



Women's Health: Your Greatest Strength Deserves Your Greatest Care

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A woman is the true anchor of her family. From managing her career and home to caring for her children, spouse, and parents, she gives endlessly to those around her. Yet, in the process of taking care of everyone else, she often puts her own well-being last.

It is vital to remember: **Good health is not a luxury—it is the foundation of a happy, fulfilling life.** When a woman is healthy, her entire family thrives.

Listen to Your Body: Symptoms Are Not "Normal"

In our society, women often normalize chronic discomfort. Early warning signs like persistent fatigue, irregular periods, sudden weight fluctuations, excessive hair fall, skin breakouts, lower backache, disturbed sleep, mood swings, or digestive issues are frequently ignored as "just a part of life."

These symptoms are never normal. They are your body's intelligent signals—its way of asking for attention before a minor imbalance turns into a chronic condition.

7 Pillars of Daily Wellness for Women

Maintaining vibrant health does not require radical changes; it begins with consistent, mindful daily habits:

- 🌿 **Nourish with Fresh Food:** Eat fresh, warm, home-cooked meals rich in seasonal fruits, vegetables, and whole grains. Avoid excessive junk food, processed snacks, and sugary beverages.
- 🌿 **Move Daily:** Stay physically active with at least 30 minutes of brisk walking, *Yoga*, or gentle exercise every day to support circulation and metabolic health.
- 🌿 **Prioritize Restful Sleep:** Aim for 7 to 8 hours of deep, uninterrupted sleep each night to allow your mind and hormonal system to recover.
- 🌿 **Hydrate Well:** Drink an adequate amount of clean water throughout the day to support digestion and detoxification.
- 🌿 **Manage Stress:** Practice daily stress relief through *Pranayama* (breathwork), meditation, or quality time with loved ones.
- 🌿 **Listen to Your Menstrual Cycle:** Never ignore menstrual irregularities, excessive bleeding, severe pelvic pain, or unusual discharge.
- 🌿 **Invest in Preventive Check-ups:** Regular consultations help detect underlying hormonal or metabolic shifts early, ensuring long-term vitality.



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The Ayurvedic Approach to Women's Wellness (*Stree Roga*)

According to Ayurveda, a woman's health is a delicate balance of her physical body, mind, and hormonal pathways (*Artava Vaha Srotas*). When stress, poor digestion (*Agni*), and irregular routines disrupt this balance, metabolic and reproductive issues arise.

Ayurveda does not merely manage symptoms with synthetic hormones; it works to restore natural, internal harmony through personalized diet (*Ahara*), lifestyle adjustments (*Vihara*), and time-tested herbal therapies.

At **Shree Siddhivinayak Ayurved Chikitsalaya**, specialized Ayurvedic care effectively supports women in managing:

- **Menstrual Disorders:** Irregular, painful, or heavy cycles (*Raktapradara/Kashtartava*).
- **Hormonal & Metabolic Imbalances:** PCOD / PCOS and supportive care for thyroid concerns.
- **Fertility & Preconception Care:** Natural fertility enhancement, body preparation, and classical *Garbhasanskar*.
- **Pregnancy & Postnatal Care (*Sutika Paricharya*):** Comprehensive care for maternal health, recovery, and lactation support.
- **Menopause Management:** Easing hot flashes, mood shifts, and bone density changes naturally.
- **Skin & Hair Health:** Root-cause treatment for hormonal acne, pigmentation, and premature hair fall.
- **Weight & Lifestyle Management:** Sustainable, metabolic weight loss tailored to your body type (*Prakriti*).

Don't Wait to Prioritize Yourself

If you have been experiencing health issues for weeks or months, do not wait until they become severe. Early consultation can prevent long-term complications and significantly improve your daily quality of life.

Remember: Caring for yourself is the first step in caring for those you love.

