



Women's Health: Natural Detox through Menstruation

MODULE 5: DETOX

Lesson 20



Dhanvantari Mantra

*om namo bhagavate vāsudevāya
dhanvantaraye amṛta-kalāśa hastāya
sarvāmaya vināśāya trailokya nāthāya
dhanvantri mahā-viṣṇave namaha*

I offer my obeisances to the Lord of the universe, Lord Vasudeva, to Lord Dhanvantari, who is the incarnation of Lord Vishnu, holding the pot of nectar in his hands. He brings auspiciousness and well-being and destroys all disease. He is the Lord of the three worlds and the bestower of protection. I offer my respectful obeisances unto Him.

Padma Purana, Uttara-khanda, 53.27

In Today's Session



Menstruation as a Detox



Connection between Moon Cycle and Menstrual Cycle



Phases of Menstrual Cycle



Diet During Menstruation



Lifestyle Recommendations | Do's and Dont's



Signs of Healthy Menstruation

- Regular menstrual cycle with a consistent length of 24-32 days
- No pain during menstruation
- Normal flow with a consistent color and texture
- Blood doesn't stain



Ayurveda views the menstrual cycle as a deep detox and profound purification that a woman is blessed to have once a month.

The menstrual cycle of a woman is synchronized with the lunar month

A full lunar cycle lasts from one new moon to the next and takes 29.5 days. The average menstrual cycle is also around 28-29 days long.



New Moon

Amavasya



Menstruation

Time of inward reflection and rest, as the body eliminates toxins and prepares for a new cycle.

New Moon
Amavasya

Waxing Moon
Shukla Paksha



Menstruation

Time of inward reflection and rest, as the body eliminates toxins and prepares for a new cycle.

Follicular phase

Growth and building, as the body prepares to release an egg.

New Moon
Amavasya

Waxing Moon
Shukla Paksha

Full Moon
Purnima



Menstruation

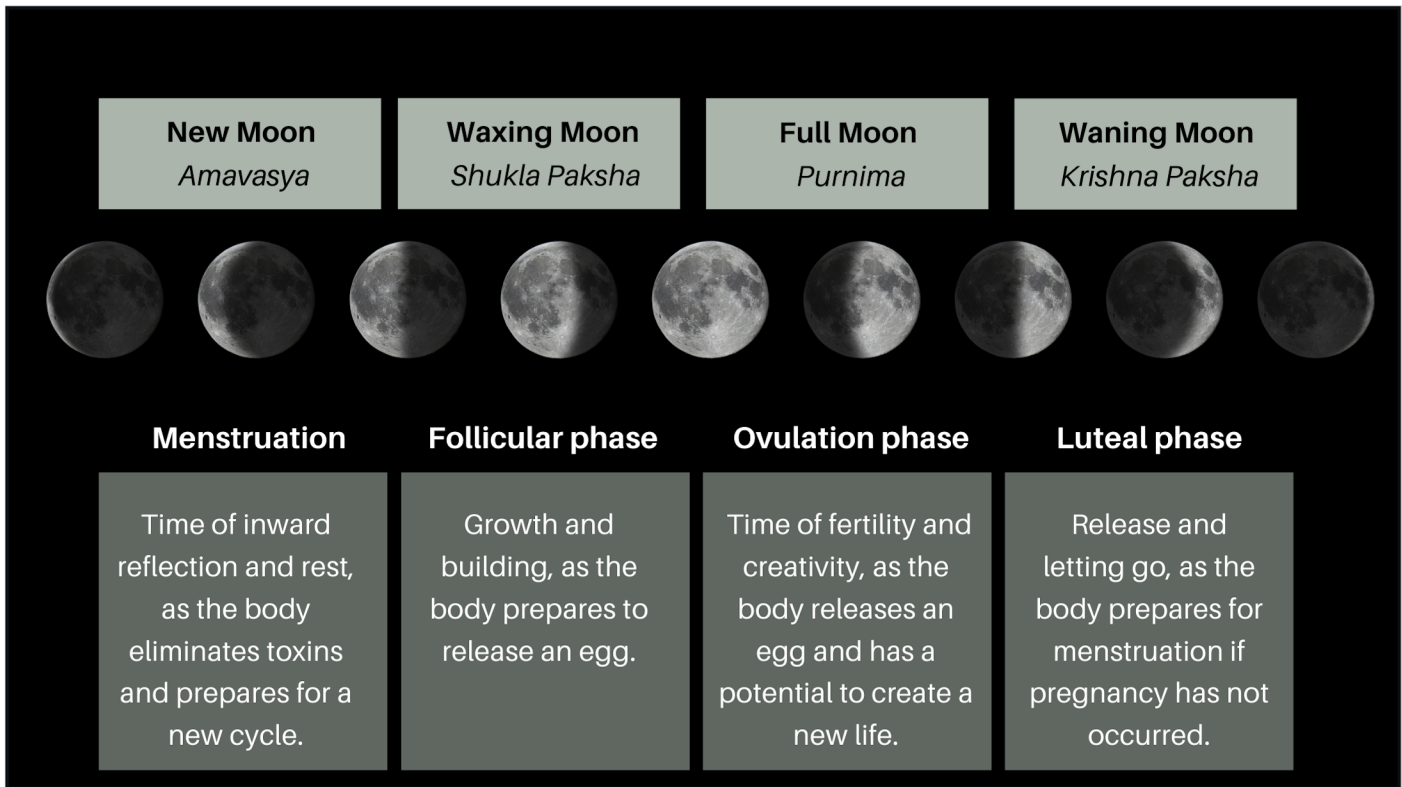
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Follicular phase

