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PCOS / PCOD

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 दोषमूलत्वमिष्यते।

– Charaka Samhita

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

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

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July 2025

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April 2025

March 2025

February 2025

January 2025

December 2024

November 2024

October 2024

September 2024

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July 2024

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- 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

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April 2024
March 2024
February 2024
January 2024
December 2023
November 2023
October 2023
September 2023
August 2023
July 2023
June 2023
May 2023
March 2023
February 2023
November 2022
October 2022
August 2021
June 2021
April 2021
March 2021

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when guided by an experienced practitioner.

? 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

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

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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?	▼
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Can Panchakarma cure PCOS?	▼

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[Success Stories](#)

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[Uncategorized](#)

[Vamana therapy](#)

[Vamana treatment in Bangalore](#)

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