

ISSUE 2 | VOL. 1 | JUNE 2020

# ayu:sutras

by ayu:manthra



WOMEN'S HEALTH EDITION



# Contents

## WHAT TO EXPECT?

- 06 Know your herbal garden
- 15 सूक्ष्म (कोविड- 19)
- 21 Postnatal Care
- 23 Yoga & Women
- 25 Contributors

03

## FEMINIST DOCTOR

"The feminist doctor", the first time a man called me that, I was slightly taken aback, not because he called me a 'feminist doctor' but of the nasty tone he had.

### Dr Vaheeda Rehman. A

An interview with Dr Vaheeda rehman by Dr Shanthi Ganga. She has successfully treated 1452 infertility cases. She is a prominent speaker among the Ayurveda doctors. She was also a special invitee at Kozhikode Medical College to present a paper on infertility.

07

## THE PARADOX OF BIRTH & CANCER

Yoni is a word accompanied by a plethora of synonyms, usages and taboo since its literal manifestation. It means the 'source of origin' and denotes the female genitalia as the origin of life.

11

## PRE CONCEPTION CARE

Though the most civilised among primates, we are least bothered about how to procreate a good mankind and maintain a good quality species.

16



Dr Shanthi Ganga's  
ayu:manthra

© 2020 by ayu:manthra. Proudly  
created with [Growth Associates](#)

# THE FEMINIST DOCTOR & HER PREACHINGS



Dr. Shanthi Ganga


A chit-chat over coffee with peers, about menstruation and sex education, yes that was the starting point of my journey on menstrual and sex awareness classes. And fortunately, I am somebody with an opinion. This combination fetched me the tag “the feminist doctor”. The first time a man called me that, I was slightly taken aback, not because he called me a ‘feminist doctor’ but of the nasty tone he had.

As we all know, Feminism is the most misconceptualized word of the era. Feminism was a movement initiated in the last lap of the 19th century to achieve political equality --- to be precise, the right to vote. Later the said movement paved the way in the reformation of legal and professional equality.

The past couple of decades witnessed the uprising of social and financial equality. Both are intricate. Though women earn almost equal to men (still inequality is present) in many professions, the ‘Finance Head’ is ‘the man of the house’. Financial independence is not only in earning, but it should also be in spending and investing. But unfortunately, the leverage of handling the money she has in hand is limited to refilling the kitchen necessities. If this is the circumstance of an earning woman, the homemakers may be going through a worse scenario. But the surprising truth is the multi-talented individual in her ends up in saving from this meagre amount. This is the biggest proof of the financial capabilities of a woman. Alas! We still hear “she doesn't know anything about finance”.







Now coming to social equality, it is to be called a 'Utopian dream'. No! I am not talking about the feminism that addresses the already privileged group who desire for more attention and luxury. But the real issues regarding a woman's basic needs: can they afford food? Do they have access to health care? Are they safe in their homes?

According to the Food and Agricultural Organization of the UN, women are more likely to be food insecure than men in every region of the world. She either sacrifices her food or is forced to give away the major share to the 'men of the house'.

**Domestic abuse is a serious segment that is to be addressed, irrespective of the social and financial background of women.**

Domestic abuse is not always physical violence. It can be quoted as the power misused by one adult in an intimate relationship to dominate and control the other. It could be physical assault, psychological abuse, social abuse, financial abuse or sexual assault. The increasing number of marital rape shows that education is just on paper and many are still barbaric. The true colours of many 'feminist men' on social media are surprisingly shocking. A recent statistics say, COVID19 resulted in an increase in violence at home and making it more severe and more dangerous.

This happens because of the "misogynist attitude" of society as a whole. The women teach their young girls to be submissive and not to react or respond. The boys grow up seeing the men using fear, guilt, shame, physical threat and intimidation to keep the women under their thumb. A wide awareness should be persistently followed to change this thought of society. At Least a segment of modern women knows their rights and responsibilities. The proportion of women reacting has increased and that leads to an increased number of divorces. Because she knows life is not just compromising for the sake of family and society but is also for self-respect and self-love.

When we talk about health care for women, the first and foremost aspect is her 'menstrual hygiene'. Menstrual products are not a luxury.



It is the fundamental right of each woman. Talking about periods and related topics is not something to be ashamed of. We know many programs are conducted about menstruation and menstrual hygiene. But is it causing changes in society? Let us evaluate a recent incident.

Mid of last year, a woman was humiliated for demanding Sanitary pads in railways. This is not an incident that took place among the socially backward individuals, because the shaming was done on 'Twitter'. The female traveller requested on her tweet to the Indian Railway for providing sanitary pads in trains. Many did not respond positively and also she was shamed, trolled and even had to face nasty comments (surprisingly?) not only from men but women also joined the league. A woman with several followers gave her the repulsive tweet - "what do you want the Railway Seva to sell next? Condoms? In case you meet someone on the train and you feel the urge?"

### **How can anyone equate a sanitary pad with condoms, that too a woman!**

This is to be counted as one of the insanely stupid and misogynistic incidents. To make it more clear, SEX is a choice but MENSTRUATION is not unless you decide to alter something biologically. This incident sheds light on the menstrual concept of modern Indian society. It is high time that people develop some empathy & awareness about Periods. Even now many schools and colleges don't provide sanitary products in emergencies. Hygiene during periods is a vital aspect of the overall health of women. Lack of awareness and socio-cultural beliefs makes menstruation a taboo. 4 years of my menstrual and sex awareness classes among thousands of students has given me a deep insight.

### **I was shocked! when I first heard that girls wash their throw away sanitary pads to dodge the curse of SNAKES!**

Many Times girls have asked me to talk to their mothers regarding this because they are forced to wash the pads. Misconceptions are huge. So it is becoming more and more important to talk about menstruation and also about the products: throw away sanitary pads, biodegradable pads, cloth pads, tampons and menstrual cups. Awareness of menstrual products is important not only for personal hygiene but also as a responsibility towards the environment as one should understand the enormous waste they produce collectively by using sanitary pads.

It is clear that poor menstrual awareness and hygiene sabotage educational and job opportunities, health and overall social status of the females of a large segment of the society.

Menstruation is not a dirty phase of a woman's life but is the biggest blessing. It is clear that poor menstrual awareness and hygiene sabotage educational and job opportunities, health and overall social status of the females of a large segment of the society. To overcome this scenario, a German non-profit organisation, WASH United in 2013, started observing Menstrual Hygiene Day on May 28th of every year. To be specific the mission of MH Day is:

- To break the silence, raise awareness and change negative social norms around menstrual hygiene management (MHM)
- To engage decision-makers at global, national and local levels to increase the political priority for MHM and catalyze action.

So that it can create a world in which every woman and girl is empowered to manage her menstruation safely, hygienically, with confidence and without shame, where no woman or girl is limited by something as natural and normal as her period. 'If you educate a man, you educate an individual. But if you educate a woman, you educate a nation. Let's all work together for the upliftment of women.

Feminism should be the axis to focus on improving the quality of life for all women. It is not a fight against men or in any ways demeaning to them. It is a fight to treat women equally. Women should never be deprived of their necessities.



**WELL BEHAVED WOMEN  
RARELY MAKE HISTORY**





# KNOW YOUR HERBAL GARDEN

---

## SHOE FLOWER/ CHINA FLOWER

**BOTANICAL NAME : HIBISCUS ROSA-SINENSIS**  
**FAMILY : MALVACEAE**

Hibiscus is a shrub seen all over India. The single or cluster born flowers are large, delicate and come in varied colours like red, white, pink, orange, peach, yellow, purple etc.

- According to the Ayurveda text 'Arka Prakasha', hibiscus is mentioned as a temporary contraceptive drug for women. Lot of research has been done on this property. Other areas of research in Hibiscus are done on its antioxidant and antibacterial effects.
- It is a Pitta pacifying herb and hence good in bleeding disorders and also helps to calm oneself. The pitta pacifying property makes it a natural cooling agent.
- Hibiscus is normally consumed in the form of tea. Dry hibiscus for tea is available in the market. The flower is immersed in hot water to make hibiscus tea. You can add lemon juice to taste.
- External application of both flowers and leaves are also widely seen.

