



Menopause - Ayurveda approach

By Vaidya C D Siby
Chief Ayurvedic Physician

Menopause is not a disease, but a normal part of life. This is the normal process in the women's body. For over 5000 years, Ayurveda has acknowledged menopause as a natural transition.

Ayurveda reassures us that menopause can be health-promoting, spiritually-transforming and free of troublesome symptoms.

Experts today are affirming this positive view of menopause, stating that it is not natural to get weak bones, heart disease and rapid aging after menopause. Rather, osteoporosis, heart disease and other chronic health problems develop over a lifetime, resulting largely from poor diet, stress and lack of physical exercise.

Menopause: Balance the Three Doshas

What is recommended for the prevention of major health problems after menopause is a healthy lifestyle. And, according to Ayurveda, healthy living is also the best way to ease symptoms of the menopause transition itself. How balanced, or overall healthy you and your lifestyle are when you reach menopause largely determines how smooth your transition will be.

If your body has imbalances in "Tridoshas" (Vata, Pitta and Kapha) you are more likely to have mood swings, sleep problems and troublesome hot flashes when your hormones start to change.

Whereas if you are have healthy lifestyle habits and are managing your stress effectively, you are likely to breeze through menopause without any major problems.

For registration and further details:

Date & Time
24th March 2018
2:00 pm to 4:00 pm

Venue
Ayur Centre
Number , 8 Jalan Utara
46200, Petaling Jaya

Organised By
Ayur Centre Sdn Bhd



For registration, please contact:

Call : 03 - 7954 2899 / 016 384 2531
E mail : ayurcentrepj@ayurcentre.com / s_chiramel@yahoo.com
Website : www.ayurcentre.com