

Ayushakti[™]
since 1987

Ayushakti Academy of Ayurveda

Woman's Health and Wellness

Exploring Ayurvedic Concepts of
Women's Health & Infertility

Education program description

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

First rebirth (ages 12-18):

It happens during puberty. Menarche (the first menstrual periods) is a major physical and emotional milestone in the 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 the 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 sexual transmitted disease (STD)
5. Abortion - how to balance emotions and body

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

Second rebirth (ages 25-40):

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

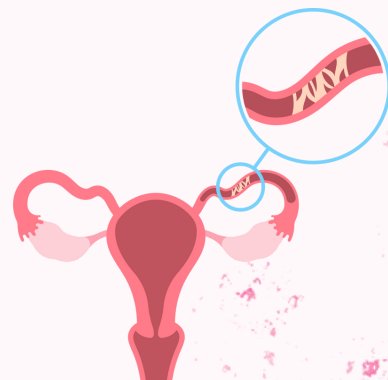
1. Hormonal changes
2. Slow metabolism—weight gain
3. PMS

Challenge of becoming a parent like

1. Difficulty getting pregnant:

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 solve problems such as

1. **Fibroids**
2. **PCOS**
3. **Tubal block**
4. **Habitual (frequent) abortions**
5. **Low AMH level**
6. **Poor follicle quality**
7. **Lower sperm count**



2. After birth:

- Emotional problems
- Weight gain
- Fatigue
- Constant back pain
- What to do before pregnancy, during and after childbirth 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 (ages 40-55+)

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 , cervical or ovarian cancer, HPV infection of the cervix, candida and vaginal infections which are common in this age group.

You will learn

- Knowledge of the menstrual cycle
- Reasons, 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

Who can register:

- Doctors, naturopaths, osteopath, chiropractor, and natural healers
- Yoga teachers/professionals
- Heilpraktiker
- Any health service provider
- Aspirant of Ayurveda
- Person who already knows Ayurveda but wants to learn Ayushakti's applied Ayurveda concepts

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.

Class information

- Class – English
- Study material – English
- 11 recorded sessions, each session is of 1.5 to 2 hours
- Mode of class – Self-paced
- Access to class recordings and all study material for 1 year (downloadable)



To register click on **ENROLL NOW** on below given link

<https://education.ayushakti.com/courses/FemaleHealth-39603>

For any query or required assistance:

Email: education@ayushakti.com

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