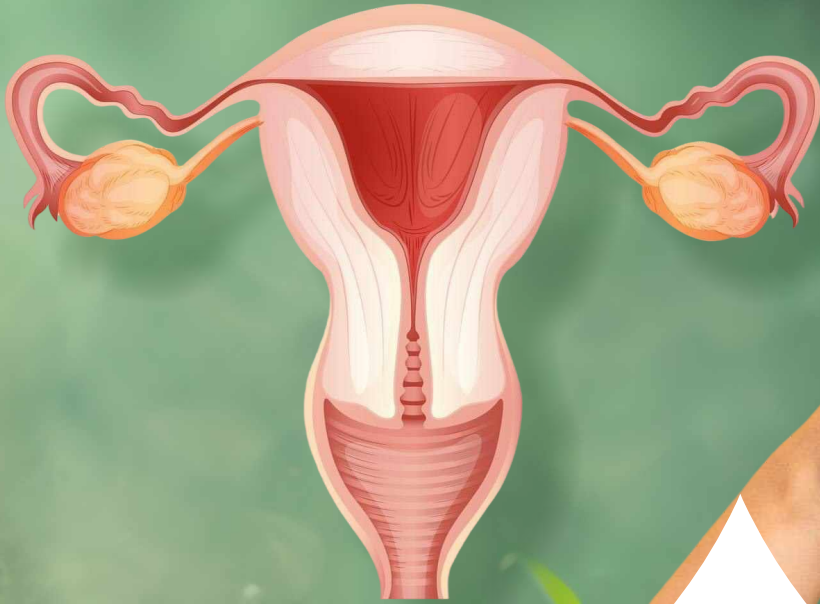




Niramay[®]
āyurvedic hospital
Re-Search for AYURVEDA

(Reclaiming Hormonal Balance Naturally)

PCOD & PCOS

•..... The Niramay Ayurvedic Approach•

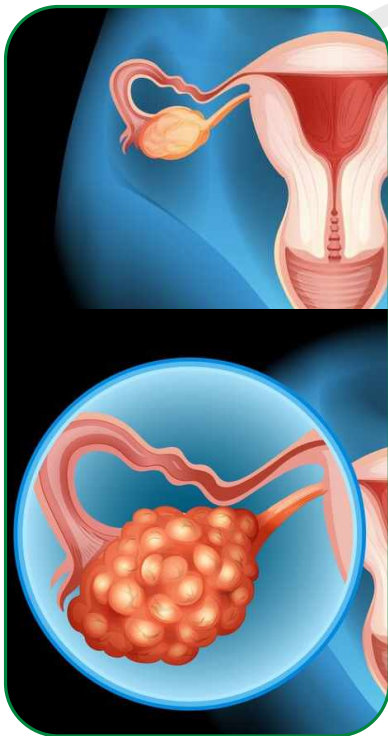
The Silent Hormonal Struggle: What is PCOD & PCOS?

Polycystic Ovarian Disease (PCOD) and Polycystic Ovary Syndrome (PCOS) are among the most common hormonal disorders affecting young and married women today. With changing lifestyles, rising stress levels, irregular eating habits, and reduced physical activity, PCOD/PCOS has become increasingly prevalent — often silently impacting menstrual health, fertility, weight, skin, and emotional well-being.

Modern medicine describes PCOD/PCOS as a condition where the ovaries produce excess androgens (male hormones), leading to irregular ovulation, multiple small cysts in the ovaries, and hormonal imbalance.

Ayurveda, however, looks deeper — PCOD/PCOS is not just an ovarian disorder. It is a systemic imbalance involving digestion, metabolism, hormones, and lifestyle.

PCOD vs PCOS: Is There a Difference?



① PCOD (Polycystic Ovarian Disease):

A functional disorder where ovaries release immature or partially mature eggs, leading to cyst formation. Often lifestyle-related and reversible with timely intervention.

② PCOS (Polycystic Ovary Syndrome):

A more complex hormonal and metabolic syndrome associated with insulin resistance, obesity, infertility, and long-term health risks.

Both conditions require holistic, root-cause-based management rather than symptom suppression alone.



Common Signs & Symptoms



Irregular, delayed, or absent periods



Excess facial or body hair (hirsutism)



Acne, oily skin, pigmentation



Weight gain, especially around the abdomen



Difficulty in conceiving / infertility



Hair thinning or hair fall



Mood swings, anxiety, low confidence



Sugar cravings and fatigue

Every woman's experience is unique symptoms may vary in intensity.



The Ayurvedic Understanding of PCOD & PCOS

According to Ayurveda, PCOD/PCOS is primarily a disorder of **Kapha and Vata imbalance**, with involvement of **Pitta, Agni (Digestive fire)**, and **Artava Dhatu (Reproductive Tissue)**.

Ayurvedic Root Causes

- Weak digestion (Mandagni) leading to toxin accumulation (Ama)
- Excess Kapha causing cyst formation and weight gain
- Vata imbalance leading to irregular menstruation
- Hormonal disruption due to stress and improper lifestyle
- Sedentary habits and lack of physical activity



Ayurveda emphasizes that **hormonal balance begins in the gut.**

When digestion and metabolism are corrected, hormones naturally start aligning.