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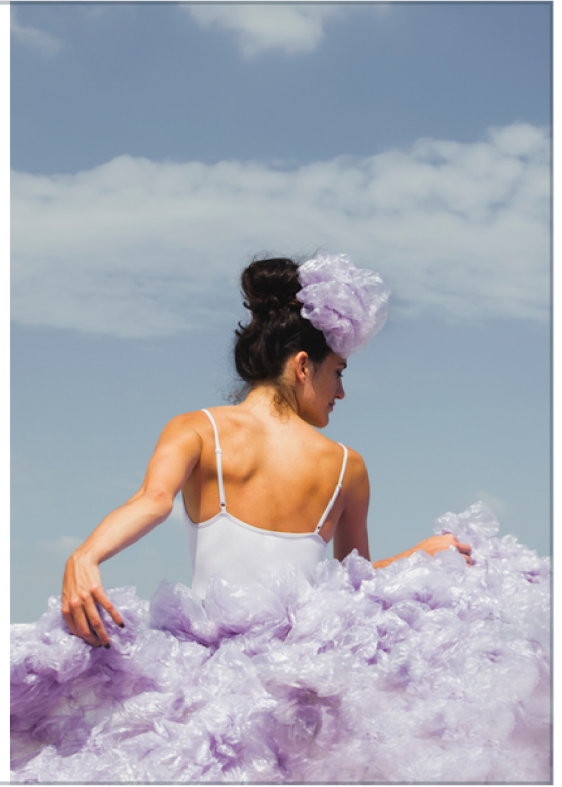
Ovulation phase

Time of fertility and creativity, as the body releases an egg and has a potential to create a new life.



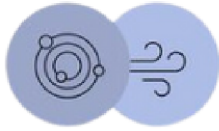
How to Sync Your Cycle to the Moon

- Cultivate inner gratitude for your mother.
- Meditate to calm the mind.
- Swim for relaxation.
- Spend time in nature by water.
- Practice balancing yoga asanas.
- Cook and share meals.
- Wear long dresses.
- Create a cozy home atmosphere.
- Adorn with pearls and moonstones.



Change of Doshas during the Menstrual Cycle

Menstruation



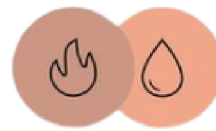
VATA

Follicular
Phase



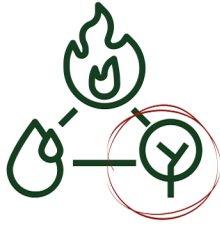
KAPHA

Ovulation



PITTA

Menstruation

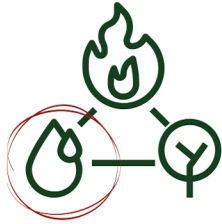


VATA STAGE | RAJAHKĀLA

If fertilization doesn't occur during the previous phase then the woman enters the Vata phase - the decline. Here the body realizes the structures it has created were not used and therefore destroys them in order to be able to create the optimum conditions again in the future.

Sushruta has eloquently described this process as "the weeping cry of the vagina for the deceased ovum."

