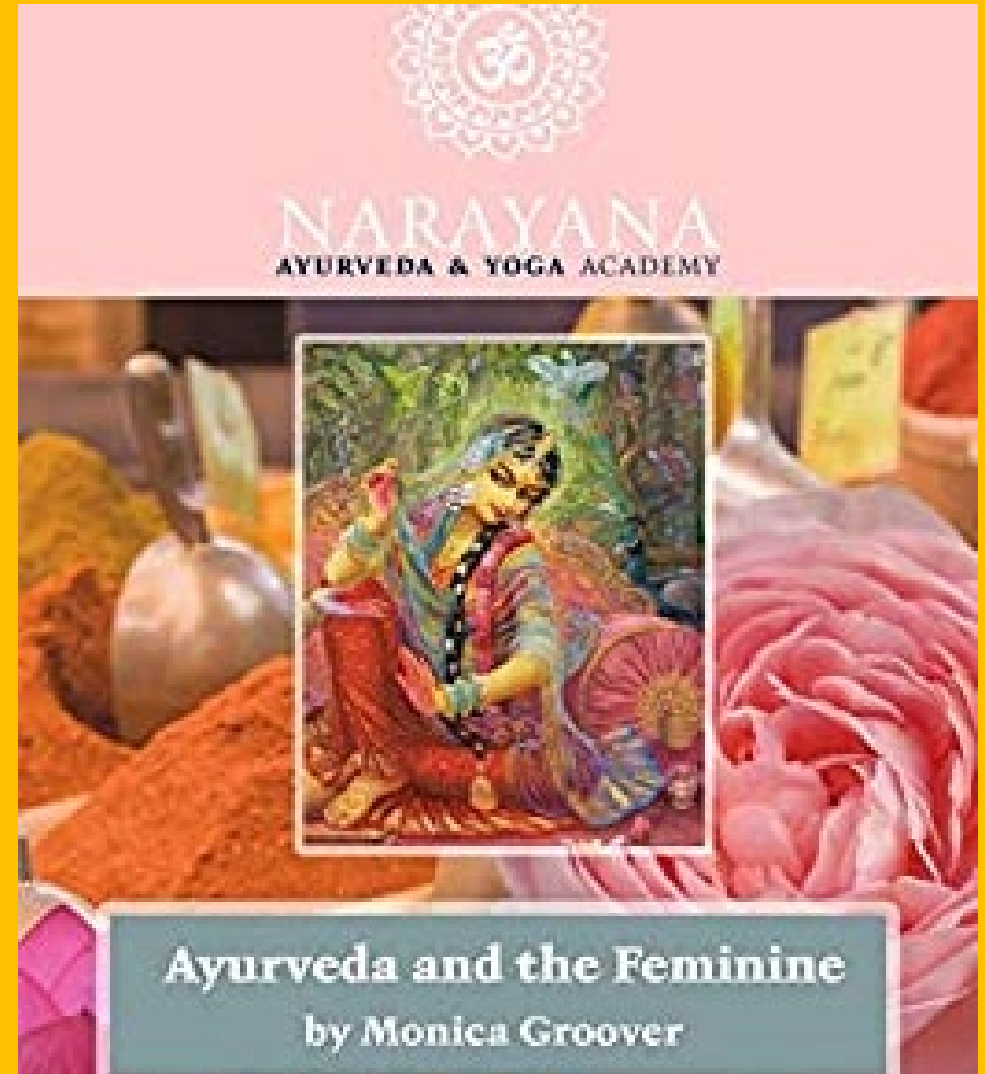
Today we will talk about Role of Ayurveda in women's health. If you like my lecture and want to know more, it can be found in my book -link below.

This book-Ayurveda and the Feminine is available from \$5 for ebook and \$10 for paperback on amazon.

<https://www.amazon.com/Ayurveda-Feminine-Goddess-healing-meditation-ebook/dp/B087P3325K/>



MY STORY IN
ONE MINUTE!



