



Hormonal Balance



➤ *Ananda PCOS Management*

PCOS is a complex endocrinal and metabolic disorder that affects menstrual cycle, fertility, insulin production, circulatory system and appearance. Ananda uses a *traditional* Ayurvedic process to balance the body from within, and treat the imbalances causing the above symptoms. This is fortified with *customized* yogic postures and meditative practices that work on the *reproductive* system. Healing emotional issues like anxiety, depression, and low self-esteem are a critical aspect of the treatment plan.

Who is this programme for: Those with PCOS and related hormonal related issues

To balance and regularize the related hormones/internal environment by detoxification and rejuvenating the body to achieve and maintain physiology and to prepare for the next phase.

The primary line of treatment begins with Nidana parivarjana to abstain from the causative factors. It is then followed by detoxification therapies like Panchakarma. These are proceeded by customized ayurvedic medicines, nourishing supplements and rejuvenating therapies to bring the body back into balance. It's also important to cure gut related issues while treating PCOS to improve metabolism and digestion.

This entire process is fortified with using customized yogic postures and meditative practices that work on the reproductive system. The physical asanas also help in toxin mobility and working of the lymphatic system, which are then expelled out of the body eventually. Meditative and breath work practices help reduce stress that accompanies PCOS.

Customized meals play a significant role in this entire process of treatment and subsequent maintenance. Healing the emotional issues of anxiety, depression, low self-esteem are a critical aspect of the treatment plan.

PCOS Management	Comprehensive	
<i>Inclusions</i>	14 nights	21 nights
THERAPIES		
Ayurveda, Cleansing	22	34
PERSONAL SESSIONS		
Yoga, Pranayama, Meditation	7	9
CONSULTATIONS		
Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up	9	10

*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

Consultations with Lead Consultant – Ayurvedic Doctor - on arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. In addition, comprehensive programme includes consultation with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.