### USES:

- Hibiscus flowers are blended with coconut oil for better hair growth and also to reduce hair fall. It helps in strengthening hair roots.
- The leaves and flowers of hibiscus made into semi liquid is a natural substitute for shampoo.
- Application of hibiscus is good for dermatitis, acne and also piles. It heals swollen skin, itching and burning sensation of skin.
- Hibiscus flower or bud mixed with milk taken internally is good for menorrhagia ( heavy menstrual bleeding )
- In dysmenorrhea ( Menstrual pain) hibiscus is taken along with rice gruel.
- Hibiscus tea is good for individuals suffering from Irritable Bowel syndrome, heavy bleeding, pimples, bleeding gums, anemia, emaciation and painful periods.





# INTERVIEW WITH Dr Vaheeda Rehman. A

Dr Vaheeda completed her BAMS with the first rank from Tripunithura Ayurveda College and did her Post Graduation in Prasuti tantra and Sthree Roga (Obstetrics & Gynecology) from Govt Ayurveda College, Thiruvananthapuram. Till date, she has successfully done 1452 infertility cases. She is a prominent speaker among the Ayurveda doctors. She was also a special invitee at Kozhikode Medical College to present a paper on infertility. She bagged several awards, of which Charaka Award (award for the best government Ayurveda doctor of Kerala) in the year 2017, is most applauded. She is the inspiration to many doctors including myself to concentrate more on gynaecology disorders and to practise for infertility in our clinics. I am lucky to attend a handful of her seminars on the same topic and most of the infertility cases I attend follow her treatment Protocol. I consider myself immensely lucky to have interviewed her for our E-magazine.

## Current Profile

Sr. Medical Officer, Government Ayurveda Dispensary, Azhoor, Pathanamthitta

## Academic Background

**Govt. Ayurveda College,  
Thripunithara**

BAMS, 2002

**Govt. Ayurveda College,  
Thiruvananthapuram**

M S AYURVEDA DHANWANTHARI IN  
PRASUTHI AND STREEROGA, 2005

## Awards

- Best Doctor Of Pathanamthitta District in 2015 awarded by AMAI Pathanamthitta.
- BhishakPratibha 2015 by AMAI- The Best Young Doctor of Kerala, awarded by AMAI Kerala State.
- Honored by The Minister of Health V S Shivakumar on February 2016 at Trivandrum for the contributions to Ayurveda
- Honored by Smt. Sreemathi Teacher M P on April 2017 at Thalipparamba, Kannur for the contributions to Ayurveda Gynecology.
- Winner of Charaka Award – (Award for The Best Government Ayurveda Doctor of Kerala ) 2017 received from Smt. Shylaja Teacher the Hon'ble Health Minister, Government of Kerala.

- Medical officer in ISM Department, Government of Kerala since 28/02/2006.
- Infertility Management: Successfully treated "1452" infertility cases as on 13/05/2020.
- Faculty for AMAI (Ayurveda Medical Association of India) and other Govt. Projects.
- Conducted Seminars and CME in all the districts of Kerala in association with AMAI and Government of Kerala.
- Conducted promotional programme of Ayurveda through "Jeevadhara"an on screen program of AMRUTA T V "for the wellness through Ayurveda."
- Faculty and Scientific Committee Chairperson of KSGAMOA (Kerala State Govt. Ayurveda Medical Officers Association)
- Presented several papers in Prasoothi – SthreeRoga (Gynecology) and general health in various seminars of Ayurveda across the state and also in Tamilnadu and Karnataka.
- Presented paper on Infertility management in the Government Medical College, Kozhikkode as a special invitee.
- Presented paper on PCOS in Jubilee Mission Medical College, Thrissur as a special Invitee.
- Presented papers in common gynec problems of women in JSS Ayurveda College, Mysuru.
- Presented Papers in Common Gynec Problems and Ayurvedic Management in Karnataka Ayurveda Medical College, Mangalore.
- Presented paper on 'Role of Panchakarma in the treatment of Prasuti Stree Roga' in National Research Institute for Panchakarma, Cheruthuruthi.
- Presented Paper on 'Management of infertility related with endometriosis' in Coimbatore Arya Vaidya Pharmacy at Coimbatore, Tamil Nadu.
- Presented paper on Management of Infertility.

And

- Management of Common Gynecology' in the venue of Orenda Ayurvedic Hospital, Bangalore in association with AMAI.
- Convener of (Pathanamthitta District) "RITHU" Project by Government of Kerala – A school health program of ISM Department.
- Conducted seminars as special invitee in many ayurveda colleges
- International Webinars.
- Presented paper in ' Male and Female infertility - Ayurvedic Management' on 02nd May 2020 for Doctors of Australia.
- Presented paper in ' PCOS - Ayurvedic Perspective' on 09th May 2020 for Doctors of UAE.



# "30% Man 30% Woman Rest Combined"

**Question:** What inspired you to work in the field of Infertility?

After going through a complicated pregnancy myself I wanted to know more on gynaecology and decided to take Prasuti tantra & Sthree roga (gynaecology) for my Post Graduation. After joining as Medical Officer, I was lucky to get an infertility patient. Though at that time I was not very sure about my treatment skills in infertility, I thought of giving it a try. By God's grace, the lady got pregnant within a period of three and a half months. This lady had tried other medical systems and was unsuccessful with her efforts. Later on out of curiosity I started doing research on the infertility segment of Ayurveda and started treating more and more couples. I also understood the importance of Ayurveda in the preconception stage for a better progeny by improving the quality of semen and ovum. Also, the fact Ayurveda has fewer side effects and is comparatively less expensive made me do more and more of infertility treatments.

**Question:** What are the different factors responsible for infertility in females? Does the biological age of a woman matter in conception?

Definitely. The biological age of women does matter. Most of the aged pregnancies we hear are by artificial methods. For a healthy natural conception, I recommend first delivery before 25 years or at the most before 30 years of age. With age, there is a chance of comorbidity.

The factors "Ritu kshetra Ambu Beejanam Samarthayath" are very important. Ritu here denotes the time near ovulation, kshetra is the uterus, Ambu could be the body fluids including blood and Beeja is the egg. All of these must be in good condition to have a successful pregnancy. Ovulation disorders, incorrect ovulation, luteinized unruptured follicle, premature ovarian failure and uterine issues like adenomyosis, endometrial problems, fibroids, intramural fibroids, fibroids that distort endometrium, blockages in the tubes, vagina, cervix, tubal anomalies are all causes of infertility. Similarly, infections like an antinuclear antibody, anticardiolipin antibody, phospholipid antibody, lupus anticoagulant, TORCH positive cases etc are also threats to conception and pregnancy. According to Ayurveda Sastra, even abortions are considered under the topic of Vandhyatha or infertility. Above all, it is said that 'Soumanasyam Garbha Dharanam Sreshtham', i.e. a calm mind is important to get pregnant and give birth to a baby.

**Question:** Society has a tendency to believe that infertility is a woman's problem. What is your take on the same?

Yes. It is a very unfortunate notion of society. Very often we hear "she is machi (infertile)" or "she is cursed to not have a child". Maybe it is because most of the aspects relating to having a progeny are female dependent. It is due to the lack of awareness and also due to the misogynist approach of society. Many times it is the females around the patient who points the finger.



So it is the responsibility of the doctor to educate not only the couples but also the immediate family about the situation. I always explain to them as 30% is the contribution of the man, 30% by the woman and the rest is combined. Many times it could be the problem of the male, but even then the female is blamed. So awareness and educating the whole family about the situation is also the responsibility of the doctor and a critical part of the treatment.