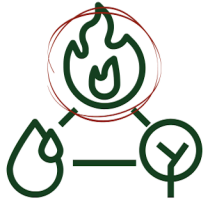
Follicular Phase



KAPHA STAGE | RUTUKALA

When a woman has had her period then the body enters the Kapha phase - it starts to build the structure needed to initiate conception (thickening of the lining and building of the fluids) in case a sperm cell happens to be invited into the womb any time soon.

Ovulation

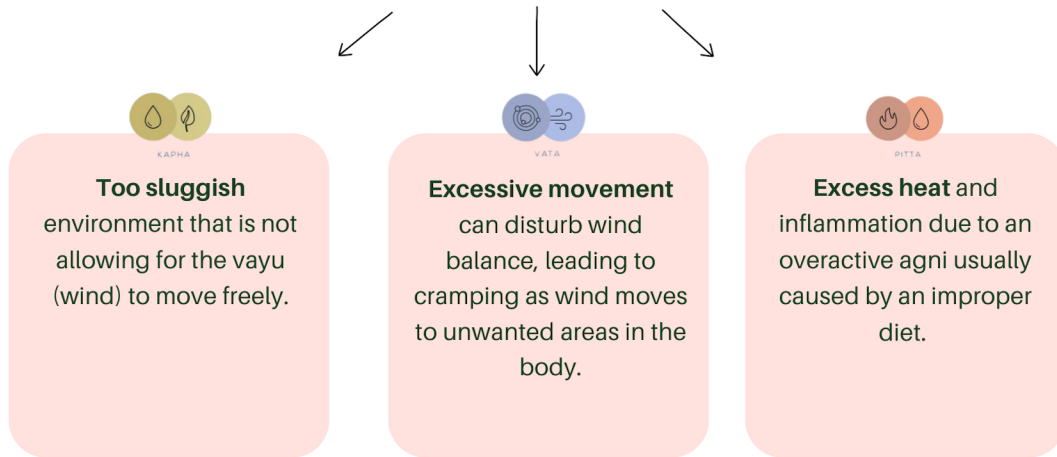


PITTA STAGE | RUTĀVATĒTA KĀLA

When a woman ovulates, she enters the "Pitta phase," which is all about transforming the egg and sperm into a zygote. This phase raises the temperature in the womb to the right level for this transformation to happen.

The enkindling of that reproductive agni (fire) also leads to an increased libido.

The 3 Main Causes of Menstrual Cramps

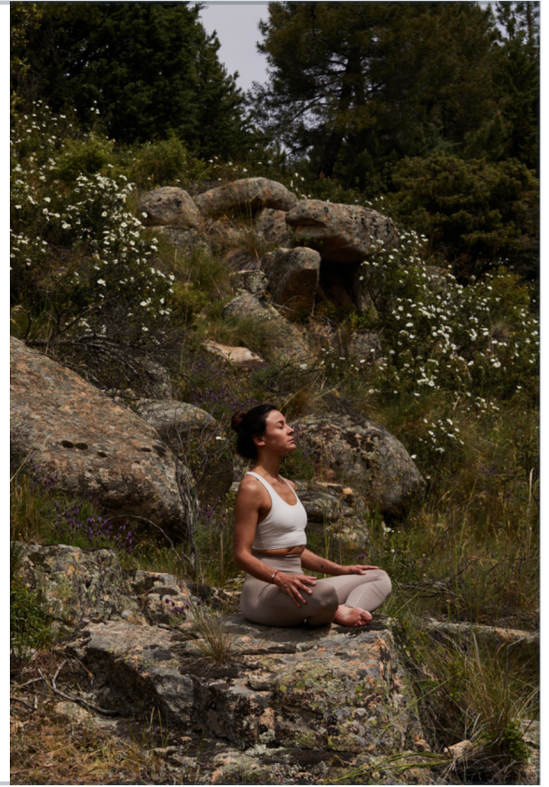


Pain during menstruation indicates some underlying imbalance.

Many of the negative symptoms attached to our cycle are commonly known as PMS.
But, more accurately, they are a request for more self-care.

Relevance of Self-Care Between Menstrual Cycles

The menstrual cycle is there to cleanse, so if there's a lot to cleanse then the period will take rougher qualities; but if women take proper care of themselves then there will be less to cleanse and the period will be painless.





Ayurvedic Protocols for Menstruation



A Mini Retreat

If not able to rest for the whole period, one should take day off for at least the first 1-2 days when heavy bleeding is happening.



Grounding

Sleeping as close to the earth as possible, like on a traditional grass bed, is a grounding technique for comfort and closeness to the ground.

