

Contribution of Ayurveda in women's health

¹Dr. Santosh and ²Vijay S Jangam

¹Assistant Professor, Department of Psychology, OPJS University, Churu-331303, Rajasthan (India)

²Research Scholar, Department of Psychology, OPJS University, Churu-331303, Rajasthan (India)

²CC email: dr.vijayswami172@gmail.com

Abstract: Ayurveda has formulated tonics, healthcare supplements and such other health care products for prenatal, post natal and neonatal care and to ensure reproductive health. Ayurveda Treatment describes the process of life as a highly dynamic one where the different functions in the body are harmoniously integrated. This harmony has to be preserved for a person to be healthy and requires some basic factors like proper diet, proper balance of mental and physical rest and activity, adaptations to changes in the environment etc. Even in spite of taking care of all these factors, certain factors like the genetic make-up of a person, micro-organisms, exposure to harmful and poisonous substances in-advertently or otherwise, and aging etc tend to skew the equilibrium disrupting certain functions in the body. Herbs can be used in accordance to the Doshas involved. In a Vatik cycle mainly Dasamoola can do its work of pacifying Vata dosha. Ginger is another drug which helps in a Vatik flow with discomfort. Herbs can really help in Pitta flow mainly. Asoka tones the uterus and thus eases a heavy flow. Satavari, Amalaki, Gudoochi, Kumari, Brahmi etc are useful drugs in a Paittik flow as they are very famous for their Pitta pacifying action. Spices such as cinnamon, cardamom, black pepper etc are useful in case of a Kaphaja cycle due to their Agni stimulating action. Castor oil pack due to its warm and penetrating quality can break up the stagnation latent in the pelvis. Paying an eye on the characteristics of menstruation will bring into light the Dosha which is predominant in that cycle. That may also be depending on the Prakruthi of the individual.

[Santosh and Jangam, V.S. **Contribution of Ayurveda in women's health.** *Rep Opinion* 2019;11(8):13-17]. ISSN 1553-9873 (print); ISSN 2375-7205 (online). <http://www.sciencepub.net/report>. 3. doi:10.7537/marsroj110819.03.

Keywords: Ayurveda, Artava, menstruation, Doshas, drugs, Women's health

Introduction:

Ayurveda is the science which deals with maintenance of health and cure of disease. It stands on the frame work of Tridoshas, Saptha Dhathus and Trimalas. Ayurveda examine the menstrual cycle as a window into the human body. Artava is considered as the Upadhathu of the first and foremost dhathu ie the Rasa dhathu. Rajapravrithi is a normal physiological process in women as sleep, bowel activity etc. As the nature and pattern of all the physiological and psychological processes are dependent on the inherent constitution of doshas ie the Prakruthi, the pattern and nature of Rajapravrithi should also show some relation to the Prakruthi of the individual. So by understanding the nature of menstrual pattern in women the menstrual health can be maintained by administering according diet and regiments.

Ayurveda has formulated tonics, healthcare supplements and such other health care products for prenatal, post natal and neonatal care and to ensure reproductive health. Effective herbal remedies are available for the problem of menopause and conditions such as pre-menstrual tension. Ayurveda has best natural health supplements and products to manage the changes in the body right from puberty to menopause.

Ayurveda can work miracles. Ayurvedic healthcare is the perfect solution for women to stop the aging process. Periodic rejuvenation therapy will keep health, beauty and zest intact throughout the years. This section deals with some common problems like, menopause, menstrual disorders, pregnancy, Garbha sanskar, motherhood, breast feeding etc.

It also deals with Skin and Beauty care, Acne etc. Woman body is wonderfully complex and delicate. Multiple roles as the mother, daughter, wife, homemaker, wage earner is physically and mentally quite taxing. As a woman, you might share some common health risks with men, such as Hypertension, Diabetes etc. but because of your special reproductive role, you are at risk of some distinctly female disorders.

Ayurveda is a health care system sensitive to women's special health needs. Women are far more sensitive to the rhythms and cycles of nature and Ayurveda is founded on the principle of keeping the body toned in tune with nature. and naturally women find Ayurveda very suitable. Ayurveda has formulated tonics, healthcare supplements and such other health care products for prenatal, post natal and neonatal care and to ensure reproductive health. Effective herbal

remedies are available for the problem of menopause and conditions such as pre-menstrual tension.