**Question:** How are psychological and environmental factors responsible for infertility?

As I mentioned earlier 'Soumanasyam Garbha Dharanam Sreshtam' is important. Stress is a very big issue in infertility. Stress-free life, especially for females, is the best medicine for infertility. Emotional variables cause a lot of impact on infertility, especially in females. It is seen that too much heat is not good for semen and even in females conception is better during colder climatic conditions.

**Question:** How can lifestyle affect one's fertility?

Good sleep routines, hygiene, a wholesome diet and exercise enhances the fertility chances. Lack of sleep causes ovulation hindrance in females and 'Sukra Soshanam' (weakness of semen) in males. Nidra (sleep) itself is considered as aphrodisiac. Junk food leads to hormonal issues, thyroid dysfunction, Pcos etc. Even in males Junk food habit is a factor for sperm dysfunctions. Definitely, lifestyle is a major factor for infertility.

**Question:** Ayurveda classics have talked immensely about infertility and its treatments. Can you please share your thoughts on how successful Ayurveda is in treating infertility ?

Ayurveda itself is the knowledge of life. The Ayurveda classics have discussed a lot about having healthy progeny. It is not only about a healthy reproductive system but every minute lifestyle regimens play an important role. The "Samskaras" to be followed in every step of life are important. The Dina Carya and Ritu Caryas also contribute for the betterment.

I believe, belief in Ayurveda tattvas helped me in every stage and one who follows Ayurveda lifestyle will have healthy fertility.

**Question:** As a physician, it is very difficult to say which patient is important. But can you recall your approach on the most complicated case you have ever come across?

Every time I come across a case I feel this is tougher and is more challenging than the previous one. As of now, I have 1452 successful cases and to pick one from it is tough. All are important. Of course, the ones that give maximum satisfaction are the ones where the patient goes through many other systems of medicine and comes to Ayurveda. With Ayurveda we cleanse their bodies and then when they conceive it is a very satisfying experience as a doctor. To give an example, there was a couple who came to me, the woman had done IUI, got conceived and was 4 months pregnant. Ayurveda doctors have a special protocol for consulting a patient i.e "Darshana, Sparshana Prashne Parekshe Cha Roginaam (look/observe, touch, question and examine)". So I decided to examine her and touched her. Her body was too hot and I felt there was something wrong. So I made her lie down and palpated her abdomen and I felt it was a case of anencephaly. So I did not prescribe any medicine to them, instead advised them for a scan and in the prescription I suggested anencephaly as a query. The scan confirmed my doubts. They took the scan at different places but all of them confirmed the same. So the doctors asked the couple to terminate the pregnancy and said to them that it looks like they will only have kids with this condition and that they should not try to have one. They came to me with heavy hearts and I advised them not to conceive for the next 6 months. Proper cleansing medications were given for the first 3 months, which was followed by medicines to strengthen the egg and sperm. After 6 months the lady was pregnant and from day one was under Ayurveda pregnancy protocols month by month. She had regular monitoring. Scans during 3rd and 5th month were normal. End of the 8th month she delivered a healthy male baby. So this was one of the cases that I remember because of its nature and chances of success.



**Question:** As an Ayurvedic infertility specialist, what are the main challenges you face?

Many. Initially, I used to get cases with fewer complications. As the word spread the complication level shot up. Some of the cases like azoospermic condition where the testicular biopsy was done and there was no sperm did not get me any results. So I feel sad because we cannot do anything for the patient. Not all cases can be cured, I try to take into consideration all the factors and if it meets certain criteria we advise treatments or medicines or else we have to say that nothing can be done.

**Question:** Few tips that you recommend to couples that could enhance the chance of a healthy conception?

A healthy lifestyle is the key. Lifestyle includes everything. The food you take, the exercises you do, the recreational activities that keep your mind healthy etc. People must avoid junk food, deep-fried food and carbonated drinks. Find ways to de-stress and keep following them. Avoid copulation during just after and before periods. This is due to the change in vaginal pH factor and is also considered to be a time when chances of conception are less. Alternate day sex is encouraged. Even Though there are many sex positions, missionary position where the woman is lying down and the man is on top is considered the best. Couples should also make sure proper ejaculation and rest after sex. Use only necessary medicines in your life and always consult a doctor. Most importantly, pray.

**Question:** Success is impossible without strong back-ups like family and gurus. The readers will be delighted to know about your family and teachers who inspired you in your journey

Yes, family indeed is the backbone of my support system. My mother was a Sanskrit teacher. So it was easier for me to like that language and learn slokas and texts in Ayurveda. She is my first Guru. My husband Mr. Anaz. K. R works for the IHRD and my daughter has just appeared for her 10th standard examination at Kendriya Vidyalaya.

They manage everything at home and let me be busy. They understand my work and its nature and are happy to fully back me up. All my teachers have supported me right from school to my Post graduation. When I was learning Ayurveda in college Ramankartha sir helped a lot. He was a father-like person and looked after me like his own child. I also liked Raghavanthirumulpadu sir. Even though I did not get many opportunities to be his student I was lucky to read his books and have attended his seminars. All teachers during Ayurveda learning have influenced me. I was blessed to learn infertility management from Nalinakshan sir. Most importantly even after studies I keep contact with Ramankartha sir and have a wonderful relationship. I started practice in Pathanamthitta, where Vipinendran doctor was my guide and tutor. He had no compromise on the quality of treatments or medicine. He was very affectionate and also took care of me. He would take time to explain everything to me, taught me to make medicines, also gave secret recipes and has helped a lot. I still keep in good contact. Anilkumar Sir at Trivandrum Ayurveda college. From second year he has taught me and is ready to help even now. The credit to my success goes to each and every one of them. Above all I thank God Almighty for the wonderful life.



# YONI :

# THE PARADOX OF BIRTH &

# CANCER

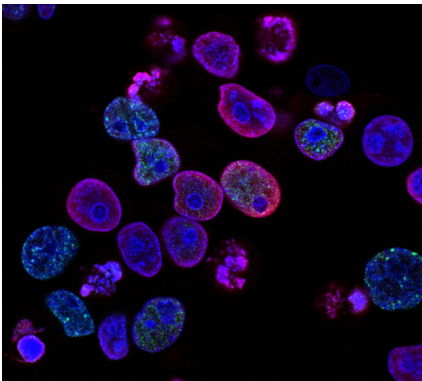
Yoni is a word accompanied by a plethora of synonyms, usages and taboo since its literal manifestation. It means the 'source of origin' and denotes the female genitalia as the origin of life. 'Janmavarthma', 'Madanalaya' are synonyms of yoni used in literature. They denote the source of life and seat of pleasure. The human mind since the beginning of time has been wondering for sustaining life, attaining pleasure and avoiding death. This very essence of evolutionary knowledge is beyond perception, making 'yoni' a desired path to life, pleasure and taboo. The fetus implanted in the uterus is nourished by the mother's womb allowing it to grow and imbibe life. For the whole nine months 'yoni' forgets to weep, happy to sustain life. The baby in the womb is not only given life, but embroiled in its genes is a clock of death.

The maternal and paternal characters affecting the fetus are termed as 'matruja bhava' and 'pitruja bhava'. Charaka clearly explains, the characteristics of a fetus is predominantly governed by 'beeja' and 'beeja bhaga'. Part of the 'beeja' (maternal and paternal) which help in the formation of 'Anga' and 'pratyanga' (organs) of the fetus is called 'beeja bhaga'. For example 'garbhasaya beeja bhaga' of mother helps in the formation of a healthy womb and vagina in the fetus. This concept is the basis of genetic predisposition theory in Oncology.





Breasts have been the symbol of beauty since ages. The sentimental value attached to it triggers women to be extra careful with them. Modern women are well aware of what a lump in the breast denotes. She knows about self breast examination, when to go for a mammogram; it's her most valued possession. A man has no clue about what happens between a woman's ears, similarly the urban woman has no clue about what is happening between her legs except the fact that it weeps blood every month. Pardon me, I am not talking about the hygiene and trimming protocol. What happens inside the vagina is a dark secret even evolutionary scientists are baffled with, let alone the working women struggling to make ends meet with family work rope walk. Cancer can occur anywhere in the body. It is no exception to the 'Yoni'. What affects the cervix to become cancerous, how do you deal with it, lets see the yoni of cancer.