Introduction

- Role/Dharma of Ayurveda Practitioner/Counselor
- When practicing women's health, who is your target demographic
- What is your scope-if you are a Counselor vs Practitioner
- Common Reproductive concerns
- Menstrual issues, Perimenopause support





An Ayurveda Practitioner's Dharma

Ayurveda is not just clinical and objective--like western medicine. We use our five senses, our intuition and our clinical skills towards finding our clients story, causative factors and partner with them to create a plan.

- The objective of a practitioner of Ayurveda is to do seva or serve.
- Seva is our dharma.
- Sri Dhanavantari and energy of other higher entities flows through us when we follow this dharma.
- For us, a consultation is loving empathetic exchange. It is not merely a clinical encounter--where person with knowledge has a controlling position and is an expert. Our client who seeks help, their shabda, words are as important as our pariksha.
- Having said that, we will tackle both clinical and public health as well as subjective seva aspect of menstrual issues within womens health.

Counselor	Practitioner	Doctor
<p>To educate, motivate and counsel women to adopt principles of Āyurveda for reproductive health. Focus on lifestyle, and dosha pacification.</p> <p>Refer to practitioner if there is anything beyond your scope.</p> <p>Recommending basic diet (āhāra) and Lifestyle (vihāra) guidelines for prenatal and post natal women</p> <p>Cannot address imbalances of uterus, however can educate and address hetus, and doshas</p> <p>Refer out to practitioners</p>	<p>Manage and address women's health imbalances using lifestyle, diet, herbs, and rasayanas using using Āyurvedic etiology, (nidāna), pathology (samprāpti), protocols (kāya cikitsā), and support reproductive health (svasthavṛtta).</p> <p>Recommending diet (āhāra), lifestyle (vihār), herbs (dravya) and treatments (cikitsā) to manage pre-natal, natal, post natal health and pathologies</p> <p>Kaumarabhrtya-branch of Ayurveda dealing with women and children</p> <p>Rasayana- Rejuvenation chikitsa for uterus</p> <p>Support imbalances of uterus</p>	<p>Similar to Practitioner, but in depth knowledge and lot more experience.</p> <p>In addition to practitioner scope, can also conduct panchakarmiya therapies, post panchakarma tonification.</p> <p>(in depth knowledge of kaumarabhrtya/rasayana/vajikarana)</p> <p>Address all 20 yoni vyapada</p>

Reference: NAMA SOP
https://cdn.ymaws.com/ayurvedanama.site-ym.com/resource/resmgr/3_official_documents/nama_sop_doc_updated_08-08-1.pdf

Clinical Scope of Practice

Stri Roga (Disease support for women)

Please answer on the chat

8

What can the counselor focus on?

A) *pitta pacification lifestyle, meditation, golden milk*

B) *Poly herbal formulations like Ashokarishta, kanchanar guggul*

C) *Pitta pacifying dietary protocols*

D) *Meditation to calm anger*

E) *Refer to Pr*

What can the Ayurvedic practitioner focus on?

A) pitta pacification lifestyle, meditation, golden milk

B) Poly herbal formulations like Ashokarishta, kanchanar

C) Pitta pacifying dietary protocols

D) Therapies with neem, turmeric water

E) Manas therapies

F) All of the above

- A 38 year old menstruating person history of endometriosis and candida with increased pitta presents with skin breakouts, warm body temperature, increased heat sensitivity, anger issues and painful heavy periods.

Who is your target demographic?



Common reproductive concerns that we will focus on

- Stress related reproductive health issues
- Menstrual imbalances- scanty bleeding, painful bleeding, heavy bleeding
- PMS
- PMDD
- Perimenopause related issues



Women Diseases in Ayurveda

The twenty Uterine issues are classified into four- Yoni Vyapada

- inflammation issues (Shotha Yoni Rogas example P.I.D)
- Dysfunctional uterine diseases
- Infertility
- Anatomical defects

WE WILL BE FOCUSING ON UTERUS OR YONI AND RITU CHAKRA TODAY.