Grounding vata is of utmost importance during this phase.

Hygiene

Tampons and menstrual cups block the free passage of menstrual flow - aggravate Apana Vayu.

Only organic pads should be used.
Re-usable organic pads or organic period underpants are recommended.





Diet

- Avoid harsh diets and raw foods while on your period since they enhance the menstrual cramps and related pains. No cold foods or drinks.
- Avoid hot foods like eggplant, tomatoes, and excessively spicy foods.
- Avoid fried food, pulses, beans, cauliflowers, and sour food during menstruation; **in other words, avoid those foods that aggravate vata dosha.**



Eat Light

Mainly eat easy-to-digest foods since that will allow for the blood to concentrate in the pelvic floor and to enliven the cleansing process instead of being sent upwards to the digestive system in order to take care of a heavy meal.

- Milk rice is great, especially for those women who have uncomfortable and rough periods.
- Simple, warm, cooked and light food.
- Mono-diet as much as possible.



Banana Treatment by Dr Raju Family

- Amplifies the purifying action of menstruation many fold.
- Detoxifies and rejuvenates the physiology.
- Balances hormones and the reproductive system.
- Improves the health of future generations by purifying the mother's physiology.
- Clears blockages between the brain and the uterus.
- Restores the body's natural inner intelligence & health.
- Enlivens and fortifies the immune system.



Eat Foods that are High in Iron

These iron-rich foods are known as “blood builders.” As we lose blood, we need to simultaneously replenish our supply of blood building nutrients.

Great sources of iron include: lentils, kidney beans, prunes, dates, goji berries, and green vegetables.



Sesame Seeds, Jaggery, and Coconut Sweets

Rich in iron and calcium.



Avoid Cold

Cold creates constriction. We need open channels to allow the blood to flow without constraint. Eat warm, moist food such as oatmeal, soup, stewed dates, and baked sweet potatoes leading up to and during your cycle.



Drink Hot Tea

Menstrual discomfort is often the result of too much dryness in the body.

Help ease an uncomfortable back and occasional cramping by drinking **ginger tea, chamomile tea, and rose tea.**

Alternate these three teas, having one a day for the week before and the week of your cycle.



The diet to follow during menstruation for each woman depends on her flow

HEAVY

REGULAR

LIGHT

HEAVY FLOW

Eat **less** estrogenic foods before and during the period, such as asparagus, papaya, pineapple, fennel, or any type of dairy products. Advisable to stop eating sweets and sugars. If you are craving sweets, have pears, apples, grapes.

Add more cooked leafy greens – kale, collard, swiss chard (vitamin K helps with reduction of blood flow).



REGULAR FLOW

Women who experience regular balanced monthly flow should incorporate some estrogenic foods into their diet, but not excessively.

Have some pineapple and/or papaya with every meal. Have an estrogenic vegetable with one of your daily meals (asparagus or fennel).



LIGHT FLOW

Women with light and/or delayed flow should incorporate **estrogenic** products - fennel seeds, fenugreek seeds, papaya, asparagus, pineapple in large doses to support the menstrual cycle and a **fuller cleansing**.



Avoid During Period





Stress | Intense Studying

Resting the mind from activities like studying, mental work and stress allows the energy and blood flow to move in a **downward direction**. This is the time of the month to schedule less work.



Sexual Activity

Engaging in any sexual activity is contraindicated during this period.



Avoid Exercise

Wind element will be scattered throughout the body by excessive movement and the cleansing will not properly take place.

Resting the physical body in regard to exercise, movements and travel, ushers the downward flow of energy and blood to purify effortlessly.

Light walk daily is great. Regular exercise like walking or mild stretching is good for alleviating cramps.



Abhyanga

Avoid bathing, Abhyanga and any other activities that stimulate several parts of your body.



Washing Hair | No Swimming

We want the fire element - the metaboliser and governor of blood, to flow without hindrance.



Combing Hair | Cutting Nails

Grooming hair and nails is for times of extrovert. The vedas says women who cut nails or hair during her period will promote her future offspring to have bone issues.



Avoid Cooking

- Rest should be primordial during this time.
- Food and plant life is imbued with **prana** - a rising energy flowing up from the earth towards the sun and sky. In contrast, the menstrual blood is instilled with **apana vayu**, the downward-flowing, bodily air pulled from the body by the magnetic forces of the earth. These two powerful roles of nature **do not harmonise together**.



