

# Menopause Mystery

Frequently Asked Questions, Answered

Written By

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RAJO-NIVRUTTI

**MENOPAUSE as  
per Ayurveda**

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The information presented in this e-book is for education purpose only and is not medical advice. You must consult your family doctor or physician before you decide to implement any of the methods, related to menopause.

## About the Author

Dr.Pallavi Shinde is an Ayurvedic consultant in India, practicing as a private consultant for more than 12 years now.

When it comes to diagnosing patients, she's a firm believer of natural healing processes and that's why she chose Ayurveda.

She's the director of the **Shree Vishwamukta Yoga and AyurvedaClinic**. Some of her achievements include.



- B.A.M.S (Bachelor Of Ayurvedic Medicine & Surgery, Pune)
- D.Y.A (Diploma in YogAyurveda)
- Diploma in acupressure & acupuncture therapy
- Director & chief Ayurvedic Consultant at shree VishwamuktaAyurveda clinic
- Specialist in pulse reading & chronic illness
- Specialist in Panchakarma theories
- Manufacturing consultant of ayurvedic & herbal medicines

### **Ayurvedic Health Practitioner & Ayurvedic Health Educator**

Dr. Pallavi is an expert in treating the so-called incurable diseases. She is also the pioneer in applying modern technology to the ancient science of Ayurveda, having set up the Ayurvedic clinic in 2011 that provides solutions to many health related problems.

She always uses ayurvedic Proprietary formulation for many chronic health diseases & many products for skin Diseases & beauty products. She is a hardcore Researcher, Practitioner, Promoter of Ayurveda.

## Let's Begin...

Elizabeth was in her mid 40's ,a proud mother of two and ran a successful bakery on the outskirts of the city. She even got interviewed on the local radio station for an ingenious “plum cake” recipe she discovered a few years back.

With success at hand and enough money to buy anything she desired, she would have been a role model for any woman of her age.

Though this was the case, Elizabeth knew something was missing since a few months. She was entering the menopause phase and things had started to disturb her little. Her body was showing those signs of aging.

It's not that she was not looking for answers. After all, she was a woman with strength and possessed ability to solve problems with commitment and dedication. Her success proved it.

The pace with which her body, mind and emotions were responding, was something to care about.

You know what, Elizabeth is not alone!

Coping with “menopause” is every woman's necessity and challenge.

The truth is, there is no better time to know about this simple concept. It doesn't require you to be super intelligent, smart or even highly educated. It boils down to knowing the basics and applying them in the right way.

Given the complex nature of today's world, the incomplete and incorrect information present about “menopause” makes it almost impossible for many women like you, to look at things the way they are.

Unfortunately even the internet and friends make it sound like a nightmare.

So, just relax and grab a coffee.

In the next few minutes we are going to do something unusual.

We are going to destroy your fear about menopause.

For a moment forget what the gynecologist says or the latest medical journal tries to talk about it.

We are going to explore the whole world of menopause from “Ayurveda” perspective.

Ayurveda is a 7000 year old ancient Indian Medical system that strongly believes in natural healing practices. Ayurveda is so vast that, “Yoga” is considered a fraction of what the whole thing is about. You can learn more about Ayurveda by [clicking here](#).

Don't let the word “Ayurveda” scare you. Give it a try and you'll feel the difference.

We are going to cover the very basics of what menopause is and what it's not! so that you can effortlessly deal with it.

Once you read this ebook you'll be far more ahead in your knowledge about menopause than most women out there. The secret is not in that drug or the yoga pose you saw on youtube, it boils down to how you approach the whole thing.

You'll be amazed at how simple it is and there's nothing esoteric about it!

To make it simpler, I'm going to tell you a secret right now!

# Acceptance!

That's right, the sooner you “accept” menopause as a beautiful opportunity, things will be drastically simpler and relaxing.

Trust me!

How can something as natural as menopause, be complex, right?

Menstruation turns a girl into a woman and menopause turns her into a beautiful and responsible human being. It's the Mother Nature's way to teach you to “Let Go” things for the better.

We are in this together, and that's a promise ☺

This ebook is going to be in a question/answer format for easy understanding. I have compiled a list of some of the most important and pressing questions about menopause, my patients ask me and answered them here for easy understanding.

Learning this way will be easier for you and you'll enjoy it better.