#### YONI OF CANCER :

Cancer genetics deal with the study of genetic mutations in cancer cells. Cancer genes are classified into two main classes :

**Class I - Oncogene** (helps in growth and division of cells), Tumour or suppressor genes (regulate and stops division of cells)

**Class II - Caretaker genes** (maintains the genetic identity of cells)

These three genes regulate normal growth and division of cells. When a mutation occurs due to some environmental or genetic factors, oncogene is stimulated resulting in the uncontrolled division. Meanwhile, the tumour suppressor gene function is blocked.

As a result, mutated new cells are formed with new genetic coding leading to uncontrolled multiplying of them. Usually, when a mutation occurs it results in cell death (apoptosis) but in cancer cells, this process does not happen leading to uncontrolled division and growth forming masses of cells resulting in cancer and death.

#### CELL THEORY AND PARAMANU :

In the year 1839 Matthias Jakob Schleiden, Theodor Schwann and Rudolf Virchow contributed to the Cell Theory. Antoni Van Leeuwenhoek, 'the Father of Microbiology' found out all living organisms are made of cells. It is the structural and functional unit of life.

According to Cell Theory, all cells come from pre-existing cells. The food we eat, our mental condition and the music we hear affect the composition of each cell in the body. Two opposing forces help the cells maintain normalcy; the force of division (oncogene) and the force of union (tumour suppressor gene).

When forces of division become dominant it results in the formation of cancer and destruction of the body. 5000 years before the cell theory "Paramanu" theory was formulated in India. In Caraka Samhita Chakrapani Vyakhyana it is explained 'sareera avayarastu paramanu bedena apari sankhya bhavanthi' - The body is made up of numerous units called 'Paramanu'.

'Paramanu' is athibahutvad (numerous), athisoukshmyat (very small), athi indriya (beyond the perception of the 5 senses). According to Charaka two types of forces act on a 'Paramanu' leading to change. The force of Samyoga (union) and Vibhaga (division or splitting).

The balance of these forces results in the normalcy of paramanu and body. The Samyoga of Paramanu results in the formation and nourishment of the body whereas Vibhaga (splitting) of Paramanu destroys the body.

#### REASONS FOR MUTATION AND VIBHAGA ( DIVISION) :

- Environmental causes (95%): Food, habits, pollution, radiation etc
- Genetic causes: Hereditary affected cancers like a breast cancer (BRCA I, BRCA II ), Cervical cancer, Polyp related cancer in the rectum etc.
- In Ayurveda Vibhaga ( division) of Paramanu is caused by 3 specific factors :
  - Vayu ( initiating force)
  - Karma ( action)
  - Swabhava ( Nature)

#### VAYU:

Anything that initiates movement is termed Vayu. it is the energy that initiates movement, initiates Vibhaga in a Paramanu. When a ball rolls the potential energy is transformed into Kinetic Energy. In Ayurveda this initiation is Vayu.

#### KARMA:

Karma includes the actions that can have a direct or indirect effect on the nature of Paramanu. They are classified into two;

- Purva Janma Karma (deeds of past life)
- Iha Loka Karma (deeds of present life)

Iha Loka karma is further noted down as:

Sareerika Karma: Food habits etc. (bodily)

Manasika Karma: Thoughts, stress etc. (Mind)



## POORVA JANMA (Past Life)

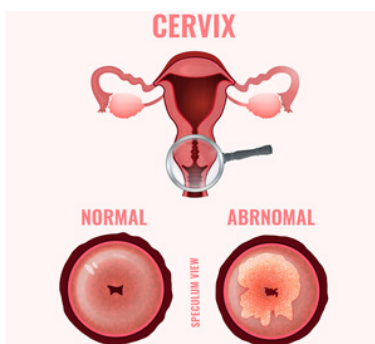
This is an intriguing concept to be discussed with its many paradoxes and philosophies. What I believe as a doctor is in the fact of genetic memory. A stressful event like an accident, death of loved ones, danger etc can become encoded as a danger sign in genes and passed on to generations. For example, phobias and certain memories can be transmitted by genes. In a stressful event, these memories may be initiated in current generations. The events like a 3-year-old child reciting Sanskrit slokas, children playing Mozart piano without any prior training or knowledge. These are contributed and explained by genetic memory encoded by ancestors expressing out in favourable or unfavourable circumstances. Since in India, the caste system was based on occupation, the expression of these genes are greater because inter-caste marriages were prohibited earlier.

## SVABHAVA (Nature)

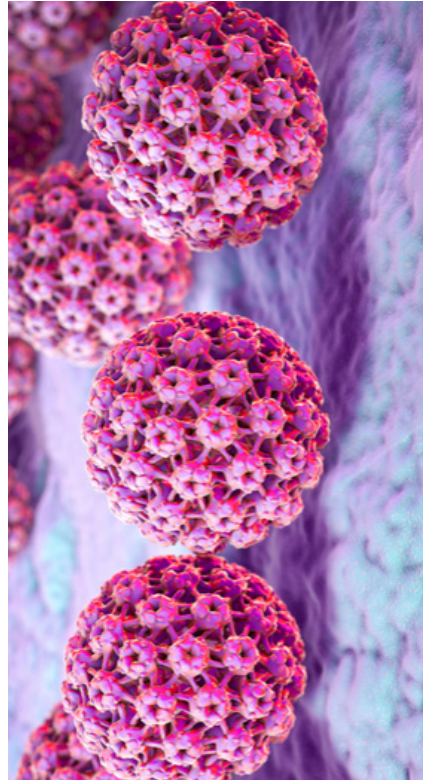
Svabhava refers to the nature of the individual. 'Svabhavo Nishprathikriya'. It is something that doesn't change and is obtained from birth. The heredity of a parent's health plays an important role in the Svabhava of a person's body and mind, it controls the nature of Paramanu.

## CERVICAL CANCER

Cervix constitutes the opening of the womb or uterus in the vaginal canal. Like any other structure, it is an active site for mutations to occur and develop into cancerous cells. Cervical cancer is the second most common female-specific cancer in the world. 570,000 new cases are diagnosed every year with a staggering 311,000 deaths due to the disease.



More than 90% of the cases reported are caused by human papillomavirus (HPV) infection. Unlike other cancers in the body cervical cancer can be screened early and detected for the infection. The most common risk factors are smoking, multiple sex partners, birth control pills and weakened immunity. All the factors are reversible with intervention, the immune system plays an important role in the transformation of HPV infection and mutation into cancerous cells.



A weakened immune system accelerates virus mutations to become dangerous dysplasia in cells. It typically takes 10-20 years for an HPV infection to develop into pre-cancerous and then into the cancerous lesion. This period is the golden intervention loop. When an HPV infection occurs over time the virus causes the cells in the cervix to undergo mutational changes and transform cells into cervical intraepithelial neoplasia. This is a precancerous stage. With proper intervention, treatment with immunomodulation, these lesions can be reversed and healed. The Bethesda system calls this stage low-grade squamous intraepithelial lesion. This timely intervention is only possible if regular cervical screening is done especially among sexually active women between 30-65 years of age.

The most effective screening method available is the famous Papanicolaou test (pap smear) which was introduced in 1941. In the United States, a pap smear is done every 3-5 years in sexually active females of 21-65 years of age. It takes a significant time for HPV infection to develop into cancer unless you have a compromised immune system. If precancerous changes are seen in the initial test then screening is done every 6-12 months. A precancerous lesion with proper treatment & immunomodulatory therapies resolves to normal cells. If not intervened can become deadly over the subsequent years. In developing countries, the cost of pap smear, the taboo of opening up your vagina for examination and social shame kills 80% of women who could have been easily saved. That is 2.5 lakh mothers losing their lives for no reason other than taboo.