Going to Temples

Spiritual practices imply the upward movement of the subtle Prana.



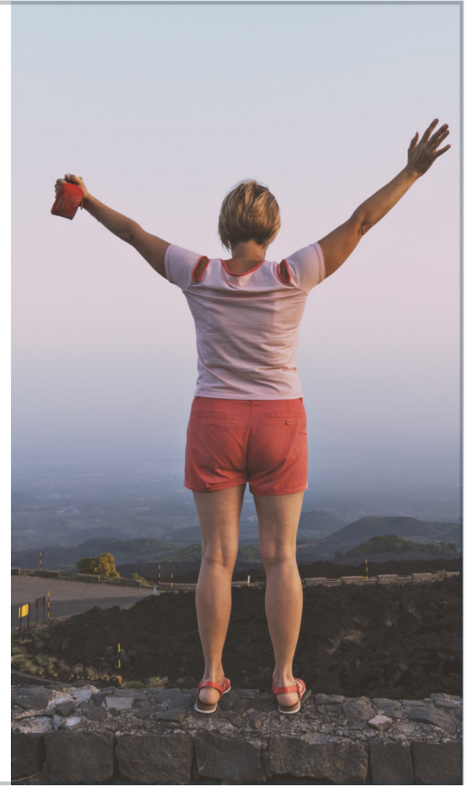
Sleeping During the Day

This promotes sluggishness and poor circulation.

Menopause is supposed to be asymptomatic

How a woman deals with her menstrual cycle determines how she will reach menopause later in life.

The degree to which you have honoured your periods will determine how rough or mild your menopause will be.



Herbal Support

- Jatamansi
- Ashwagandha
- Dashmoola

Vata

- Aloe vera
- Shatavari
- Musta

Pitta

- Ginger
- Ashoka
- Saffron
- Gokshura
- Haritaki

Kapha



General Recommendations

- **Pushyanuga choorna** — 1 tsp powder with honey or rice washed water ,have it twice daily.
- **Kalyana gulam** — 1-2 tsp in the morning and evening.
- **Aswagandha rasayanam** — 1 or 2 tsp with one glass of milk.



Sukumara Kashayam

Helps correct menstrual irregularities, painful periods, PCOS, infertility.

Dosage: Take 15ml of medicine and dilute with 45ml of luke warm water and have it on empty stomach in the morning and evening.



Key Ingredients

Sukumara kashayam

Shatavari



Helps regulate menstrual irregularities and supports uterine functions.

Jeeraka



Beneficial in correcting indigestion and other digestive issues.

Eranda



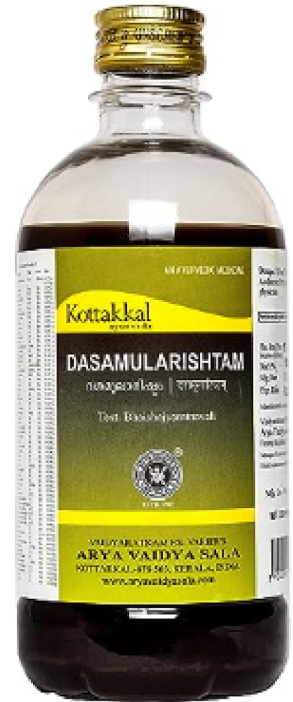
Eases constipation and helps balance Vata dosha.

Dasamularishtam

A traditional Ayurvedic formula for removing excess vata from the system. It is a nourishing muscle tonic that strengthens the body and calms the nerves.

Very grounding and helps direct the flow of vata energy in the body downward.

Dosage : 15 to 30 ml twice daily after food



Aloe Vera Juice

Helps to correct hormonal imbalance and treat menstrual irregularities.

Can be combined with a teaspoon of honey.



Castor Oil

Warm Castor Oil applied on the lower abdomen and pelvic region will allow for Prana Vayu to be invited downwards with ease.



Nose Piercing

For women dealing with PMS and menstrual problems, a nose piercing on the left nostril can have a connection to menstrual and reproductive health. There's a specific spot within the left nostril that is considered the most beneficial and effective for addressing these issues.



Thank you



Sources:

- Nancy Lonsdore, The Ageless Woman
- Sinu Joseph, Rtu Vidya
- vitalveda.au.com
- banyanbotanicals.com
- ayurmedinfo.com

Next Session:

- Ayurveda & Skincare



<http://thevediclife.com>

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