Why Ignoring PCOD / PCOS Can Be **Risky**

Untreated or poorly managed PCOD / PCOS may lead to:



Infertility or delayed conception



Recurrent miscarriages



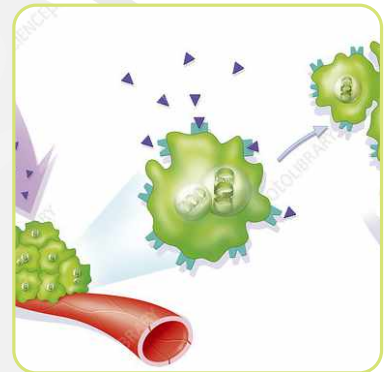
Type 2 diabetes & insulin resistance



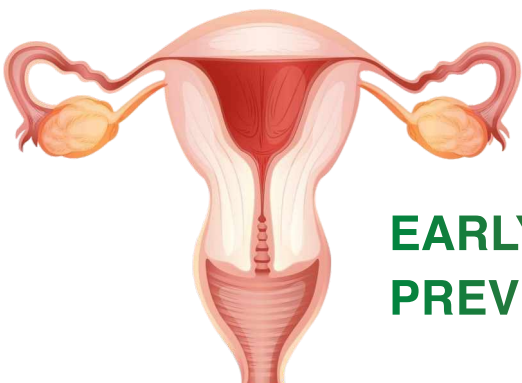
Thyroid imbalance



High cholesterol & cardiovascular risks



Long-term hormonal dependency



EARLY INTERVENTION CAN PREVENT THESE COMPLICATIONS.



The Niramay Ayurvedic Treatment Approach

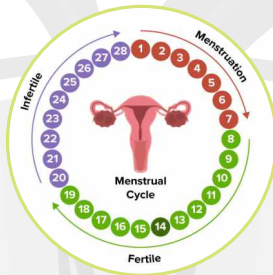
At Niramay Ayurvedic Hospital, PCOD/PCOS treatment focuses on **correcting the root imbalance**, not just inducing periods.

Our Holistic Healing Process

1. Detailed Assessment



Nadi Pariksha
(Pulse Diagnosis)



Menstrual &
fertility history



Lifestyle, stress &
metabolic evaluation

2. Personalized Ayurvedic Medicines



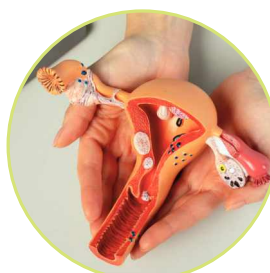
Hormone-regulating
herbal formulations



Medicines to improve
ovulation & follicular
maturity



Metabolism-enhancing
& insulin-sensitizing
herbs



Uterine & ovarian
rejuvenation therapies

(Medicines are customized based on individual Prakriti and imbalance.)



Panchakarma Therapies for PCOD/PCOS

When required, detoxification is essential for long-term results.

1

Virechana (Therapeutic Purgation):

Detoxifies hormones & balances Pitta-Kapha

2

Basti (Medicated Enema):

Regulates Vata, improves menstrual regularity

3

Udvartana (Herbal Powder Massage):

Reduces obesity & insulin resistance

4

Abhyanga & Swedana:

Improves circulation & hormonal signaling

5

Shirodhara:

Reduces stress, anxiety, and hormonal disruption



Niramay's research-based Panchakarma protocols are tailored for women's hormonal health.



Ayurvedic Diet Plan for PCOD / PCOS



Foods That Support Hormonal Balance



Grains



Vegetables



Proteins



Spices



Fruits



Healthy Fats



Foods to Avoid

**Refined sugar &
bakery foods**

**Maida, white rice,
junk food**

**Excess dairy
& cheese**

**Fried, oily,
packaged foods**

**Cold drinks &
artificial sweeteners**



Lifestyle & Daily Routine Tips



Maintain a fixed sleep-wake cycle



Avoid late nights & daytime sleep



Limit screen time & emotional eating



Practice yoga, walking, or strength training (30–45 mins daily)



Manage stress through meditation & breathing practices



Helpful Home Remedies (Supportive)



- **Fenugreek seeds:**

Soak overnight, consume in the morning



- **Cinnamon water:**

Improves insulin sensitivity



- **Amla powder:**

Supports hormonal balance & immunity



- **Spearmint tea:**

Helps reduce excess androgen levels

(Home remedies are supportive — not a substitute for treatment.)



Fertility & PCOD/PCOS: A Message of Hope

★ PCOD/PCOS does not mean infertility.

With timely Ayurvedic treatment, many women:

- Resume regular menstrual cycles
- Achieve natural ovulation
- Conceive naturally without hormonal injections
- Experience improved confidence & quality of life

Why Choose Niramay Ayurvedic Hospital?

- ★ Decades of experience in women's health & fertility care
- ★ Root-cause-based, hormone-free management
- ★ Personalized diet, lifestyle & Panchakarma protocols
- ★ Safe, natural & sustainable results

We don't just regulate cycles — **We Restore Balance.**

The Niramay Promise

✦ At Niramay, PCOD & PCOS are not lifelong labels. With the right guidance, discipline, and holistic care, hormonal harmony is achievable — naturally and safely. ✦
(Doctor details, address & contact information to be added as per template.)

World Renowned Pulse
Reader



Team of Experienced Ayush
Certified Doctors



Center for Ayush Doctor
Fellowship Training



Suddha Ayurved Chikitsa
"Niramay Chikitsa"



Marma Pidan Ruh Chikitsa



103+ Years Guru Shishya
Parampara



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