## Arbuda

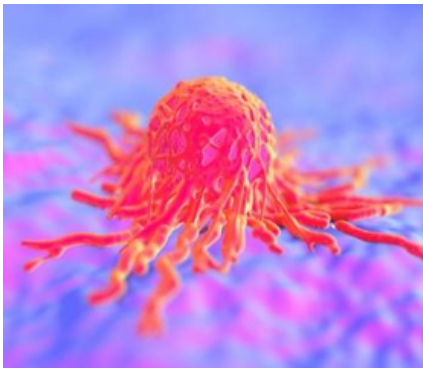
The term 'Arbuda' in Sanskrit stands for many meanings. It denotes something with 'Himsa Svabhava' violent or slaying in nature. Sage Medini depicts Arbudha as something hard and fleshy- 'Mamsa Parushi'. Acharya Sushruta considers Arbuda as a deeply rooted mass or a fleshy mass. The disease Arbuda is classified into 6 according to its characteristic symptoms. Out of which Raktaja Arbuda (hemorrhagic tumours) and Mamsaja Arbuda (fleshy tumours) are considered deadly and difficult to treat especially when they form in vital areas of the body.

Susrutha mentions those Arbudas that are incurable by treatment

- Arbuda with multiple oozing ulcers.
- Those present in marmas (vital areas), rectum, bladder etc
- Those spread in Srothas (channels and vessels)
- Those showing signs of Achalya (fixity)
- Athyarbuda- secondaries formed in the same sight.
- Dvandarbuda - one lesion succeeded by another.



The terms Atyarbuda, Dvandarbuda, Dvirarbuda refers to secondary formation and metastasis. It is fascinating and astounding how clearly cancer prognosis was done centuries ago. While describing organogenesis Susrutha considers Sthana and Garbhashaya to be Matruja Bhava (formed from maternal Beeja Bhaga). 'Raktham Mamsa cha Sandooshyam stoma Rogaya Kalpathi'. Sthana roga happens due to Mamasa-Raktha Dushti. Hence the Arbuda formed in the area is Asadya by origin. In case of Garbhasaya and Yoni it is Mamsa-Rakthaja in origin from maternal Beeja Bhaga. It is the site of Vata (Apana Vayu). So the Arbuda formed in the site is Mamsa-Rakthaja with Vata predominance.



This Vayu-Raktha Svabhava renders hemorrhagic, painful characteristics making it Asadhya. When Sushrutha explains Rakthaja Arbuda he clearly states that when vitiated blood causes increased blood vessel formations and vascularity in a mass it causes the formation of multiple lesions or fast-growing Arbuda.

This causes a high chance of bleeding from the mass and ulcerations. This, in turn, results in Panduthva (lack of blood - anaemia) due to bleeding or as a complication of Arbuda itself. These characteristics are very much observed in cervical cancer especially when the lesion has entered the latter stages of manifestation.

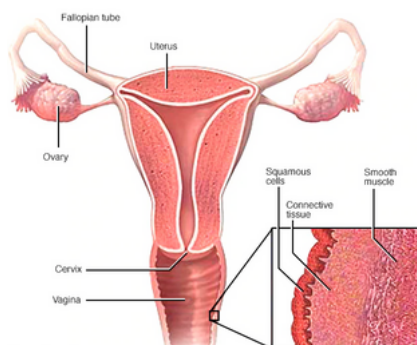
Usually, the first sign of cervical cancer observed is spotting or bleeding during non-menstrual days, pelvic pain, pain and bleeding during or after copulation.



In advanced cases, severe bleeding in situ, pain and oedema in legs, passing of urine and faeces through the vaginal canal are observed due to spread of the lesion to ureter and rectum.

The precancerous stage diagnosed early is curable by medication and proper management. According to Sushrutha, Arbuda is a Shastra Sadya roga, hence Ayurveda advocates surgery as the first line of management in Arbuda, followed by the use of Lekhana drugs to reduce growth and spread. The first line of treatment in 1st and 2nd stage cervical cancer is total hysterectomy (removal of uterus and cervix). It is the safest option to ensure no further spread happens to other areas.

In developing countries, the patient is usually diagnosed in the 3rd or 4th stages where the lesion has spread to adjacent ureters, rectum or have metastasis to lungs or liver. A Dvandarbuda (20 metastasis) formed in the marmas like the rectum, Basti (bladder) etc are Asadhya and result in imminent death. At this stage both in modern medicine and Ayurveda, treatment is aimed at palliation and symptomatic relief from pain, bleeding etc.



Unlike any other cancer in the body cervical lesion can be identified at a precancerous stage by early screening. This precancerous stage can be dealt very successfully by ayurvedic immunomodulatory therapy, medicated douche and Vasti formulations. This alone can save 80% of women dying from cervical lesions, nearly 2 lakh mothers in India.

This is possible in reality only if the social stigma associated with yoni and gender are neutralised in the upcoming generations. We will have to choose between life and death for our mothers. It is painful to see people losing life because of taboo and social stigma. The women we are born from put to grave because society does not allow them a chance with life.

Pushpa (flower) is synonym to the word Yoni. It is the flower that radiates like the Sun, pleasures the bees with her nectar, and forms the fruit to lay the seeds. Withers away at dusk no questions asked for it is the true essence of life. Yoni they say is a taboo, the lavender was never meant to be plucked, leave it in solo, feel it when bloomed. For it is the true essence of life- Yoni.



Dr. Rajagopal K

# सूक्ष्म (कोविड- 19)

खुद की कोख से जनम,  
जनम जनम जनम  
विस्तार, आत्मा अनगिनत  
इकट्ठा -

नयन गोचर हिम्सा,  
महाताण्डव प्रलय  
मीमांसा जल खुद ज्ञात  
अज्ञात सूक्ष्म अगोचर !

मनित अमृत खोज-  
मृत मन चलन ।  
आवृत जाल  
हवा ठग !

आपत्ति जन  
अनापत्ति छूट  
विहग  
श्वेत वस्त्र धर ।

स्वर्ग द्वार अपावृत  
इहः संग परित्याग  
लहर शान्त  
उजालों की रात !

खुदगर्जी एकमात्र  
नराधमी विरोध  
जलने से बत्तर  
गला घोट ।

रक्तरंजित ध्वज  
विषेले जन्तु ,राक्षस  
अधम खा निधन कर  
पर्दा ओढ कालकूट ।

हवा में फैला श्राप  
लुटे मिटे निहत्थों का  
कल्कि प्रहर अपार  
शपथ- माफ़ी अब नहीं ॥ (सनल)



Dr. Sanal Krishnan



# PRE CONCEPTION CARE

*Prepare for your blessing*

## MAKE A PLAN & TAKE ACTION

How appropriate  
is this strategy in  
the current  
scenario?



**44% ESTIMATED**

**Pregnancies worldwide**

**23% OF BIRTHS**

**are unintended**

**56% OF ALL  
UNINTENDED  
PREGNANCIES**

**ended in abortion.**

Though the most civilised among primates, we are least bothered about how to procreate a good mankind and maintain a good quality species.

### **Why Preconception Care (PCC)?**

PCC is an opportunity for you & your partner to improve yourselves, thereby contributing to the health & quality of your baby to be born. Ayurveda has always highlighted the need for a good progeny, who does good to the human race. Among the 16 Samskaras (rites of passages) of Indian philosophy, the very first one is Garbadhana Samskara, which literally means attaining the wealth of the womb, which in turn is the procedure performed before conception. The Atharvaveda states rituals that encourage sanction of both the partners for planning a conception, ideally reducing unwanted pregnancies. Ayurveda explains conception as the union of subtle Panchabhootas from the mother's ovum and father's sperm, along with the entry of Satwa (the soul). Each pregnancy is unique & in accord with the true desire of parents. PCC is the justice we do towards the 'to be born' child. For a healthy future generation, it is better than all couples should employ PCC.

