

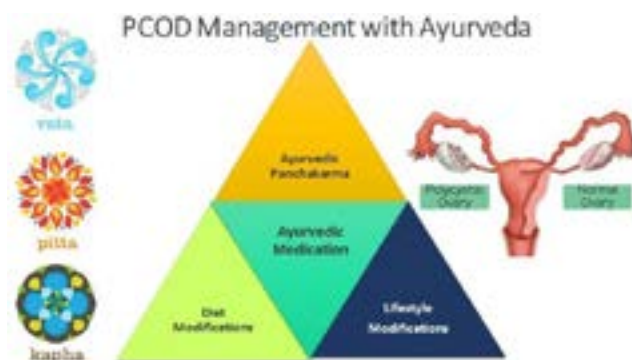
2<sup>nd</sup> International Congress on**RESTORATIVE & ALTERNATIVE MEDICINE**

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**Ayurvedic management for polycystic ovarian syndrome****Aruna Patki**

Ayurveda Healing Spa, USA

As per my observation in practice, women in current time are at a greater risk for physical, mental and emotional health problems. Some of the routine gynecological disorders that I observe in my practice are: pelvic pain, menstrual disorder, uterine fibroid, polycystic ovarian syndrome, high risk pregnancy, pelvic inflammatory disorders and vaginal disorder. Today I would like to explore polycystic ovarian syndrome (PCOS) and the ayurvedic approach. Reasons for PCOS are lack of exercise, hormone imbalance, stress, sedentary lifestyle, abnormal ovarian steroidogenesis and genetics. From ayurvedic perspective “Artava Vaha Srotas” one of the channel system related with menstrual cycle and Kapha Dosha and Meda Dhatu, vitiation of all of these creates imbalance and affects Kapha and forms Granthis (cysts in the ovaries). The key factors of PCOS are: Kapha Dosha/Obesity/Medavrutta, Vata/Kaphavrutta Vata and Kaphaj Granthi. Ayurvedic regimen heal this issue through, the line of therapies which included: Shaman (restorative approach), Kapha Meda Balance, Tissue Balance (Digestion), Ayurvedic Lifestyle, Ayurvedic Herbs, Manage obesity, Shodhan Panchkarma [detox and rejuvenation].

**Biography**

Aruna Patki is the Founder of Ayurveda Healing Spa LLC. After completing her Bachelor's in Ayurvedic Medicine and Surgery, in 2001 she began promoting Ayurveda and sixteen years later, her Ayurvedic Rejuvenation program partners with The Swami Rama Himalayan Institute, NYC. She also started an Ayurvedic program at Om Spa, advising on Ayurveda. She is a certified Yoga Teacher and licensed nationally certified Massage Therapist and fuses Ayurveda, Therapeutic Yoga, Panchakarma and Integrative Holistic Massage per individual needs. She partners with Physicians, Chiropractors, etc., to advance Ayurveda; and her specialties are Wellness Counseling, Body Constitution, Ayurvedic Pulse Assessment, Yoga, Lifestyle management, Stress management, Weight Loss Programs, Herbal Remedies, Skin Care, Panchakarma therapies (Natural detoxification & rejuvenation) and Pranayama etc. Her passion is application of an Ayurvedic way of working with clients to maintain or regain full vibrant, radiant health of body, mind and spirit.

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