HETUS

- Mithya achara- Incompatible lifestyle and diet
- Pradusana - Contaminated menstrual blood
- Bija dosha- genetic, karmika issues
- Daivika-Act of Divine

Chandra Masa (Moon cycle in women)



- Our menstrual cycles make us so. We are also closely aligned to the the lunar calendar (28 days).
- This lunar calendar cycle is called Chandra Masa
- Moon's gravity influences rise and fall of tides, taste and soma in all plants and herbs, mind and emotions according to astrology and monthly period cycle for half of the world's population.
- Soma-the cooling energy of moon helps seed germinate and increase plant growth. The rasa or taste metabolism is highest at new moon.
- our tastes, hormones, quality and quantity of sleep are governed by the cycles of the moon
- This cycle of follicular and luteal phase that leads to menstruation is called ritu-chakra.
- Menstrual cycle cleanses the yoni and prepares it for gestation.
- Time for Shuddhikarana- Mind/body purification
- Body is naturally bloodletting and letting go of metabolic wastes, sloughed off uterine lining, unfertilized egg. Even unwanted stress, emotions and even ama gets pushed out during this time.

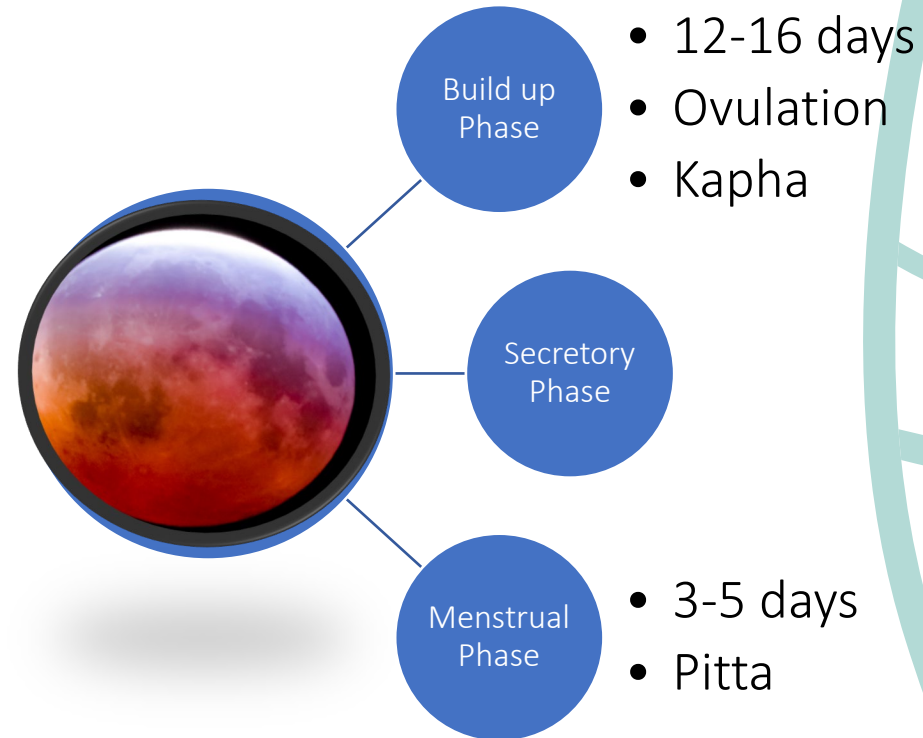
Ritu chakra

Monthly menstrual cycle in Ayurveda which covers first day of cycle from previous 1 to first day of current cycle. It should be apx. 28 days. This is Ritu chakra

This chakra happens in one lunar cycle includes the waxing and waning of the moon. This one month period is called Candra Masa.

Build up phase and ovulation- - 12-16 days (Ritu kala)
Secretory phase- 9 days to 2 weeks (Ritu Vyatita kaal)
Menstrual cycle- 3-5 days (Rajah Shrava/Shonita Kaal)

Chandra Masa-
1 lunar month



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Ritu Kaal

During the entire lifecycle from beginning of menstruation till menopause is called ritu-kaal. This covers puberty, youth, childbearing years, perimenopause and menopause

