

Natural Ayurvedic Treatments for the Health and Wellness of Women

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Abstract

Women commonly experience irregular periods, menstrual pain, premenstrual pain, acne, anaemia, and other issues. Though allopathic medicines are available for all problems, taking too many pain relievers or becoming overly reliant on self-medication is not a good idea. It is preferable to use ayurvedic remedies to not only regulate but also avoid these typical issues that women confront. Let's have a look at some herbs that can help all you women out there with your pain and suffering.

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INTRODUCTION

A diverse assortment of herbs that act to modify and treat the majority of female health issues. These herbs are always customised to the individual and what is going on in their lives. Natural herbs and vitamins have been used for centuries by knowledgeable women to treat the usual discomfort and irritation that comes with possessing a uterus and vagina. When suffering from a health ailment, it is

always best to try to cure organically first (with all due respect to modern medicine), and having these treatments on hand makes it simple [1].Conference: IMVIP. 2018.

Ayurveda treatment for Painful Menstruation

During menstruation, all women have a variety of problems. Women commonly experience nausea, exhaustion, cramping,

constipation, bloating, and vomiting during this period [2].

Easy Lifestyle for Menstrual Discomfort

Be physically active and exercise on a daily basis. However, if you feel uncomfortable throughout your menstrual cycle, you can relax and restart your training later. However, practising some easy yoga asanas might help relieve menstruation discomfort. Bow posture (Dhanurasana), forward bend (Janu sirsasana), camel stance (Ustrasana), fish pose (Matsyasana), and cobra pose (Bhujangasana) are few examples [3].

- 1) Avoid fried, spicy, and greasy meals, as they all cause bloating and constipation.
- 2) Try to eat veggies that are readily digested and light to eat.

Ayurvedic treatment for Pre-menstrual Pain [4]

- 1) Have homemade food.
- 2) Avoid alcohol, smoking and fast food.
- 3) Maintain a balanced diet which will lead to a regular bowel movement.
- 4) Take cold showers and consume plenty of liquids.

Ayurvedic treatment for Piles

If you have trouble passing your stool (which can cause bleeding and irritation around the rectum), you can take Terminalia chebula and Indian Yam. You can also take Abhayarista, an ayurvedic treatment for piles. Along with the medications, you should maintain a nutritious diet that is high in fibre. Drink lots of fluids and engage in frequent physical activity [5].

Ayurvedic treatment for Greying of Hair

Greying hair is a typical concern as you become older, but greying hair in your 20s and 30s is not. Many factors can contribute to this, including sinusitis, tension, anxiety, and shampooing hair with hot water. You may use Bhringraj ayurvedic oil to keep your hair healthy and prevent greying. To lessen the issue, you should also sleep well, worry less, and wash your hair with cool water [6].

Ayurvedic treatment for Menopausal Problem

The same drug, sundari kalp forte, is also beneficial for menopause. This medication aids in the transition to menopause. It purifies the blood and is highly suggested for menopausal symptoms. Women should eat calcium-rich meals since calcium

insufficiency is widespread during this period. Eating a healthy diet, practising yoga, and being active all assist to alleviate the symptoms [7].

DELICIOUS HERBS WITH POWERFUL HEALTH BENEFITS

Throughout history, the usage of herbs and spices has been extremely essential. Many were revered for their therapeutic benefits long before they were used in cooking. Modern research has now demonstrated that several of these provide significant health advantages. Here are ten of the world's healthiest herbs and spices, as researched [8].

Turmeric

Turmeric contains Curcumin, which has potent anti-inflammatory properties. Turmeric is the spice responsible for the yellow colour in curry. It includes various therapeutic chemicals, the most notable of which being curcumin. Curcumin is an extremely potent antioxidant, aiding in the battle against oxidative damage and enhancing the body's own antioxidant enzymes. This is significant since oxidative damage is thought to be one of the primary processes underlying ageing and many illnesses. Curcumin is also extremely anti-inflammatory, rivalling the efficacy of several anti-inflammatory

medications. Given that chronic, low-level inflammation has a role in practically every chronic Western illness, it is not surprising that curcumin has been linked to a number of health advantages. According to studies, it can boost brain function, prevent Alzheimer's, lower the risk of heart disease and cancer, and treat arthritis, to mention a few benefits. Curcumin, the key component in the spice turmeric, provides several health advantages [11].

Cinnamon

Cinnamon has a strong anti-diabetic effect and lowers blood sugar levels. Cinnamon has various health advantages, including the ability to reduce blood sugar levels [9].

Sage

Sage has been shown to improve brain function and memory. The Latin phrase *Salvere*, which means "to rescue," inspired the name Sage. There is intriguing evidence that sage extract can enhance brain and cognitive function, particularly in Alzheimer's patients [10].

