

YOGA WITH PRAKHAR

Ayurvedic PCOD/PCOS Management & Holistic Wellness Guide

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Namaste! Ayurveda ke anusaar PCOD/PCOS ko hum 'Artava Kshaya' ya 'Granthi Roga' ke roop mein samajhte hain. Yeh mukhya roop se **Kapha** (cystic fluid/weight gain), **Vata** (hormonal imbalance/irregular periods), aur **Pitta** (acne/hair loss/inflammation) ke asantulan se hota hai. Jab hamari **Agni** (metabolism) mand hoti hai, toh **Ama** (toxins) bante hain jo **Artavavaha Srotas** (female reproductive channels) ko block kar dete hain. Yeh complete diet & lifestyle plan aapki hormonal harmony ko wapas laane mein madad karega.

1. PCOD MANIFESTATION ACCORDING TO TRIDOSHA

Har vyakti mein PCOD ke lakshan unki Prakriti aur Dosha imbalance ke aadhar par alag hote hain:

VATA DOMINANT PCOD

Symptoms: Scanty, painful, or delayed periods (amenorrhea), severe mood swings, anxiety, dry skin, weight loss or normal weight.

Focus: Warm, nourishing, grounding foods. Regular meal timings. Basti therapy & mild warm sesame oil Abhyanga.

PITTA DOMINANT PCOD

Symptoms: Heavy or frequent bleeding with clots, severe cystic acne, facial hair growth (hirsutism), hot flashes, anger, hair thinning.

Focus: Cooling, anti-inflammatory diet. Bitter herbs (Shatavari, Aloe vera). Avoid spicy, fermented, and oily foods.

KAPHA DOMINANT PCOD

Symptoms: Significant weight gain, insulin resistance, fluid retention, multiple cysts in ovaries, lethargy, heavy white discharge.

Focus: Light, dry, spicy, and bitter foods. Strict avoidance of dairy, sugar, and heavy carbs. Regular active exercise.

2. COMPLETE AYURVEDIC PCOD MEAL PLAN

Yeh diet plan insulin sensitivity improve karne, ovarian cysts ko dissolve karne, aur hormonal regularity ko support karne ke liye design kiya gaya hai.

TIME / ROUTINE	DIET / AAHAR	AYURVEDIC RATIONALE & TIPS
Early Morning (6:00 AM - 6:30 AM)	1 tsp Methi (Fenugreek) seeds + 1/2 tsp Kalonji (Black seed) soaked overnight in 1 glass warm water. Ya Spearmint Tea / Cinnamon Water.	Methi and Kalonji insulin resistance ko kam karti hain aur ovulation support karti hain. Spearmint tea androgens (male hormones) ko reduce karti hai.
Breakfast (8:00 AM - 8:30 AM)	Ragi / Jowar Dosa / Vegetable Oats / Sprouted Moong Salad / Chana Dal Chilla. 1 cup Herbal Tea (Ashwagandha + Cinnamon + Tulsi).	Gluten-free, low-GI foods hormones ko spike nahi hone dete. Milk-based tea complete avoid karein. Seed cycling (Flax + Pumpkin seeds) add karein.
Mid-Morning (11:00 AM)	1 glass Fresh Amla + Aloe Vera Juice OR Fresh Coconut Water / Buttermilk with Bhuna Jeera.	Amla-Aloe Vera liver detox karta hai, jisse excess estrogen body se bahar nikalta hai aur skin acne clear hota hai.
Lunch (1:00 PM - 2:00 PM)	1-2 Millets Roti (Jowar/Bajra) + 1 bowl Moong Dal / Rajma + Green leafy vegetables / Lauki / Karela / Methi Sabzi.	Lunch heavy and fiber-rich rakhein. Fiber excess hormones ko bind karke gut se bahar nikalta hai. Refined Wheat (Maida) aur Rice avoid karein.
Evening Snack (5:00 PM)	1 cup Spearmint Tea + Soaked Almonds (5) & Walnuts (2) OR Roasted Chana / Roasted Makhana.	Healthy fats (Omega-3) hormone synthesis ke liye zaroori hain. Spearmint hirsutism (facial hair) ko reduce karne mein madad karta hai.
Dinner (7:00 PM - 7:30 PM)	Warm Vegetable Soup / Moong Dal Khichdi with Haldi & Jeera / Steamed veggies with paneer/tofu. Very light meal.	Early dinner insulin levels ko overnight stabilize karta hai aur Kapha accumulation hone se rokta hai.

TIME / ROUTINE	DIET / AAHAR	AYURVEDIC RATIONALE & TIPS
Bedtime (9:30 PM)	1/2 tsp Kanchanar Guggulu powder / Triphala Churna with warm water OR Warm Golden Turmeric Almond Milk.	Kanchanar cysts ko shrink karta hai. Triphala gut clean rakhta hai aur Golden Milk inflammation reduces karta hai.