## **So, let's get started...**

Before we can continue with the actual discussion of menopause and its symptoms first it is necessary to understand how Ayurveda looks at the woman's body (or any human body) and several terminologies associated with it.

In twentieth century literature there was an idea called "The Three-Dosha Theory". Which are tridosha in Ayurveda. (Dosha literally means "fault")

What is in the universe is always present in our body as per this rule our human body is also made with the five elements and this three doshas are also made with this five elements (i.e. Earth, Water, Fire, Air, Space)

As we have nutritive compounds like minerals, calcium, iron, vitamins in our body like the same we have some basic and different body constitution with each and every person. These three substances fluctuate in the body according to the seasons, time of day, diet, and several other factors.

These fundamental called vata, pitta and kapha. Health exists when there is a balance between the three fundamental bodily bio-elements or doshas called vata, pitta, kapha. These is a very big and most important topic of Ayurveda actually this is the tripod and root of Ayurveda, So to explain and elaborate dosha in short manner is very difficult but at least to understand the basics of theses I am going explain here some of the basic characteristics very shortly.

**Vata:** The combination of (air and ether) characterize by the properties of dry, cold, light, minute and movements. All movements in the body is due to properties of vata.

Any kind of body pain is the characteristic feature of deranged vata. Some of the diseases connected to unbalance vata are flatulence, joint pain, rheumatism, constipation.

**Pitta:** The combination of (fire and water) represent metabolism. Characterize by heat, moist, liquidity, and sharpness. Which is nothing but fire or heat.

Pitta helps for digestion and metabolism. Unbalanced pitta causes redness, skin issues, burning sensation and acidity in the body.

**Kapha :** The combination of water and earth, which is characterize by heaviness, coldness, tenderness, softness, lubrication and the carrier of the nutrients. All soft organs are made by kapha and it plays important role in the perception of taste together with nourishment and lubrication.

Each and every human body consist theses five elements and tri-doshas. defer from person to person.

## **At what age does the menopause normally start?**

Menopause usually occurs between the ages of 45 and 55.

## **How long does menopause usually last?**

Once menopause occurs it usually last for several years.

## **What are the early symptoms of menopause?**

- Cyclical changes such as irregularity or heavy bleeding
- Dry skin, hair and nails
- Itching
- Insomnia
- Anxiety
- Palpitations
- Depression
- Fatigue
- Low libido

- Scattered thoughts
- Poor memory
- Confusion or difficulty concentrating
- Mood swings
- Irritability
- Hot flashes
- Night sweats
- Headaches or migraine
- Vaginal dryness
- Weight gain/ weight loss
- Breast tenderness
- Increased frequency of urination or incontinence
- Increased possibility of urinary tract infection
- Muscle and joint pain and inflammation
- Osteopenia and over time, increased risk of osteoporosis.

## **What are the stages of menopause?**

There are three stages of menopause:

1. Perimenopause
2. Menopause
3. Post menopause

## **How many periods do you miss before menopause?**

It depends on which type of constitution you have but if usually you missed your period for continuous 1 year then it surely indicates the menopause.

## **How do I know If I'm going through menopause?**

Some normal signs which includes:

- Irregular periods
- Hot flushes



- Sleep disturbance
- Vaginal dryness
- Mood swings

## **Can a woman get pregnant during or after menopause?**

Naturally you can't get pregnant in menopausal phase, because ovaries stop producing the hormone estrogen and can't produce the eggs.

But another way is just by using the donor egg there are such possibilities to get pregnant.

## **Is premature menopause (before age 40) normal?**

Premature menopause occurs due to lot of reasons:

- i. Genetic disorders: like turners syndrome or fragile x syndrome.
- ii. Family history: history of family early menopause.
- iii. Toxins: exposure to chemo radiation therapy, drugs, or any kind of toxic chemical.
- iv. Autoimmune disorder: which generally affect hormone producing ovaries, or thyroid disease.
- v. Infection: like viral mums' infection.
- vi. Surgery: hysterectomy (uterus removed) or oophorectomy (ovaries remove).

## **Is there a home test for menopause?**

- You can recognize your menopause time by looking up your symptoms.
- Never forget to do your yearly health check-up.
- Some hormone test like FSH (follicle stimulating hormone) elevation can indicate the signs of menopause.