### **Essential elements for conception:**

Ayurveda mentions the equilibrium of certain essential elements –Garbha Sambhava Samagri for a healthy conception. For the fruitful growth of a sapling, 4 factors are vital- Ritu( ideal season), Kshetra (fertile land), Ambu (proper irrigation) & Beeja (quality seeds).

### **Ritu – Plan the timing:**

The actual timing of conception is when both the partners are stable physically, mentally and financially.

- **Age**

In females, the peak fertility range is between 20-26 years, and it declines by the age of 35 years. In males the peak fertility range is between 20-30 years, while with advancing age chances of DNA mutations in sperms are more likely, increasing the chance of children with autism & schizophrenia.

- **Period**

Period of PCC begins 3 months prior to conception in both partners. Period of conception is the fertile period, i.e. the 12th -16th day of the cycle.

- **Season**

As per Ayurveda during Hemanta Ritu/ pre-winter season (November-December) people are with maximum Bala (strength and immunity), and hence it is the most acceptable season for conception. Better to avoid conception in Greeshma & Varsha Ritu (April-July), when people have the least Bala.

### **Kshetra- Prepare the basement:**

The fertile land for planting the embryo is the sole contribution of the mother. Uterus and the endometrial layer forms the microcosm which sustains the equilibrium of all dosas. Only a well receptive endometrium accepts the embryo (implantation) and promotes the growth of the fetus and also the absence of other systemic illness is also necessary. Ayurveda emphasis on Rajaswala Charya - regimens during menstruation not only to cope with the menstrual symptoms but also to prevent gynaecological ailments. It also prevents Vata Kopa from prevailing during this period.

Gynaecological disorders in Ayurveda are explained under the purview of 20 Yoni Rogas. The Etiology of these Rogas is mainly due to food and lifestyle habits, excessive sexual contact, hormonal disparity, genetic factors and also unknown Etiology. Too much intake of salty, sour, spicy, fried food, excess use of meat, curd, fermented beverages, indigestion, day sleep, dieting and also psychological factors are responsible for the vitiation of Vata dosha primarily and also pitta and Kapha dosha. It could lead to intrauterine growth retardation as well as low birth weight. It is clear that judicious planning in the preparatory phase maintains good endometrial equilibrium and uterine health.

#### **Screening Gynaecological & Systemic issues:**

- Mandatory ultrasonography, during preconception phase- to rule out uterine anomalies like myoma, septate uterus, adenomyosis etc.
- Females fond of pets must screen for TORCH infections before conception, which can prevent birth defects as well as recurrent 1st-trimester abortion.
- Pre- gestational/overt diabetic women should strictly postpone conception till the normal glycaemic level is attained, as there is a chance of multiple anomalies in babies born to overt diabetic mothers.
- Thyroid function tests should be done prior to conception & necessary intervention done to attain a euthyroid state prior to conception.
- Asthmatic females and those with heart disease should conceive only after resolving the issue.

#### **Rajaswala Charya (that to be followed during the bleeding phase) :**

- Diet- Food that improves the appetite, nourishing food like barley or rice prepared with milk and ghee. Avoid constipating diet, sour, salty and spicy food as these may increase the Vata Kopa, as well increase the amount of bleeding.
- Lifestyle- Complete rest from all strenuous activities, maintain hygiene - advice Triphala washes during periods. Avoid oil massage, day sleep, exercise & intercourse.
- Vegadharana or suppression of natural urges like urination is a common habit in females that vitiates the Vata, particularly in pelvic organs, leading to many remote gynaecological issues. This habit must be strictly stopped during the preparatory phase.

### **Ambu- Prepare to Nourish:**

For continuous irrigation of the implanted seed, a clear network of water channels is necessary. Hence for fostering the growing embryo during pregnancy, beforehand modification of the nutrient supply, correction of basic metabolism (Agni), as well as purification of microchannels (Sroto Sodhana) must be ensured. Correction is required for both the partners, as both are contributors of gametes, but more importantly to the mother. Further, the highlight must be on the quality of Ahara (food) which the women take during the preparatory phase because it is explained "Ahara Sambhavo vasthu.." the food one consumes makes him what he is. A women's preconception nutrition status is a good predictor of pregnancy outcome.



### Dietetic guidelines during the preparatory phase

- **Ahara Vidhi Vidhana** – codes of conduct to be followed while having food-
  1. Consumption of warm food
  2. Consume in a balanced quantity
  3. Intake only after digestion of previous meals.
  4. Avoid stale/dry food like snacks.
  5. Avoid incompatible food (Virudha Ahara)
  6. Ensure that dining places & utensils are hygienic & pleasing.
  7. Food intake must be neither very fast nor too slow. Mindful eating without talking in between, or gazing on television or mobile.
  8. Always have food after considering one's own need, appetite and body constitution-never be a glutton.
- **Taste (Rasa)** – depending on one's own body constitution balance of rasa must be included in your food;
  1. Vata Prakriti- preferably sweet, sour & salty tastes
  2. Pitta Prakriti- preferably sweet, bitter and astringent tastes
  3. Kapha Prakriti- preferably spicy, bitter and astringent tastes

Diet and taste modifications as per body constitution should be planned during the preconception period with the help of an Ayurvedic consultant. Satwik Aharas which includes foods that are nourishing, pleasing to the mind, freshly prepared and food like ghee, milk, butter, sweet fruits, salads, Sali- Shashtika(Njavara) type of rice, wheat, ragi, green gram, millets etc. should be included because food determines the psychology of the baby.

- Strictly avoid food cooked before three or more hours, refrigerated & tinned food, spicy-salty food, stale food, fried snacks, meat etc. during the 3 months.
- Keep away from trending diet methods like Keto diet. While under PCC a balanced diet including carbohydrates, fats and proteins are needed rather than mere weight reduction with disordered eating.

### Nutritional requirements:

- Anaemia- Hb must be evaluated and maintained  $\geq 11$ gm/dl. Food supplements rich in iron must be encouraged.
- Folic acid supplements are mandatory during the 3-month preparatory phase, to improve the quality of ovum, and prevent neural tube defects. Food rich in folates like dark green vegetables, broccoli, beans, peas, lentils, beet, corn, nuts etc. are preferable.
- Strict restriction to tobacco, alcohol & caffeinated beverages during this period.

### Environmental toxin exposure:

- Medicines like antihypertensive, antiepileptic, antipsychotic drugs are potent teratogen, which must be tapered and stopped prior to conception. Safe Ayurvedic medicines can be administered during this period on the advice of an Ayurvedic consultant.
- Several cosmetic products like nail polish, lipsticks, anti-ageing creams etc. are cocktails of chemicals & potent toxins on the reproductive system. Strict cessation of such products during the preconception phase is required. Switching onto Ayurvedic cosmetology remedies can maintain your beauty without hampering fertility.

### Beeja- Yield the best seed:

Among the 7 bodily tissues (Dhatus) of Ayurveda, the ultimate is the reproductive tissue. In females, even though ovulation takes place monthly, actually the group of recruited follicles passes through 3 ovarian cycles and finally ovulates after a period of 85 days. In males, the days taken for complete spermatogenesis is about 74-90 days. Hence for both partners, this 3 month period is crucial prior to conception. The macroscopic concept of Sukra & Artava helps in the presumptive assessment of reproductive wellbeing by examining visible characteristics of semen and menstrual blood, which may have dosha Dushti. Sukra –Artava Dushti can be effectively managed through Ayurveda medicines during the preconception period, for a healthy conception

#### Screening:

- Semen analysis in males must be done prior to conception. Oligospermia, asthenospermia, teratospermia type of seminal issues must be screened preconceptionally because these can lead to 1st trimester miscarriages.
- Follicular study with hormone profile, or ovulation kit in females, help to predict the dates of ovulation and also to rule out ovulatory issues like PCOS.
- Couples with carrier traits in family/chromosomal aberrations/developmental disability must undergo genetic screening preconceptionally. Those found highly susceptible should be encouraged for artificial conception with donor gametes, surrogacy or adoption; rather giving birth to a diseased individual.