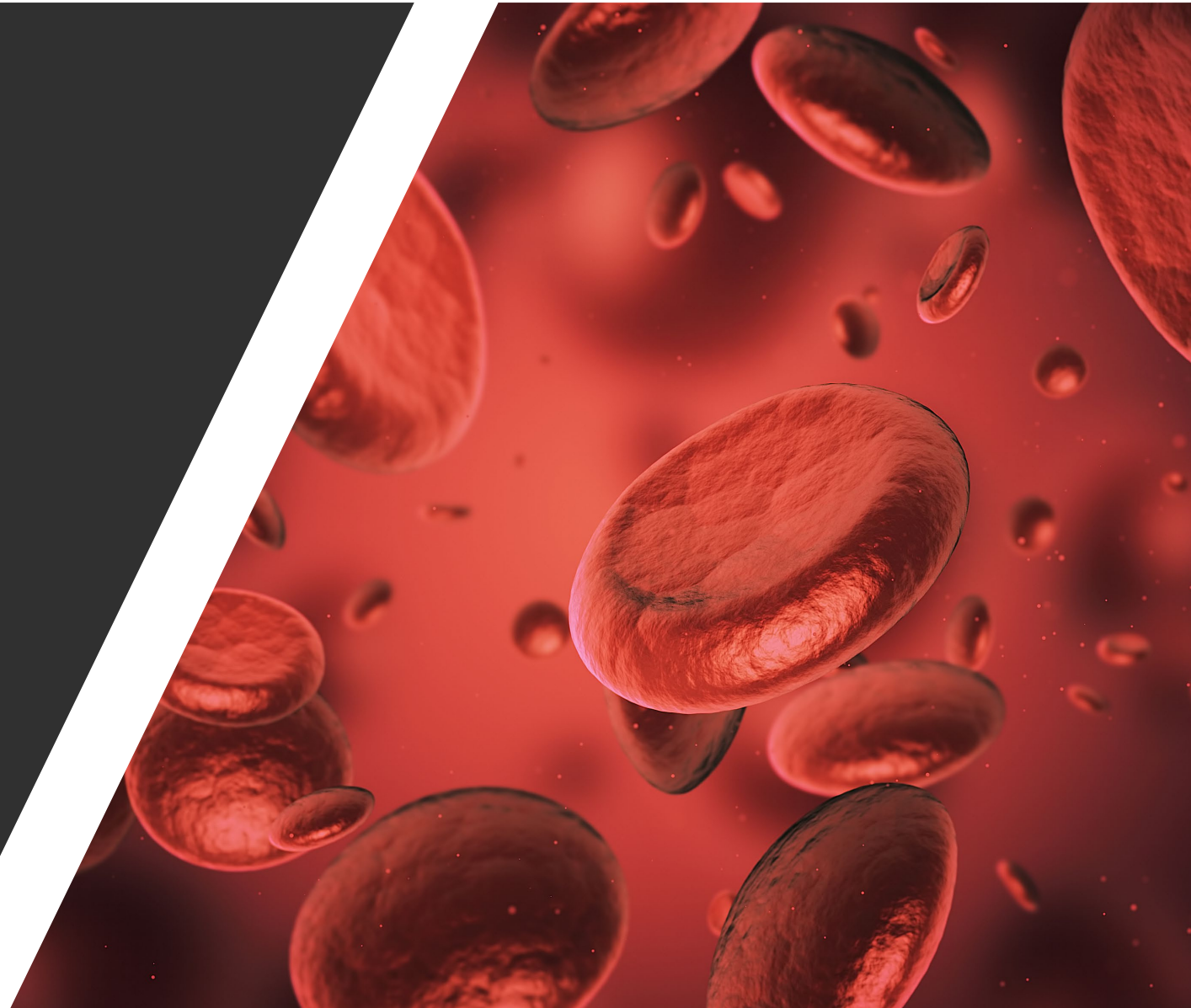
0-13 years- Kapha Kaal
12-45 years- Pitta Kaal
45-55-Pitta/vata kaal
55+--- Vata kaal

Pregnancy-Vata+Kapha increase
Postpartum-Vata increase



Menstrual Cycle

- Most common problems around menstrual cycle in the United States are:
 - Lack of menstrual products (period poverty)
 - Painful periods (dysmenorrhea)
 - Irregular periods
 - Heavy periods
 - Missing periods
 - Lack of education regarding menstrual cycle
 - Lack of data from menstruating girls in the minorities/LGBTQ groups