Peppermint

Peppermint helps IBS pain and nausea, and it is also beneficial for bloating and gas. Peppermint has been used in folk medicine and aromatherapy for centuries. As with many plants, the chemicals

responsible for the health benefits are found in the oily component. IBS sufferers benefit from the natural oil in peppermint. It also has anti-nausea properties when used in aromatherapy. Peppermint, like ginger, is an antispasmodic and intestinal softener. It also helps with nausea and vomiting. Peppermint acts by enabling food, swallowed air, or accumulated gas to flow more readily through the intestines, easing unpleasant bloating and gas faster than if left alone [11].

Holy Basil

Holy Basil Aids in the Fight Against Infections and Boosts Immunity. According to research, holy basil can suppress the growth of a variety of bacteria, yeasts, and moulds. Bottom Line: Holy basil appears to boost immune function and limit bacterial, yeast, and mould development [12].

Cayenne Pepper

Cayenne pepper contains Capsaicin, which aids in appetite reduction and may have anti-cancer properties. Cayenne pepper is a kind of chilli pepper that is used in the preparation of spicy meals. Capsaicin, the active element in it, has been demonstrated in several tests to lower hunger and improve fat burning. Cayenne pepper contains a chemical called capsaicin,

which suppresses hunger and increases fat burning. It has also been proven in animal experiments to have anti-cancer properties [11, 12].

Ginger

Ginger has anti-inflammatory and nausea-relieving properties. Ginger is a popular spice that is utilised in a variety of alternative medical practises. Morning sickness, chemotherapy, and sea sickness all create nausea. Ginger appears to have anti-inflammatory effects and can aid with pain management. Bottom Line: One gramme of ginger appears to be an effective therapy for a variety of nausea symptoms. It is also anti-inflammatory and can aid with pain relief [13].

Fenugreek

Fenugreek helps in blood sugar control. Fenugreek was widely utilised in Ayurvedic medicine, notably to boost libido and masculinity. While the effects of fenugreek on testosterone levels are ambiguous, it does appear to have favourable benefits on blood sugar. It contains the plant protein 4-hydroxyisoleucine, which helps enhance insulin action. Many human studies have indicated that taking at least 1 gramme of fenugreek extract per day will help diabetics decrease their blood sugar levels.

Fenugreek has been proven to increase insulin action, resulting in considerable blood sugar decreases. It also promotes healthy breast milk production. Fenugreek seeds promote appropriate breast milk production and aid in the maintenance of balanced blood sugar metabolism. The seeds have a mild maple syrup aroma and are frequently used in maple-flavored recipes. Fenugreek seeds, which are native to the Mediterranean, are high in B vitamins, vitamin C, and beta carotene. Fenugreek's Latin name (*Trigonella foenum-graecum*) translates to "Greek hay," since it is widely used to supplement bovine feed [13].

Rosemary

Rosemary Can Aid in the Prevention of Allergies and Nasal Congestion. Rosmarinic acid is the active element in rosemary. This compound has been demonstrated to reduce allergic reactions and nasal congestion. With less congestion, the number of immune cells in nasal mucus dropped as well. Rosmarinic acid appears to have anti-inflammatory properties that suppress allergy symptoms and decrease nasal congestion [14].

Red Raspberry Leaf

It is beneficial in avoiding menstrual cramps and heavy periods. Red Raspberry

leaf has traditionally been associated with females and the uterus. It includes fragrine, an alkaloid that relaxes and tones the uterus, making cramps less painful. It also includes tannins, which assist to strengthen the uterus and decrease excessive or irregular bleeding [14].

Garlic

Garlic Can Help You Get Better and Live Longer. Garlic's main use throughout history was for its medicinal properties. The majority of these health benefits are attributed to a compound known as allicin, which is also responsible for garlic's distinct odour. Garlic supplementation is well known for its ability to treat illness, including the common cold. Including extra garlic in your diet might be really beneficial. There is also compelling evidence that it has a positive effect on heart health. Garlic supplementation appears to lower total and/or LDL cholesterol by 10-15% in those with high cholesterol. Garlic supplementation has also been shown in human studies to significantly lower blood pressure in people with high blood pressure [15].

Vitex

Before menstruation or during the luteal phase, vitex can help with premenstrual syndrome (PMS), acne that worsens before

a period, spotting, bloating, and sore breasts. It is an excellent regulator of the hypothalamus pituitary ovarian (HPO) axis, which aids in the regulation of ovulation, the correction of irregular bleeding, and the treatment of amenorrhea. Supports female hormone production and balance, particularly throughout life changes. Hormone balance is essential for physical and emotional well-being. Vitex has been utilised to maintain gynaecological health since Hippocrates' day, notably for the changing seasons and cycles of life. It has long been used to help with hormone production and balance. The berries of this plant support a healthy mind and body during the menstrual cycle and the transition into menopause. The Vitex (*Vitex agnus-castus*) plant is also known as the Chaste Tree [15].