3. KEY AYURVEDIC MEDICINES FOR PCOD (AUSHADHI)

Aushadhi ka sevan kisi certified Ayurveda doctor ke guidance mein karein. Yeh dawaiyan cysts, ovulation, aur hormones par kaam karti hain:

MEDICINE NAME	DOSAGE (KHORAK)	BEST TIME / ANUPAN	ACTION & BENEFITS
Kanchanar Guggulu	2 Tablets twice daily	After meals with warm water	Deepana-Lekhana property. Ovarian cysts (Granthi) ko shrink karne ki sabse mukhya aushadhi.
Shatavari Churna / Vati	1 tsp powder or 1 tablet twice daily	After meals with warm milk/water	Nourishes Artava Dhatu, balances Estrogen/ Progesterone levels, and enhances egg quality.
Ashokarishta	15-20 ml with equal water	Twice daily after meals	Uterine tonic. Irregular periods ko regular karta hai aur menstrual cramps ko relief deta hai.
Kumaryasava	15-20 ml with equal water	Twice daily after meals	Aloe vera based tonic. Liver detox, hormonal clearance, and induces timely menstruation.
Chandraprabha Vati	2 Tablets twice daily	After meals with warm water	Urinary & reproductive tract tonic. Reduces insulin resistance, bloating, and Kapha-Vata balance.
Pushpadhanwa Ras	1 Tablet twice daily	With honey or warm milk	Potent reproductive rejuvenator. Stimulates natural ovulation and balances LH/FSH ratio.

4. PCOD MANAGEMENT ACROSS DIFFERENT AGE GROUPS

1. Teenagers & Adolescents (Age 12 - 19 Years) - Puberty & Hormones Establishment

- **Primary Concerns:** Severe acne, irregular periods, weight gain, emotional stress, body image issues.
- **Dietary Focus:** Complete ban on fast food, cheese, pizza, sugar, and carbonated drinks. Include home-cooked meals, seeds, fresh fruits, and iron-rich foods (Jaggery, Dates).
- **Lifestyle:** 45 minutes daily physical activity (Dance, Sports, Surya Namaskar). Reduce screen time to lower stress hormones (Cortisol).

2. Young Adults & Reproductive Age (Age 20 - 35 Years) - Fertility & Career Phase

- **Primary Concerns:** Anovulatory cycles, difficulty conceiving (Infertility), hirsutism, high stress, insulin resistance.
- **Dietary Focus:** Low-GI, high-fiber, gluten-free, and dairy-free preference. Practice ****Seed Cycling**** (Phase 1: Flax + Pumpkin seeds; Phase 2: Sesame + Sunflower seeds).
- **Lifestyle & Yoga:** Butterfly pose (Baddha Konasana), Supta Baddha Konasana, Chakrasana, Kapalbhati, and Anulom-Vilom to stimulate pelvic circulation.

3. Mature Women / Pre-Menopause (Age 36 - 50 Years) - Metabolic & Perimenopausal Transition

- **Primary Concerns:** Metabolic slowdown, heavy dysfunctional bleeding, joint pain, mood swings, high cholesterol.
- **Dietary Focus:** Warm, light, easily digestible Vata-pacifying diet. Include Phytoestrogen-rich foods like Flaxseeds, Sesame, and Methi. Calcium-rich non-dairy sources.
- **Lifestyle:** Strength training + Gentle restorative yoga, daily Abhyanga (Warm Sesame oil self-massage), prioritizing 7-8 hours of sound sleep.

5. PATHYA & APATHYA (DO'S AND DON'TS FOR PCOD)

PATHYA (KYA KHAYEIN / KYA KAREIN)	APATHYA (KYA NA KHAYEIN / KYA NA KAREIN)
• Gluten-free grains: Jowar, Bajra, Ragi, Quinoa. • Fresh green vegetables, Bitter melon (Karela), Lauki. • Spearmint tea, Cinnamon water, Amla, Aloe Vera. • Seed cycling (Flax, Pumpkin, Sesame, Sunflower). • Early dinner (by 7:30 PM) and timely sleep (by 10:00 PM). • Pelvic opening Yogasana & daily Pranayama.	• Milk & Dairy products (triggers IGF-1 & acne). • Refined Sugar, Maida, Bakery, and Processed foods. • Excessive Soy products and Refined Oils. • Daytime sleep (Diva-swapna) - increases Kapha. • Late night sleeping (Ratri-Jagaran) - aggravates Vata. • Chronic mental stress and physical inactivity.

Important Medical Disclaimer: Yeh document *Yoga with Prakhar* ke dwara educational aur awareness purpose ke liye banaya gaya hai. PCOD/PCOS ek complex hormonal condition hai. Kisi bhi aushadhi (medicine) ka sevan shuru karne se pehle apni Nadi Pariksha aur individual body constitution ke hisab se ek qualified Ayurvedic Physician se परामर्श (consultation) zaroor lein.