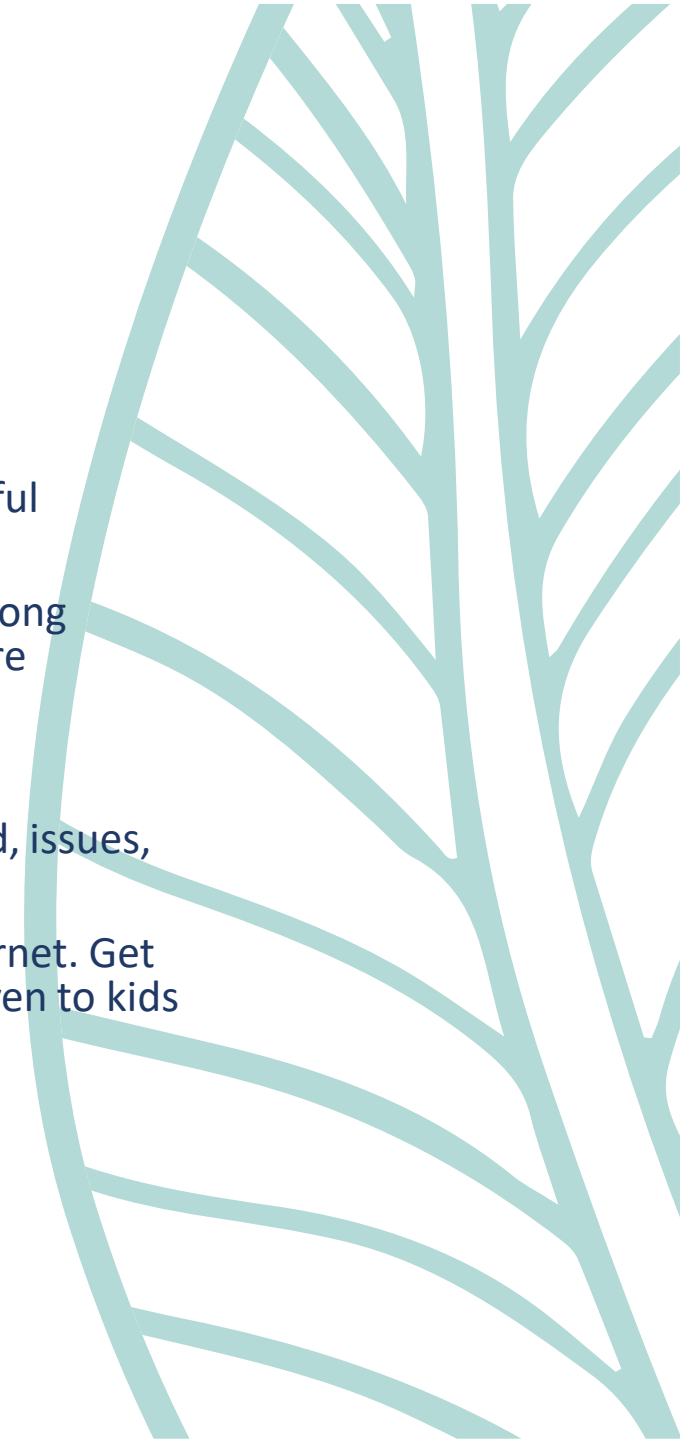
Healthy Menstrual Blood

- A healthy menstrual blood should have the following qualities
- Color: RED
Flow: 3-5 days
- Guna: Not slimy or sticky
- It does not stain the clothes
- It doesn't cause burning sensation or pain
- There are no clots