Ayurveda has best natural health supplements and products to manage the changes in the body right from puberty to menopause. Ayurveda can work miracles. Ayurvedic healthcare is the perfect solution for women to stop the aging process. Periodic rejuvenation therapy will keep health, beauty and zest intact throughout the years. This section deals with some common problems like, menopause, menstrual disorders, pregnancy, Garbha sanskar, motherhood, breast feeding etc. It also deals with Skin and Beauty care, Acne etc.

An Overview of Ayurveda Treatment & Ayurveda Basic Concept

Ayurveda Treatment describes the process of life as a highly dynamic one where the different functions in the body are harmoniously integrated. This harmony has to be preserved for a person to be healthy and requires some basic factors like proper diet, proper balance of mental and physical rest and activity, adaptations to changes in the environment etc. Even in spite of taking care of all these factors, certain factors like the genetic make-up of a person, micro-organisms, exposure to harmful and poisonous substances in-advertently or otherwise, and aging etc tend to skew the equilibrium disrupting certain functions in the body.

Any disturbance to any function also disturbs the other functions. For example, when a person's digestion is not proper, he may not have a proper bowel movement, which will make him feel heavy, and bloated, which could then precipitate a headache, it could disturb his sleep which in turn could aggravate his digestive process and so on creating vicious circles leading to more and more chronic diseases. The body of a healthy person in the meanwhile tries to re-establish the harmony with some support from the person. Like, if the person doesn't over feed himself on feeling heavy, the body gets over the initial problem and thereby prevents the chain of events.

When the harmony is upset in a number of functions and particularly with growing age, the ability of the body to bounce back to normalcy gets hampered. With more and more functions getting upset the problems get into more complications and become irreversible or not fully curable. If the tissues are damaged beyond repair and likely to be the cause of problem to other tissue in the body, surgical removal of the diseased tissue is recommended. Ayurveda has a very holistic concept comprising of various approaches to help the body re-establish the harmony by addressing the problem at the different levels.

Reason responsible for various disorder in women's health

There are many reasons responsible for various disorders which adversely affect a women's health. Some of them are:

1. Improper diet & improper lifestyle:

Menstruation is a natural process that is bound to happen & detoxifies our body. At this time, body needs extra nutritious diet to cover up the loss of blood from the body. Otherwise it weakens the whole body functioning. But present unhealthy dietary habits of people create many disorders. Especially females getting more beauty conscious but not at all health conscious. They are not even taking the minimum diet required for proper body functioning in order to get zero figures. This makes her very weak from inside, produce stress and more prone to infection or diseases. Late night sleeps due to extra work or more inclusion in TV & mobiles & contributed to these problems to a great extent. Lesser the physical work she will be doing, weaker will be her pelvic muscles which are very important in her reproductive system.

2. Availability of poor quality milk & milk products: There is an emergency cell, oxytocin which is produced in females during delivery for milk production. But these days, she is getting this hormone on daily basis through bad sources of milk which is extracted from cows & buffaloes forcibly through injections & chemical medications. Excess of this hormone causes contraction of uterus which causes distress in an unborn baby. It also causes nausea & slow heart rate in the mother & serious diseases like water intoxication, allergies & uterus rupture.

3. Nuclear families: concept of nuclear families is very common these days which is indirectly affecting the health of females in a negative way. Earlier grandparents were there to take care of the children & many other things. But now sole responsibility of everything is on the females, specially working ladies. Due to huge burden, poor sleep, stress & malnutrition, ladies are getting weaker & most likely suffer from any kind of gynaecological problem.

4. Self medication: More the females are getting educated, more likely they start doing self medication by just checking on the internet or by consulting a normal physician instead of a good gynaecologist. These medicines create toxin inside the body & causes hormonal disorders. This need to be avoided & timely diagnose & treatment need to be done from a good gynaecologist as delay in these cases can leads to permanent infertility & even cancer.

5. Lifestyle related diseases: Auto-immune diseases like hypertension, diabetes, thyroid, & obesity are very common these days that leads to the hormonal imbalance & weakness inside the body which makes a female body more prone to gynaecological disease. Too much stress, Lack of exercise & less physical

activeness are the basic causes of above auto immune diseases.

6. Society issues: People are very conscious about the issues related to their girl child. They feel very shy in consulting a gynaecologist due to society fear as why a young or unmarried girl needs a gynaecologist. Is she involve in some wrong practices or is she infertile? Even married ladies also have same fear. We must ignore the society & must consult a good gynaecologist as soon as we face some related health issues or symptoms as delay in these things can lead to disastrous problems like infertility & cancer.

