

Working Hours (8 AM to 8 PM

Free Consultation with







PCOD / PCOS

* Ayurveda Treatment for PCOS and PCOD: A Natural Path to **Hormonal Harmony**

% Introduction

Polycystic Ovary Syndrome (PCOS) and Polycystic Ovarian Disease (PCOD) are increasingly common endocrine disorders affecting women of reproductive age. Characterized by hormonal imbalance, irregular periods, cystic ovaries, weight gain, acne, hair fall, and infertility, these conditions not only affect physical health but also mental and emotional well-being.

Conventional medicine often manages PCOS/PCOD through hormonal pills and insulin-sensitizing agents. However, Ayurveda provides a natural, sustainable, and holistic approach to managing and potentially reversing PCOS and PCOD through personalized diet, herbal therapies, Panchakarma treatments, and lifestyle modifications.

Ayurvedic Understanding of PCOS and PCOD

In Ayurveda, PCOS and PCOD are viewed as a disorder of the Artava Dhatu (reproductive tissue) and are primarily caused by the imbalance of Vata and Kapha doshas. The accumulation of toxins (Ama), improper digestion (Agni Mandya), and disturbed lifestyle habits aggravate these doshas, leading to Srotorodha (obstruction in bodily channels) and Artava Dushti (vitiation of menstrual flow).

शुक्रार्तवविकाराणां दोषमुलत्वमिष्यते।

– Charaka Samhita

All disorders related to Shukra (sperm) and Artava (ovum/menstruation) originate from Dosha

Common Causes (Nidana) of PCOS/PCOD According to Ayurveda:

- Excessive intake of heavy, oily, sweet, or junk foods
- Sedentary lifestyle
- Excessive mental stress and irregular sleep patterns
- Suppression of natural urges (e.g., hunger, sleep)
- Improper use of oral contraceptives or hormone therapy

Symptoms of PCOS/PCOD

- Irregular or absent menstrual periods
- · Acne and excessive facial/body hair (hirsutism)
- Weight gain, especially around the abdomen
- Thinning hair or hair fall

SPECIALITIES

Search Archives

July 2025

June 2025 May 2025

April 2025 March 2025

February 2025

January 2025

December 2024

November 2024 October 2024

September 2024

August 2024

July 2024







- · Infertility or difficulty conceiving
- Fatigue, mood swings, and insulin resistance

Ayurvedic Line of Treatment At Adyant Ayurveda

1. Personalized Herbal Medicines

Ayurveda uses specific herbal formulations tailored to each patient's constitution (Prakriti) and symptoms.

Commonly Used Ayurvedic Medicines:

- Pushyanuga Churna regulates heavy menstrual bleeding
- Kanchanara Guggulu reduces cystic growth and balances Kapha
- Chandraprabha Vati improves insulin sensitivity and urinary health
- Ashokarishta / Ashoka Ghrita balances uterine function
- Shatavari and Lodhra nourish reproductive tissues

द्रव्यानां गुणसंयोगे कर्म स्यात् भेदहेतुकं।

– Charaka Samhita

The unique action of herbs arises from their specific combination of properties.

2. Panchakarma Detox Therapies

Panchakarma is Ayurveda's signature detoxification protocol to eliminate deep-seated toxins and rebalance doshas.

Effective Panchakarma Therapies for PCOS/PCOD:

- Virechana (Purgation Therapy): Cleanses the liver and regulates hormones
- Basti (Medicated Enema): Balances Vata and improves menstrual regularity
- Udvartana (Herbal Dry Powder Massage): Helps reduce weight and insulin resistance
- Nasya (Nasal Detox): Calms hormonal stress via the hypothalamus-pituitary-ovarian axis

शरीरशुद्धिरसाध्येषु व्याधिषु अपि साधनं।

– Ashtanga Hridaya

Body purification is essential even in difficult-to-treat diseases.

3. Ayurvedic Diet for Hormonal Balance

- Emphasize freshly cooked, warm, light, and digestible foods
- Avoid refined sugar, excess dairy, wheat, and processed food
- Include barley, green gram, amla, methi seeds, turmeric, and ghee
- Eat on a regular schedule and avoid late-night meals

4. Lifestyle & Daily Routine (Dinacharya)

- Wake up before sunrise (Brahma Muhurta)
- Practice daily Abhyanga (oil massage) with warm sesame oil
- Engage in moderate exercise (Yoga, brisk walking)
- Follow a fixed sleep routine
- Avoid mental stress through meditation and pranayama

स्वस्थस्य स्वास्थ्य रक्षणं आतुरस्य विकार प्रशमनं।

– Charaka Samhita

Preserving the health of the healthy and treating the diseased is the aim of Ayurveda.

