



AyushaktiTM

since 1987

Ayushakti Academy of Ayurveda
Mumbai India



Women's Health and Wellness



Exploring Ayurvedic Concepts
of Womens Health & Infertility



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Education Program Description

There are three stages in a women's life that can be considered as 'rebirths'. A women's body and mind goes through many changes during this phase.

First rebirth (age group from 12 to 18 years):

It happens during puberty. Menarche (the first menstrual period) is a major physical and emotional milestone in a woman's life. Along with these changes, teenagers are becoming more independent and making their own decisions. Some of the biggest decisions teenagers face involve health.

We will discuss:

1. How to reconcile emotional problems with tips for parents and girls
2. Early PCOS symptoms and how to treat it
3. Acne, hair loss, and migraines caused by hormonal changes and their treatment
4. Prevention of sexually transmitted diseases (STD's)
5. Abortion - how to balance emotions and body

This course helps to understand adolescent health. It can help to prevent, detect or treat health problems in young people.

Second rebirth (age group from 25 to 40 years):

Changes in middle age or becoming a mother is a second rebirth. This phase presents many physical and emotional challenges.

We will discuss:

Middle age challenges like

1. Hormonal changes
2. Slow metabolism and weight gain
3. Premenstrual Syndrome (PMS)

Challenges of becoming a parent:

1. Difficulty to conceive: According to the World Health Organisation, fertility issues affect one in seven heterosexual couples in the UK (NICE guidelines, 2013) and is the second most common reason for women to visit their general practitioner. Problems with female fertility have several causative factors. You will learn about the different causes of infertility in both men and women and how to resolve problems such as:
 - Fibroids
 - PCOS
 - Tubal block
 - Frequent abortions
 - Low AMH level
 - Poor follicle quality
 - Lower sperm count

Education Program Description

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2. After child birth:

- Emotional problems
- Weight gain
- Fatigue
- Constant back pain
- What to do before pregnancy, during, and after child birth to stay healthy and have a healthy baby

In this course you will learn the ancient healing method to treat fertility problems. You can guide many couples and help them become parents.

Third rebirth (age group from 40 to 55 years and above):

This can be observed in menopausal, premenopausal and post-menopausal periods. Menopause is the natural phenomenon in female body that includes physiological changes that take place at the end of fertility period. Many symptoms such as hot flashes, mood swings, weight gain, libido, metabolic slowdown and loss of bone density occur together with irregular or completely stopped menstrual periods.

In this course you will learn about the problems of aging. You can guide others dealing with menopause and about preventing breast cancer, support for breast -cancer, cervical- or ovarian cancer, HPV infection of the cervix, candida and vaginal infections which are common in this age group.

To register click on **ENROLL NOW** on below given link
<https://bit.ly/3cjEVjk>

For any query or required assistance:

Email: education@ayushakti.com • Whatsapp: +91 98694 59538

You Will Learn

WOMEN'S HEALTH:

- Knowledge about the menstrual cycle
- Causes and treatment of female infertility
- Diagnostic assessment of female infertility
- Abnormal uterine bleeding
- Various causes of amenorrhea
- Endometriosis
- Low libido
- Does age affect fertility?
- Subclinical hypothyroidism in female infertility
- Obesity and complications in infertility
- Evaluation and treatment of polycystic ovary syndrome (PCOS)
- Role of metformin in ovulation induction in infertile patients with PCOS
- Myomas (fibroids) – symptomatic and asymptomatic
- Smoking and infertility
- Blockages of the fallopian tubes and fertility problems
- Adhesions and fertility problems
- Hydrosalpinx and fertility problems
- Frequent miscarriage
- Anti-Müllerian hormone and fertility problems
- Stress and fertility problems
- The best contraception method

MEN'S HEALTH:

- Causes and treatment of male infertility
- Diagnostic assessment of male infertility
- Treatment of obstructive azoospermia
- Erectile dysfunction
- Premature ejaculation
- Low sexual desire
- Smoking and infertility
- Understanding the psychosocial impact of fertility problems
- Understanding of medications used to treat fertility problems

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Who Can Participate?

- Physicians, naturopaths, osteopaths, chiropractors, and naturopaths
- Yoga teachers/professionals
- Heilpraktiker
- Any healthcare provider
- Aspirant of Ayurveda
- Person who already knows Ayurveda but wants to learn applied Ayurveda concepts from Ayushakti

Why Ayushakti?

The philosophy of Ayushakti is based on the essence of Ayurveda. Committed to maintaining the balance between the Doshas, this focuses on the proper activation of Agni, removing blockages from Aam (toxins), nourishing and healing affected Dhatus (tissues) and Ojas (immunity).

The herbs and techniques of Ayurveda may seem quite simple at the first glance. However, the way they balance the body has far-reaching effects on how you feel. You can improve your quality of life by following a few simple ways of living, eating, and taking herbal supplements. We have treated hundreds of thousands of people before conception, during pregnancy and after birth, helping them have healthier children.

Language

- Teaching Sessions – English
- Study material – English

Duration

- 1-hour live and recorded webinar
- Total of 12 sessions

This unique opportunity is worth more than any amount of money. What you will learn, what you will be able to do, and how you can personally change and grow after attending this course can be a life-changing experience for you.

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