Herbal care for healthy menstruation Herbs can be used in accordance to the Doshas involved. In a Vatik cycle mainly Dasamoola can do its work of pacifying Vata dosha. Ginger is another drug which helps in a Vatik flow with discomfort. Herbs can really help in Pitta flow mainly. Asoka tones the uterus and thus eases a heavy flow. Satavari, Amalaki, Gudoochi, Kumari, Brahmi etc are useful drugs in a Paittik flow as they are very famous for their Pitta pacifying action. Spices such as cinnamon, cardamom, black pepper etc are useful in case of a Kaphaja cycle due to their Agni stimulating action. Castor oil pack due to its warm and penetrating quality can break up the stagnation latent in the pelvis. Paying an eye on the characteristics of menstruation will bring into light the Dosha which is predominant in that cycle. That may also be depending on the Prakruthi of the individual. Application of theories related to Doshas and practical application of drugs mentioned for particular Doshas will help to cure the discomforts or ailments during menstruation.

Ayurveda Guidelines for Gynaecology: Gynaecology practice in Ayurveda is least explored and documented. Apart from OPD and IPD department of Prasuti and Stri roga, each hospitals / clinics should have a separate centre for spreading awareness and counseling for women of all age groups. Guidance and education should be given in form of workshops or weekly counseling clinics. Education and counseling to overcome depression caused by work pressures, social conflicts, post partum and menopausal time. Removal of myths related with menstrual taboos and stating the facts with scientific explanation is the need of present time where girls blindly follow campaigns which are misleading and having direct effect on reproductive health. Clinical practice of Infertility, Menstrual related disorders and other benign conditions should aim at quick recovery with minimal medications and zero recurrence. Hence Panchakarma practice should be incorporated wherever indicated. Uttarbasti is considered as an alternative to artificial reproductive techniques. It is cost effective and gives quick results. The incidence of hysterectomy due to benign conditions like fibroid,

cervical erosion, DUB, Adenomyosis is on rise. Ayurveda can cure these ailments and prevent woman from hysterectomy. Gynaecological malignancies especially Breast carcinoma and Cervical carcinoma present dilemma for all practitioners. Ayurveda compounds used as an adjuvant and in post Radio-Chemo patients have given substantial improvement in life quality of such patients. Apart from these, all consultants should remain updated about the diseases and new emerging treatments. Profound knowledge of Dosha, Dhatu, Agni, Oja, Srotas involvement is essential to diagnose the disease according to Ayurveda and treat accordingly. Extensive use of Shatavari in all female age group will maintain reproductive health of female and prevent future morbidities by its Rasayana property and by virtue of Phytoestrogens. Promoting healthy lifestyle by adapting Dincharya, Ritucharya with possible modifications today's modern women.

Ayurveda treatments: Herbs for women's health

Some common problems that women face are irregular periods, menstrual pain, premenstrual pain, acne, anaemia and many more. Though allopathic medicines are available for all the problems but popping too many painkillers or increased dependency on self medication is not a good idea. What is better is to take ayurvedic treatments which can not only control but also prevent these common problems that women face. Let's have a look at some such herbs which can ease the pain and discomfort of all you ladies out there.

1. Ayurveda treatment for painful menstruation: All women face different types of problem during the menstruation days. But some common problems faced by women during this time are nausea, fatigue, cramps, constipation, bloating and vomiting.

2. Some lifestyle changes that can ease menstrual discomfort: Be physically active and exercise daily. Though during menstrual days if you feel uncomfortable you can take rest and resume your workout later. But if you practice some simple yoga asanas it can help you relive menstrual pain. Some such asanas are bow pose (dhanurasana), forward bend (janu sirasana), camel pose (ustrasana), fish pose (matsyasana) and cobra pose (bhujangasana).

3. - Avoid fried, spicy and oily food, as all such foods lead to bloating and constipation.

4. - Try and consume vegetables which are easily digestible and are light to eat.

5. Ayurvedic treatment for pre-menstrual pain

Have homemade food.

Avoid alcohol, smoking and fast food.

Maintain a balanced diet which will lead to a regular bowel movement.

Take cold showers and consume plenty of liquids.

6. **Ayurvedic treatment for piles:** If you face difficulty while passing the stool (which can be bleeding and itching around the rectum area) then you can take herbs like Terminalia chebula and Indian Yam. You can also have Abhayarista, which is a great ayurvedic medicine for piles. Along with the medicines, you should also maintain a healthy diet which should be high in fibre. Have plenty of liquids along with doing some physical exercise regularly.

