THE AYURVEDA EXPERIENCE

HEALTHY REPRODUCTIVE YEARS FOR FERTILITY, EASY MENOPAUSE & BEYOND

NIDHI PANDYA

THE FEMALE BODY...

- ... is a temple
- Place for creation & nourishment
- Very intuitive species
- More adaptable with our hormonal & genetic make-up
- Very intelligent place
- We must understand, honor & respect our female body

UNDERSTANDING THE HUMAN BODY PART I

- Composed of 5 Elements:
- EARTH
 - Comprised of everything with a solid mass bones, muscles, tissues
 - Function structural, grounding, building blocks
- WATER



- Comprised of everything fluid plasma, blood, mucus, reproductive fluids, collagen
- Function creates, softens, blends, protects, lines, lubricates

UNDERSTANDING THE HUMAN BODY PART 2

• FIRE

- Comprised of everything that has transformative power digestive fire, vision, memory, nervous system, reproduction
- Function transformation, metabolization
- AIR/WIND
 - Comprised of everything that moves nerve impulses, peristalsis
 - Function movement, expulsion, drying & decline when in excess
- ETHER
 - …is space created in the body to allow for new growth

CHILDHOOD

• Elements of childhood:

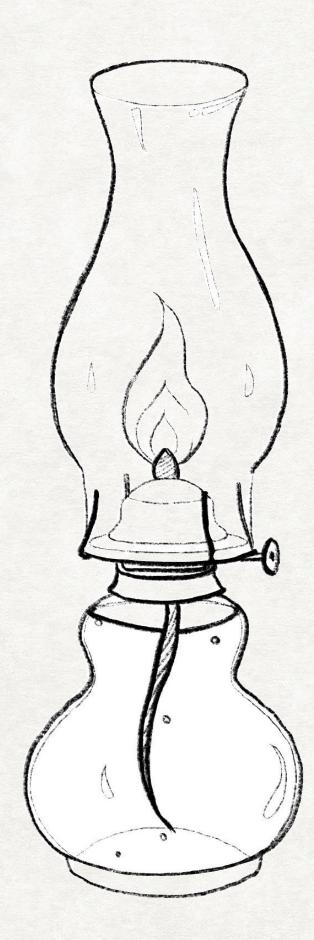
starts with Water & Earth,

Earth & Water

- Phase of Life where we Learn, Hold, Grow, Nourish
- DIET:
 - Needed grounding, nourishing
 - Avoid excess raw foods, spicy & depleting

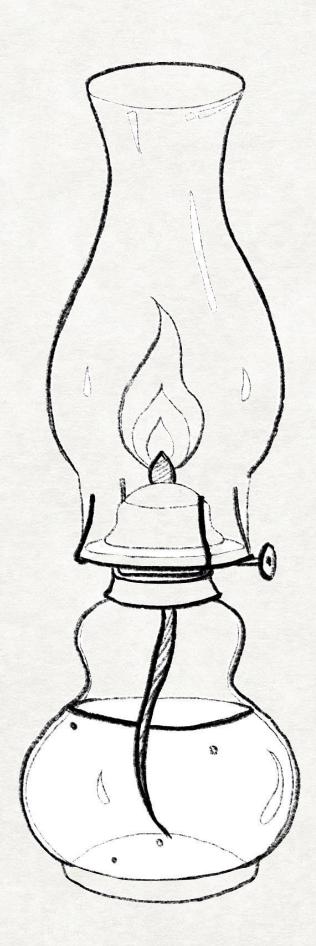
ADOLESCENCE

- Fire starts to set in
- · Ready to have opinions, to procreate & to transform
- We carry water from the previous phase of childhood
- Burn like an oil lamp



YOUTH

- Fire burns
- Oil slowly depletes
- Limited number of eggs
- Menstruation
- Pregnancies



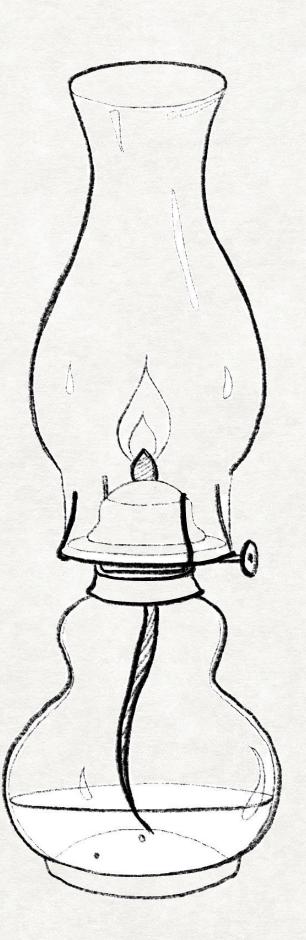
MENOPAUSE

- Oil depletes to very low
- Flame burns sharper, then becomes low & finally dries out
- Wind blows in & sets in
- Grape



	Raisin
	rtaisiii
TO STATE OF	
VELT	

Hydrated	Dehydrated
Tight	Dry
Plump	Wrinkled



FERTILITY

- How would you define "Fertile"? Warm with moisture?
- Fertility is beyond just the ability to conceive
- How ready is your body to receive?
- Optimum fertility:
 - Balance & health of female
 - Keep your water element intact
 - Keep that Agni going
 - Maintaining a Warm & moist environment

FACTORS AFFECTING REPRODUCTION + HEALTH + MENOPAUSE

- Diet Food Choices
- Overall State of Agni Digestive Fire
- Lifestyle and Mindset
- Menstrual Cycles

DIET DO'S THAT ENHANCE FERTILITY + HEALTH

WARM QUALITIES	MOIST QUALITIES
Good spices	Good fat
Cooked food	Naturally moist foods
Warm temperature	Herbal teas

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DIET DONT'S THAT HAMPER FERTILITY + HEALTH

AWAY FROM WARM AND MOIST

Excess spicy	Low fat
Raw food	Dry foods
Cold temperature	Birth control pills
Stale foods	Isolate proteins
Heavy dinners	Snacking
Light lunches	Over medicating

LIFESTYLE DONT'S

- Over-working to the point of a burnout
- Lack of restful & deep sleep
- Staying up awake into the deep dark night
- Anxiety & Stress
- Excess weight lifting that builds Earth Element

TO BRING BALANCE

- Abhyanga warm oil body massage
- Ghee & warm milk
- Yoga & Breath-work
- Moon bathing
- Floral Aromatherapy

THE MENSTRUAL CYCLE

- Your body loses equilibrium for just a little while
- Excess heat & wind
- Avoid strenuous exercise
- Cooling + Grounding foods rice, milk, almonds, coconut
- Support with Dashamula Tea, Castor oil & Castor oil packs
- Achieve & maintain deep, restful sleep on time

MENOPAUSE

- Flame sharpens & slowly dies down
- Best to support with good oils & regular Abhyanga
- Medicated oil tampons Dhanvantari Tailam
- Avoid tomatoes, eggplant, fish, excessive sesame products & other heating foods
- Best to supplement with Shatavari & Chandraprabha
- Look forward to the New Birth

LASTLY

- Protect your fluid elements
- Keep your Agni protected
- Build & maintain a sustainable, long-term routine
- No short-term goals

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AS I WATCH YOU HEAL, I HEAL MYSELF

— Nidhi Pandya



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THANK YOU

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