#### Diet & exercise:

- Food- As per Ayurveda concepts, semen/sukra is considered to be Soumya- highly gentle and soft substance, predominant in Jala Mahabhoota, in contrast, ovum/Artava is Agneya or predominant in Agni Mahabhoota. Hence dietetics in males are preferably sweet in taste, ghee, milk, tender coconut water, cane juice, nuts, pulses etc., while that in females are those which increase the pitta dosha-predominantly spicy in taste, sesame, urad dal, garlic, jaggery, fish, fermented wines, horse gram etc.
- Exercise- Obesity adversely affects sperm quality in males and disrupts ovulation in females. Weight reduction is mandatory.

#### Occupational Hazards:

- Impact of exposure to toxins, paints, chemicals, pesticides & radiation has shown shocking revelation on its effect on fertility. Best solution to resolve these hazards is to take a vacation for 3 months, which enables the body and gametes to grow anew.
- Impact of heat stress in males particularly in drivers, chefs, those working in boiler rooms are high. Regular cold sitz baths and switching to loose pyjamas helps regulate the scrotal temperature.



#### Anila & Hridi – Prepare the Mind:

In Ayurveda, Anila or Vata dosha is the supreme factor which controls fertility. The 5 types of vata dosha together control reproductive functions- Prana, Udana & Vyana Vayu controls the psychosexual functions, Samana & Vyana Vayu together controls gametogenesis, and Apana & Vyana Vayu controls ejaculation, fertilisation & implantation. Ayurveda considers Hridi or mental health as the most important factor in conception. It is said..“Soumanasyam garba janananam sreshtam” The act of conceiving must actually be an invitation for the little one, which is established only when both the partners develop the intimacy within them. Postponing or spacing pregnancy until the couple is mentally stable and intimate is better advised. Resolving intimate partner violence or ongoing issues prior to conception through regular sittings of counselling is important. ruling out of psychiatric illness is to be considered. Likewise, psycho-social stressors need to be addressed beforehand.



#### Possible Interventions:

Preconception care is actually a mode of healthy living apart from a disease to be treated. Ayurveda emphasizes on the maintenance of health and not mere treatment of the diseased. The 3 month preconception period can be judiciously divided into 3 phases;

- 1st month- sodhana therapy/ purification methods
- 2nd & 3rd months- Rasayana- vajeerakarana therapy/ rejuvenate & aphrodisiac methods, healthy living practice/sadvrittam.
- 4th month onwards- a period of actual conception.

#### 1st phase- Purificatory therapy

Cleansing or purification methods called Shodhana Therapy are one of the most potent tools of Ayurveda. These procedures help eliminate the accumulated toxins (ama) of the body and restore the balance of doshas in the body. It also does the purification of the microchannels (Srotas) and correction of metabolism allows the replenishment of 7 tissues of the body and helps reproductive tissue attain its best capacity and potency. Preferably both the couple, irrespective of any medical illness, must undergo Sodhana. These Sodhana procedures include Snehapana and Swedhana followed by necessary Panchakarma therapies (Vamana, Virecana, Vasthi, Nasya, Rakta moksha) after assessing the couples. In females, Uttaravasthi (intrauterine instilling of medicine) is practised, which improves the receptivity of endometrium as well as activates the ovarian factor.

#### 2nd phase- Rejuvenation & Healthy living practices:

Rasayana or rejuvenation aims at revitalizing the body and mind. Rasayana improves your vitality and Ojas. Drugs like Aswagandha, Kapikachu, Shatavari etc are potent fertility rejuvenators, which are advised accordingly. Males above 40 years of age are advised Vajeekarana/Aphrodisiac drugs on a regular basis.

- Sadvritha/ Healthy living:

Healthy living practises should not be initiated during this period. Ayurveda has talked about Dinacarya ( daily regimens) and Ritucarya (seasonal regimens) in detail. Sleep hygiene is also to be followed strictly. Equal importance is given for Spiritual cleansing which could be achieved by practising Yoga asanas like Surya Namaskar, Yogamudrasana, Bhadrasana, Shalabasana, Pranayama and meditation. A healthy mindful relation between the partners is equally important. Spending quality time together, engaging in positive activities and also self-appraisal is important. It is better to follow strict abstains from intercourse during this 3 month period.

#### 3rd phase- Actual time of conception:

The culmination of the 3 months preparation has finally arrived- you are ready for conception. Getting pregnant on the very first try is very rare, all you need is, patiently wait till the exact day arrives.

- Never stick to a single date of ovulation, better have sex during the whole fertile period. In a regularly menstruating woman, Day 10th to Day 16th can be considered as the fertile period.
- Have regular sex during this period, because sperms live for a period of 72-96 hours inside the vagina, and ovum for 12-24 hours. Hence daily sex can only ensure a sufficient seminal pool to fertilize the single ovum that arrives.
- Maintain a pleasing atmosphere, with utmost respect and peace, engage in intercourse welcoming the arrival of your baby.
- Avoid violent sexual practices & difficult postures. Ayurveda opines missionary posture to be the best for conception when the doshas are in a state of equilibrium.
- Following the fertile period, preferably avoid intercourse till the next fertile window. Both the couples should carry forward the healthy living practices, in the anticipation of the baby.

Quarantine and lockdown have probably encouraged intimacy & sexual desire among couples, but pause before it encourages your reproductive desire. Remember a baby should be first born in the heart before it could be held in the arms. A baby is a blessing, a gift from god....be prepared to receive your special gift.

*"May you always know my little one, You were wished for, longed for, prayed for and prepared for.."*



Dr Prajitha Gouri Shankar

# POSTNATAL CARE IN AYURVEDA

Interestingly, the lockdown days witnessed an increase in the viewership of articles as well as the podcasts. Moreover, the stay-at-home might have created a new look into health as well as the importance of well-being. The ongoing phase all over the world demands a huge change in outlook. 'The Postnatal Care in Ayurveda' has been given a prominent rank in Kerala health traditions. Thousands are still following this protocol in Kerala, though not aware of its benefits fully. It has both short and long-term benefits in women's health aspects.

## WOMAN TO MOTHER IS A HAPPY AND CRUCIAL PHASE.

The body of the mother undergoes several changes to accommodate the developing foetus in her womb throughout the gestation time and childbirth. Though physiological phenomena, proper care is to be provided to mother during pregnancy and after delivery. Ayurvedic Postnatal care provides optimum health to the mother and thereby the baby also. It is necessary to adopt some dietary as well as lifestyle interventions in the post-delivery period. It is a known fact that diseases during the puerperal period are difficult to be treated. The ayurvedic approach of postnatal care helps to pacify the existing health issues if any and assists to regain the strength of all the body systems.

Ayurvedic principles regarding the need and benefits of post-delivery care shall be discussed. Personalised care is the ideal approach. It is better to advise the intervention plan only after considering the individual constitution, type of delivery and the present health status and needs of the mother-baby dyad. Season and place should be considered as well.





Healthy eating habits should be placed at the forefront of guidelines of any care. Many times, mothers in the postnatal period are overwhelmed with food and ayurvedic medicines in their home. Essential strategy in eating is to have easily digestible food. Ideal approach is to choose and eat foods based on the appetite of the mother. The optimal diet of a mother during the postpartum period emphasises on vegetables, fruits, finger millet, raw banana powder, milk and so on. It is better to consume natural varieties of rice and vegetables. Use of turmeric, cumin seeds, fenugreek seeds, small onions, buttermilk, curry leaves, ginger and coconut in routine cooking is beneficial. Adequate fluid intake and roughage in the diet is recommended to prevent constipation. Medicated gruel is also a good option. Shallots fried in ghee can be taken with meals. Intake of canned/ processed food and coloured or flavoured food should be avoided. Usage of excessive spicy, sour and salty food is common in routine. Such practices should be strictly avoided during pregnancy and lactating period. Traditional healthy drink prepared with palm jaggery is also a common practice instead of tea.