7. **Ayurvedic treatment for greying of hair:** Greying of hair is a common problem along with increasing age, but greying of hair in your 20's and 30's is not good. The reason behind the same can be many including sinus, tension, anxiety and washing hair with hot water. You can try the Bhringraj ayurvedic oil which is said to make your hair healthy and prevent greying. Also, you should sleep properly, worry less and wash your hair with cold water to reduce the problem.

8. **Ayurvedic treatment for menopausal problem:** The same medicine, sundari kalp forte is good for menopause as well. This medicine helps to ease the transition to menopause. It cleanses your blood and is highly recommended for the menopausal syndrome. Women should have foods that are rich in calcium as calcium deficiency is common during this time. Eating a balanced diet, practising yoga and staying active also helps to ease the problem.

9. **Ayurvedic treatment for acne and obesity:** Guggulu and Punarnava or Boerhaavia diffusa are two ayurvedic herbs that help you in reducing weight. It is important to have a balanced diet along with a regular physical activity to reduce or prevent obesity. Following a regular routine can work wonders in reducing obesity. Acne does not only make your skin look ugly but also leaves scars on your face. You can treat acne with a lot of things available at your home like turmeric, curd, lemon, sandalwood, neem and giloy.

10. **Ayurvedic treatment for cramps:** Cramps can be due to various reason, main being periods. You should avoid foods that are deep-fried to smoothen your digestion and thus relive cramps. Take proper rest, have plenty of water and avoid rigorous workout. Sesame seeds have proven to regularise the blood flow and thus avoid cramps. You should soak them in water before having them.

11. **Ayurvedic treatment for anaemia:** 55 per cent of Indian women are anaemic, says a study. The data makes it clear how common is anaemia among women in India. It's a problem about which women don't get to know easily. They usually tend to ignore the symptoms until the deficiency becomes serious. Anaemia can be prevented with amla, aloe vera and

Punarnava or Boerhaavia diffusa. As anaemia is caused due to the deficiency of iron, you should try and consume food rich in iron which may include nuts, apple, amla, beetroot and spinach. You can add drops of lemon juice to the apple or the apple juice that you have as lemon increases the absorption of iron in the body.

Correspondence author:

Vijay S Jangam
Research Scholar, Department of Psychology,
OPJS University, Churu-331303, Rajasthan (India)
Email: dr.vijayswami172@gmail.com
Phone no. -91+9769315347

References:

1. Acharya JT. Charaka Samhita with Ayurveda Dipika commentary of Chakrapani Datta. Reprint ed. Varanasi (India): Chaukambha Orientalia; 2009.p.514.
2. Acharya JT. Charaka Samhita with Ayurveda Dipika commentary of Chakrapani Datta. Reprint ed. Varanasi (India): Chaukambha Orientalia; 2009.p.516.
3. Acharya JT. Susrutha Samhita with Nibandhasangraha commentary of Dalhana. Reprint ed. Varanasi (India): Chaukambha Sanskrit Sansthan; 2009. p. 360.
4. Kashtakari Sangathana (1993), 15 Years of Struggle, Kashtakari Sangathana, Malyan, Dahanu Road, Thane District 401 602.
5. NCAS (2001). Campaign for Peoples Right to Health, Advocacy Update (16), NCAS. CEHAT (2000).
6. Paradakara HSS. Ashtanga Hrudaya with Sarvangasundara commentary of Arunadatta and Ayurvedarasayana commentary of Hemadri. Reprint ed. Varanasi (India): Chaukambha publications; 2011. p.361.
7. People Come forth to Treat the Doctors, Health Action August 2000.
8. Peoples Health Assembly Maharashtra (2001), Jan Arogya Abhiyaan, CEHAT 2/10 Swanand, Aapli Sahakari Society, 481 Parvatdarshan, Pune 411 009.
9. Pitre, A. (2001). Health Rights Experiments, Health Action May 2001.
10. Pitre, A. (2001). Waking up the System, Humanscape October 2001.
11. Shukla, A. (1998). Experiences of Organising a Health Initiative in a Tribal Peoples Organisation, unpublished paper presented at the National Seminar on the Right to Development, University of Mumbai, December 1998.
12. Shukla, A. and Phadke A. (2000). Putting Health on People's Agenda, EPW August 12, 2000.

13. Usha VNK. A Text Book OF Obstetrics Prasuthi Tantra, Vol 1, Reprint ed, Varanasi, Chaukambha Sanskrit Prathishthan;2013.p.71.
14. VHAI (2000), Anubhav: Experiences in Health and Community Development- Kashtakari Sangathana, VHAI, 40 Institutional Area, New Delhi 110 016.

8/18/2019