🌡 When Should I See an Ayurvedic Doctor for PCOS/PCOD?

- If you have irregular periods or are missing cycles
- If you experience unwanted hair growth or acne
- If you are unable to lose weight despite efforts
- If you're planning to conceive
- If you're looking for natural solutions without hormone pills
- * Remember: You can reverse PCOS and PCOD naturally through an Ayurvedic diet and lifestyle changes

June 2024	
May 2024	
April 2024	
March 2024	
February 202	4
January 2024	ŀ
December 20	23
November 20	23
October 2023	}
September 20	023
August 2023	
July 2023	
June 2023	
May 2023	
March 2023	
February 202	3
November 20	22
October 2022	2
August 2021	

October 2022	
August 2021	
June 2021	
April 2021	
March 2021	
Categories	
Allergies Treatmen	t Through
Ayurveda	
arthritis ayurvedic	treatment
Asthma Treatment	in Ayurveda
Ayurveda Approacl	n for Uric Acid
Management	
Ayurveda beauty tr	eatments in
Bangalore	
Ayurveda Diet Dur	ing Pregnancy
Ayurveda Facial	
Ayurveda for acid r	eflux

Ayurveda for acid reflux

Ayurveda for Hair Growth

Ayurveda for Kidney Stones

Ayurveda for Scalp Psoriasis

Ayurveda Home Care

Ayurveda medicines for fatty liver

Ayurveda treatment for acid reflux in Indiranagar Bangalore

Ayurveda treatment for Acid reflux in Jayanagar

Ayurveda treatment for acid reflux in RR Nagar Bangalore

Ayurveda treatment for Arthritis

Ayurveda treatment for Arthritis in Bangalore

Ayurveda treatment for cervical spondylosis in Bangalore

? FAQs on Ayurvedic Treatment for PCOS and PCOD

1. Can Ayurveda completely cure PCOS or PCOD?

Yes, many patients experience full reversal with consistent Ayurvedic treatment, diet, and lifestyle changes.

2. How long does it take to see results?

Most patients notice improvements within 3 to 6 months, depending on severity and compliance.

3. Is Panchakarma necessary in all cases?

Not always, but it significantly accelerates recovery in moderate to severe cases.

4. Are there any side effects of Ayurvedic medicines?

No major side effects if prescribed by a qualified Ayurvedic doctor and taken in proper doses.

5. Can I take Ayurvedic medicine along with allopathy?

Yes, but always consult your Ayurvedic doctor for proper integration.

6. Will I have to follow a strict diet forever?

Once symptoms are reversed, a balanced and mindful diet helps maintain results.

7. Are Ayurvedic herbs safe for fertility and conception?

Yes, many herbs like Shatavari, Lodhra, and Ashoka are fertility-boosting.

8. Can thin or lean women have PCOS/PCOD?

Yes, even women with a normal weight can have symptoms of hormonal imbalance.

9. What lab tests should I get done before starting Ayurvedic treatment?

Basic hormonal panel (LH, FSH, Prolactin), USG pelvis, fasting insulin, thyroid profile.

10. Can Ayurveda help teenage girls with early signs of PCOS?

Yes, early Ayurvedic intervention in teens can prevent long-term complications.

Why Choose Adyant Ayurveda for PCOS and PCOD Treatment?

- 📍 Centers in Jayanagar, Indiranagar, Kalyan Nagar, Rajarajeshwari Nagar Bangalore
- 🙎 Team of experienced female Ayurvedic doctors, including Dr. Shree Lakshmi and Dr. Vidya
- Personalized herbal formulations and classical Panchakarma treatments
- 💈 Emphasis on emotional, mental, and physical wellness

& Book Your Consultation Today

Call: 9972541009

Or visit: www.adyantayurveda.com

Let Ayurveda guide you to a path of balance, fertility, and self-healing.

Click here to download Ayurveda_Treatment_PCOS_PCOD_Adyant.docx

FAQs

Can Ayurveda completely cure PCOD?	~
Is PCOS completely curable?	~
What is the Ayurvedic viewpoint on PCOS?	~
Which Ayurveda treatment is the most effective for PCOS?	~
Which dosha is in charge of PCOS?	~
Can Panchakarma cure PCOS?	~

Book Now!