## **How do I prepare myself mentally and physically to face menopause?**

- Menopause is the biological process of our human body.
- Like birth, menarche, pregnancy menopause is also the new stage of our life which makes us more to be as a complete woman.
- Regular exercises like yoga, pranayama and walking prepare our physical balance with mental health.
- After knowing your body constitution as per Ayurveda follow your Daily routine, seasonal routine, diet regimen, menstruation routine, prenatal and postnatal routine as mentioned in Ayurveda.

## **Can periods restart after menopause?**

After menopause if there is any spotting or bleeding this is called postmenopausal bleeding which can lead to any kind of uterine cancer or serious diseases. You have to consult your doctor if this is happening.

## **What are the signs of coming to the end of menopause?**

- Hot flashes
- Elevated heart rate
- Night sweat
- Mood changes
- Vaginal dryness
- Urinary infections
- Insomnia

## **Does menopause make you tired?**

The hormonal changes like insomnia and mood swings leading to fatigue and tiredness.

## **Are headaches a normal part of menopause or it varies from person to person?**

- Each and every symptom in menopause varies from person to person.
- Every symptom is totally depending on the dosha and the body constitution of that person.

## **Are dry hair & dry skin normal in menopause? What can I do to avoid them?**

- Dryness is related with the vata dosha as per Ayurveda as menopause is the age of vata it create more dryness in joints, skin, hair, vagina and other body parts too.
- To avoid this dryness you need to follow the diet and routines as per your doshas and prakriti (body constitution).
- At the same time Ayurveda always suggests some medicated oil abhyanga (oil massage) which is always helpful with some kind of internal and external therapy.

## **Does menopause just happen suddenly or it's a gradual process?**

Menopause is the biological process of the body, if its happening suddenly it means there are some imbalances in body.

## **What are the causes of bleeding after menopause?**

- Endometrium thinning
- Inflammation and infection of the uterus and vaginal parts.
- Some types of cancers or non - cancerous growths like polyps.

## **If my mother had early menopause does that mean I will do?**

- May be or may be not because early menopause is not cause totally due to family history.
- There are certain other causes also which can lead to early menopause.

## **Will a woman who began having her period at an early age go into menopause earlier than women who began having their period years later?**

Generally yes, early menarche causes early menopause too.

## **What psychological problems or changes can be expected with menopause and post menopause?**

- Mood swings
- Depressed
- Aggressiveness
- Lack of motivation
- Difficulty in concentration
- Stress or anxiety
- Irritability / restlessness
- Feeling of sadness or loneliness

## **What is the best diet during menopause?**

- Diet again depends and varies with your dosha and prakriti (Body constitution)
- Generally dairy products, whole grains , fresh fruits and vegetables, poly estrogen food like legumes, dairy, eggs, leafy green veggies, fish good for menopausal women.

## **Does yoga help in menopause?**

- Of course yes, because regular practice of yoga restores not only the good physical health but also the mental health.
- Yoga is the natural comprehensive remedy.
- Also relieves your stress.

## **How Ayurveda can help you in menopause?**

Menopause is not a disease; it's just the transitional phase of every women's life.

Ayurveda is the natural way to know more about yourself and if you know yourself better, you can treat it in a better way.

This universe is always giving us something, like the same way Ayurveda helps human beings by connecting with this universe and treat so many critical diseases with natural and non - harmful way.

Ayurveda always believes to treat the root cause of disease, not just the symptoms of disease. Ayurveda helps us to maintain our healthy life at the same time prevents us from the illness.

Ayurveda teaches us how to live healthy with healthy daily routines, good quality and quantity food, seasonal regimens, menstruation regimen, pregnancy regimen, post-pregnancy regimen, with natural herbs which sometime we can find around our garden too.

Lifestyle is the most important thing in human being to live healthy life everyone should follow their duties with physical, psychological and social way this we can learn from Ayurveda.

It helps us not from the disease but also prevents and lift us at higher state of consciousness.

## Get Private Consultation



**Are you suffering from a chronic disease?**

**Try Ayurveda as an alternative medicine and see the difference.**

**Together we can handle it!**

**Just join me with a private one-to-one video zoom call and I'll assist you in all possible ways as I can.**

**God bless you with health, wealth & prosperity!**

**[Click Here For Details](#)**

I hope information presented in this e-book has helped you to understand some of the core concepts of menopause.

Should you have any difficulty in understanding the concepts, you can [contact me](#) anytime, even if your questions seem trivial.

I'm always here to assist you

Thanks and have a nice day.

Dr. Pallavi Shinde