Paeonia

This herb is one the most versatile herbal medicines for women's health. It is also a regulatory of the HPO axis as it helps to regulate menstrual irregularities. As a spasmolytic it is great to add into an herbal for spasmodic dysmenorrhea. It is a key herb to think about for PCOS, especially in combination with licorice, as this combination helps to reduce androgen excess by up-regulating the conversion of testosterone to oestrogen [16].

Dong Quai

This herb is an important consideration for the treatment of painful periods since it is a uterine tonic, which means it helps to control the contraction and relaxation of the uterine muscle. It also serves to lessen the inflammatory prostaglandins that cause period discomfort. It is a warming herb that promotes uterine blood flow [16].

Shatavari

Shatavari, which means "a lady with a thousand husbands," is a traditional Ayurvedic herbal remedy. It is a multipurpose plant that is used to strengthen and nourish female reproductive processes. It boosts libido (thus the name), is an ovary tonic, improves folliculogenesis and ovulation, promotes healthy mucus production, can help avoid miscarriages, and can be taken post-partum to assist healthy breastfeeding. It is also an adaptogen, which implies that it helps the body's resistance to stimuli. It can be utilised in young women experiencing menstruation problems all the way up to postmenopausal adults [13, 14].

Black Cohosh

This plant is mostly used to treat menopausal symptoms in women. This is mostly owing to its oestrogen modifying

properties. It can help with hot flushes, nocturnal sweats, vaginal dryness, mood problems, and arthritic aches and pains. It is also hypothesised to have effects because of its influence on regulating serotonin in the body, which is involved in mood management and body temperature regulation. It can be taken in conjunction with or when weaning off Hormone Replacement Therapy (HRT) under the supervision of a competent herbalist. It can also be used to treat PCOS and other cycle abnormalities in younger women, rather than simply pre- or post-menopausal women [12].

False Unicorn Root

This beautiful herb unfortunately is endangered and so its use can be controversial and should be limited. However, it is useful in fertility contexts due to its ovarian and uterine tonic effects and can be beneficial to support ovulation, regulate cycles and prevent miscarriages [15].

Ladies Mantle

Ladies mantle is a great herb to use for complaints of heavy menstrual bleeding or bleeding outside of the normal period (Metrorrhagia), due to its astringent properties. This makes it a great herb for both young women and perimenopausal

with heavy bleeding. Of course, in these cases, underlying issues should first be investigated as to why the bleeding is heavy or abnormal in the first place. It is magical what can occur when you correctly select and formulate herbal medicine for women's health or a hormonal health issue. A woman can be experiencing an issue for months or years and, once starting their herbs, they can see amazing changes either immediately or progressively cycle by cycle. Herbs are particularly amazing because they often work to modulate the body's natural hormone production and reproductive functions, not to the point where women will need to take them for the rest of their life, but rather they bring them to a natural homeostasis where the body relearns to function optimally with and after the herbs [11].

Cranberry

Useful for preventing frequent UTI's (urinary tract infections). Cranberry changes the way that bacteria "sticks" to your urinary tract, which is a part of what causes a UTI [11].

Maca

Supports a healthy libido and normal fertility. Maca is knobby root vegetable that resembles a turnip, which is a relative

of this native Peruvian plant. Maca grows best in the harsh environment of the high Andes, where the Inca warriors used it as a caffeine-free performance enhancer. Maca root (*Lepidium meyenii*) is still used to support healthy energy and stamina, and it is also used to support a healthy libido in women (and men). Recent research has shown that it can support natural fertility by helping to maintain normal reproductive hormone levels. It has a delicious, somewhat nutty taste, and the powdered form of this herb can be added to smoothies, juice or oatmeal [13].

Red Clover

A rich source of naturally occurring phytoestrogens. Red Clover (*Trifolium pratense*) has long been used to support women's health. A rich source of naturally occurring phytoestrogens, it encourages healthy detoxification and promotes healthy skin through its support for the body's lymphatic functions. Red Clover is a highly nutritive plant, and it supports the body during menopause. This herb, which is often used as food for grazing livestock, grows from North America across Europe into the Far East; as such, it has a rich history of use in Russian and Chinese herbalism [17].

CONCLUSION

In any case, women must continuously evaluate their constitutional needs in terms of diet, lifestyle, and leisure. Yoga, as an Ayurvedic sister discipline, offers a plethora of incredible practises for balancing the doshas and addressing specific female health difficulties. Meditation, pranayama, chanting, and asana are also key components of any "healthy woman" programme! For thousands of years, Ayurveda has provided a caring and helpful technique for women of all ages to restore and maintain vata, pitta, and kapha balance. We are supposed to be happy in our thoughts, healthy in our bodies, and fulfilled in our lives when we restore balance!

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