Ayurveda treatment for Cholesterol

Ayurveda treatment for fatty liver

Ayurveda treatment for fatty liver in Bangalore

ayurveda treatment for fatty liver in Indiranagar

ayurveda treatment for fatty liver in Jayanagar

ayurveda treatment for fatty liver in rr nagar

Ayurveda treatment for fatty liver near me

Ayurveda treatment for hair fall in Bangalore

Ayurveda treatment for hairfall

Ayurveda treatment for infertility

Ayurveda treatment for joint pain in Bangalore

Ayurveda treatment for Lipoma

Ayurveda treatment for Liver cirrhosis

Ayurveda treatment for multiple Lipomas

Ayurveda treatment for PCOD

Ayurveda treatment for PCOS

Ayurveda treatment for Psoriasis

Ayurveda treatment for UTI In Jayanagar

Ayurveda treatment for varicose

Ayurvedic body massage at home

Ayurvedic body massage at home in Bangalore

Ayurvedic body massage in Bangalore

Ayurvedic body massage in Indiranagar

Ayurvedic body massage in Jayanagar

Ayurvedic body massage in Rajrajeshwari Nagar

Ayurvedic body massge near me

Ayurvedic Clinic

Ayurvedic Detoxification

Ayurvedic Doctor for gynecological problem

Ayurvedic Herbs

Ayurvedic Hospital

Ayurvedic massages for Paralysis

Ayurvedic medicines for paralysis

Ayurvedic Oil Massage

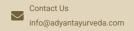
Ayurvedic Secrets of Good Digestion

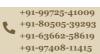
Ayurvedic Therapies for

Parkinson's
Ayurvedic Therapy
Ayurvedic Treatment
Ayurvedic treatment for acid re flux in Bangalore
Ayurvedic treatment for acidity in Bangalore
Ayurvedic treatment for Autoimmune disorders in Bangalore
Ayurvedic Treatment for Chronic Cough
Ayurvedic treatment for digestive disorder in Bangalore
Ayurvedic treatment for Digestive disorder in Indiranagar
Ayurvedic treatment for digestive disorder in Jayanagar
Ayurvedic treatment for Digestive disorder in RR nagar
Ayurvedic treatment for eczema in Bangalore
Ayurvedic treatment for eczema in Indiranagar
Ayurvedic treatment for eczema in RR Nagar
ayurvedic treatment for fibroids in Kalyan nagar
Ayurvedic Treatment for Hair Loss
Ayurvedic Treatment for Hyperpigmentation
Ayurvedic Treatment For Irregular Periods
Ayurvedic Treatment for Pancreatitis
Ayurvedic treatment for Psoriasis in Bangalore
Ayurvedic treatment for psoriatic arthritis in Bangalore
Bangalore
Best Ayurveda treatment for Varicose vein in Bangalore
Best Panchakarma treatment centre in Bangalore
Best Panchakarma treatment in Bangalore
Best treatment for Lipoma
Blogs
Can Ayurveda cure Lipoma
Case Study
Dandruff treatment in Ayurveda
Dark Circles Treatment
Diet for fatty liver

PCOD Doorstep Ayurvedic massage in Bangalore Fatty liver treatment in Ayurveda Herbs for fatty liver treatment Home Care Home Remedy How often should you do Panchakarma? Lipoma Symptoms and signs Medical Nasyam Treatment in Jayanagar Panchakarma bangalore Panchakarma therapy near me Panchakarma Treatment Panchakarma treatment at home Panchakarma treatment centre in Bangalore Panchakarma treatment in Bangalore Panchakarma treatment in Jayaanagar Panchakarma Virechanam in Bangalore Post Natal care in Bangalore Rejuvenative Therapies Shirodhara at home Strokes Chances in Bathroom Success Stories Triglycerides Ayurvedic Treatment Types of Lipoma Udwarthanam treatment at Home Uncategorized Vamana therapy Vamana treatment in Bangalore virechana treatment Weight loss treatment at home What is Lipoma? What is PCOS? Women Health Meta Log in Entries feed Comments feed WordPress.org

Difference between PCOS and







For Adyant Ayurveda Home Care Services: +91-80505-39293

Useful Links

Yoga About Us Contact Us Testimonials Privacy Policy **Editorial Policy** Terms and Conditions Swarn Bindu Prashana Franchise Opportunity Refund and Shipping Policy Adyant Ayurveda Success Stories

About Us

Welcome to the world of traditional Indian medicine – Ayurveda, the most effective ancient healthcare medical system.

Follow Us









Gallery













Copyright 2023 | Adyant Ayurveda | All Rights Reserved