Stress and Menstrual Cycle

- Stress is one of the top causes of menstrual imbalances in the modern industrial world.
- Stress can manifest in menstruation as heavy flow, scanty flow, dysmenorrhea (very painful periods), amenorrhea (absence of periods) oligomenorrhea (Fewer than 6 periods a year)
- Too much importance on skin care & DIY skin-care regime has resulted in people using strong ingredients like hyaluronic acid, retinol, niacinamide etc directly. Ingredients like retinol are absorbed in the skin and affect fertility
- Menstruation is treated as something that is to be tolerated
- Many cultures-Taboo to talk about menstruation. We avoid talking about menstrual blood, issues, imbalances, menopause.
- Teenagers who have started menstruating get their information from friends/google/internet. Get misinformation from religious fundamentalist groups also. In some states information given to kids in schools is incomplete or not based on science.
- Period poverty-lack of menstrual products.
- Added Stress if your client is LGBTQ+-they are worried about safety.
- Added Stress if your client is a person of color and minority



Presentation of Menstrual cycle in doshas

Vata	Pitta	Kapha
<p>Guna of Dryness, lightness and irregularity –1 - 3 days) – bloating, constipation (digestion) – pain in Pelvis area/legs – Generalized aches, pains and stiffness – more than normal anxiety, restlessness (mind)</p>	<p>Guna of heat, sharpness, fluidity excess blood flow – 3-7 days – skin (bhrajaka pitta) –Mind- irritation and anger, sharp cramping – headache Increased apana and BM</p>	<p>Guna of slow, heavy, slimy Medium blood flow- 3-5 days – mucous in the blood – dull pain, lethargy – water retention – sore breasts – sensitive, sentimental, crying bouts</p>

A few Guidelines

Vata- Warm them up, soft textured food	Pitta- cool them, cooling beverages and crunchy foods ok	Kapha- Dry them. Diuretics that reduce water and mucous
<ul style="list-style-type: none">• warm cooked kitchari or soup with ghee, rose jam, cooked apple chutney, soaked raisins and date chutney• Abhyanga, massage with sesame oil• Herbs: dashamula jam ,shatavari, golden milk, ajwain	<p>Cooling foods cucumber, rose, coconut water cooling teas like peppermint, rose. Use cooling spices like coriander, fennel, cardamom, anardana Eat figs, melons, grapes, mangoes</p> <ul style="list-style-type: none">• Herbs: sandal, shatavari, amalaki, ashoka, aloevera, punarnava	<p>Mung bean soups Quinoa Carrots, Celery, Watercress, Onions Spices- black pepper, ginger, cumin</p> <ul style="list-style-type: none">• Herbs: aloe vera, Ashoka, Punarnava, methi (fenugreek), ajwain



Natural support for stress

-
- **Brahmi**
 - **Gotu Kula**
 - **Bacopa**
 - **Ashwagandha**
 - **Tulsi**
 - **Shankhapushpi**
 - **Rose Tea**
 - **Rose jam**
 - **Tulsi tea**
 - **Aromatherapy- essential oils of sandalwood, lavender, rose, lemonbalm**
 - **Yoga/tai chi**
 - **Meditation**
 - **Slow down**



Some general dravya

	Counselor <i>(with a few years experience)</i>	Practitioner <i>(in addition to counselor)</i>	Notes
Heavy bleeding	Aloe vera, Ashoka, Brahmi	Ashokaristha, Ushirasava	Cooling pathya, Rakta pacification
Painful Periods/Inflammation	Brahmi, Arjun, Turmeric, musta, Aloe vera	Lodhrasava, Dashamula, Arjun, Kumaryasava	Vata pitta pacifying pathya
Low Bleeding	Shatavari, Brahmi, musta, Vidari	Sukumar Ghrita kumaryasava	Rasa dhatu increase and purification
Edema, Fibroids	Punarnava, musta	Kanchanar Guggulu, Punarnavasava	Kapha pacification

Some common Herbs for uterus and women support

- Cumin Seeds
- Ajwain Seeds
- Pomegranate Seeds (dried)
- Nagakeshara (Saffron flowers)
- Rose flower

Educate your client

Young girls and women have to be educated about their own body and how it functions esp. in the current political climate, there is so much misinformation around.

The menstrual cycle and how pregnancy occurs (or doesn't occur) have all been vilified in the media.

You can include a push to direct girls and women to seek out the real knowledge about these important aspects of their body from reliable sources and not through media.



Any questions

<https://www.instagram.com/narayana.ayurveda/>

<https://naya-ayurveda.com/>

Thank you