During the initial phase, measures should be taken to fuel the digestive entity of the mother and to enhance the wound healing process in the body. Selection of medicinal formulation depends upon the status of the maternal digestive unit and other health issues. A smooth bowel movement should be ensured. Suitable Arishta, Gulika and Kashaya serving these purposes are selected in the first weeks after individual consultation. Leha made out of small onions and garlic is also used and recommended to people for a minimal period. Certain internal medications and external applications are aimed at addressing the traumatized tissues in the body. Suitable oils can be used for external application. Warm shower is also a routine after delivery. The temperature of the water should be convenient for the mother.

Certain leaves or barks are used for preparing this water. After bathing, the abdomen can be wrapped with a long, broad and clean cotton cloth. These measures tone up the muscles, give strength to the body and prevent low back pain. It is very essential to maintain personal hygiene during this time. Wounds should be cared for well. The mother's room should have adequate ventilation.



It is a well-known fact that adequate breast milk is the fuel for the infant's growth and development. In general, we can say that the digestive unit in an individual is responsible for the transformation of food into each and every element formed in the body. Hence, it is evident that this entity in the mother certifies the quality of breast milk and its functioning is optimised by the ayurvedic approach of postpartum care. Proper nourishment and mental well-being of the mother ensure the adequate amount of milk production. In the case of reduced milk production, certain milk decoctions are often recommended after correcting the digestive issues of the mother if any.

In the concluding phase, certain Leha preparations are generally prescribed for strengthening the different body systems. Generally, some may be concerned about becoming obese. The formulation may differ as per the individual need. Such a selective approach will not create any unnecessary fat deposition. Meat soups can also be suggested to strengthen the body. Suitable ghee or oil formulations and medicated meat soup are intended to replenish the bone health also. External oil applications can be continued for three months. Such personalised internal regimens added with external measures may reduce the incidence of arthritic conditions to an extent in the near future. It is beneficial to practise yoga also after getting trained from an expert.

Now, mental disorders have also become a major matter of concern in the postpartum period. Postpartum blues are very common among new mothers. The general health status of a mother as well as her surroundings can have influence on her mental well-being. Hence, she should be treated with adequate food and mental support from family members. Proper sleep and rest are also recognised as important factors for physical and mental health. If she presents with postpartum depression or psychosis, it should be addressed with proper medications at the earliest. Pranayama also seems to be very helpful in the maintenance of overall health.

All these regimens enhance the overall health of the mother and in that way render preventive aspects of several health issues too. So, let us focus on the ayurvedic way of postnatal care which is close to mother nature.



Vaidya Jeena U Aravind

A black silhouette of a woman in a yoga pose, specifically a lotus position with her hands in a mudra. She is surrounded by numerous black lines radiating outwards, creating a sunburst effect. The background is a solid red color.

# Yoga & Women

“

**Women are angels. And when someone breaks our wings, we simply continue to fly, on a broomstick. We are flexible**

”



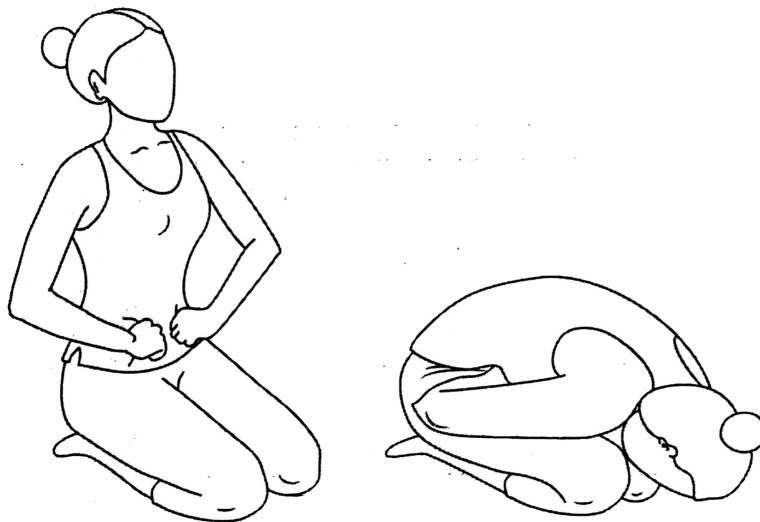
Yeah....!! all of us are aware of how complex the minds of women are. We appreciate this complication, adore the craziness and at times are transfixed (most times) at the enormous and vivid characteristics that have been personified. Modern-day women are sophisticated and strong, passionate and have their life cut out precisely. Women travel through menarche, menstruation and menopause i.e from the time she gets her first period till the last period, her body undergoing a lot of change.

Menstruation is a normal physiological function of the body and there is no room for acute pains, cramps, nausea, dizziness and pain killers during this process. So if your period is troublesome, then it means there is something wrong with your body. Many complain about painful periods, hot flashes, mood swings etc, but have they done anything about it? Remember it is not normal to have painful periods that affect your daily routines.

Yoga offers a variety of asanas and techniques that specifically address the concerns of women. Nowadays, most women learn yoga to slim down, have mental peace or for other health reasons. Age and condition-specific yoga postures are helpful to strengthen the internal and external organs. One asana that women must practice regardless of their age is Mandookasana (the frog pose).

#### How to:

Sit in Vajrasana. Fold your fingers, make a fist keeping the thumb out. Keep your back straight, take a deep breath in and place your fist on the lowest part of the belly, keeping the thumb sticking out to the sides. (As if you are punching yourself)



Now as you exhale squeeze your tummy in and dig the fists inside comfortably and bring your upper body forward so that your forehead rests on the ground just ahead of your knees. Staying there slowly, start deep breathing and observe your tummy getting massaged against your knuckles.

#### Coming out of the Posture

After a few rounds of breathing inhale and come up and relax. If you find it difficult to sit in Vajrasana, use a bolster between your thighs and sit on it.

Pregnant women, women with PCOS and knee problems should avoid this asana. This asana is extremely good for digestion, excretion and menstrual cramps. Some of the other beneficial asanas for women are Marjaryasana, Paschimottanasana, Balasana and Malasana.



Soorej Anith Jayaram



”

*Be the kind of woman that  
when your feet hit the floor  
each morning, the devil says  
"Oh crap, she's up!!"*

“

# Our contributors.



**Dr Vaheeda Rehman. A**

**Sr. Medical Officer, Government  
Ayurveda Dispensary, Azhoor,  
Pathanamthitta**



**Dr. Rajagopal K**

**Chief Physician, M P Krishnan  
Vaidyan Memorial, S K V Pharmacy  
Kollam**



**Dr. Sanal Krishnan**

**Specialist project medical  
officer Department of  
Paediatrics District Ayurveda  
hospital Kannur**



**Dr Prajitha Gouri Shankar**

**Specialist Medical Officer(NAM)-  
Ayurveda Gynaecology DAH,  
Kozhikode.**

ayu:manthra  
Sarovaram Road(PHED Road), Eranhipalam,  
Calicut, Kerala-673006

[www.ayumanthra.com](http://www.ayumanthra.com)  
[ayumanthra@gmail.com](mailto:ayumanthra@gmail.com)



**Be a contributor & get your article in  
the spotlight**

**For more details contact us at:**

**+91 95672 29092, +91 94954 57918  
[ayumanthra@gmail.com](mailto:ayumanthra@gmail.com)**

**Chief Editor:**

Dr Shanthi Ganga,  
Chief Physician, Managing Director at ayu:manthra

**Editor:**

Soorej Anitha jayaram  
Yoga Mentor & Managing Partner at ayu:manthra

**Designed & Produced by**

Akshay V  
[www.growthassociates.xyz](http://www.growthassociates.xyz)

# Our team.



# A GIRL SHOULD BE 2 THINGS

WHO & WHAT SHE WANTS

