



FEMALE HEALTH IN *AYURVEDA*

Coalition of Health Professionals
for Regenerative Agriculture

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for Regenerative Agriculture

WHO ARE
WE?



RAIZA
REZENDE



ZUZANNA
ZIELIŃSKA



CRISTINA
LAURENTI



EIRINI
TSIRIMOKOU

Coalition of Health Professionals for Regenerative Agriculture

PRESENTS:

CATARINA GOLDANI



- **B.S. DIETETICS - UFF**
- **SPECIALIZATION IN PHYTOTHERAPY - UFFRJ**
- **AYURVEDIC THERAPIST - YOGA BRAHMA VIDYALAYA**
- **EDUCATOR RAW FOOD - OSWALDO CRUZ FOUNDATION**

AYURVEDA

- **AYUR - SCIENCE / VEDA - LIFE**
- **BASED ON THE ANCIENT POPULATION FROM INDIA - THE VEDAS (MILLENNIAL PHILOSOPHY, SANKHYA SCRIPTURE);**
- **+ 5 THOUSAND YEARS OF RECORDS;**
- **ORAL TRADITION;**
- **UNIVERSAL INSTRUMENT FOR HEALTH PROMOTION;**
- **FOOD, PHYTOTHERAPY, MASSAGES, OILS, PURGING PROCEDURES, ASTROLOGY AND YOGA;**
- **HARMONIZES THE CONSTITUTION OF THE HUMAN BEING WITH THE CONSTITUTION OF THE UNIVERSE**



AYURVEDA

- PURUSHA - THE CONSCIOUSNESS OR UNIVERSAL PRINCIPLE
- PAKRITI - MATTER
- DOSHAS - SACRED ENERGIES AND QUALITIES THAT ACT IN CREATION
- CHAKRAS - ENDOCRINE AND NERVOUS SYSTEMS

DOSHAS ARE THE LINK BETWEEN MATTER AND CONSCIOUSNESS

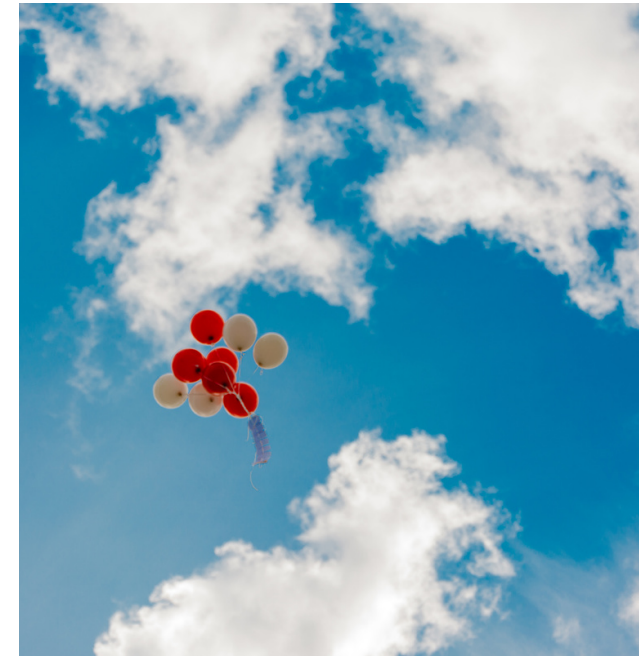


ELEMENTS AND DOSHAS

DOSHAS ARE PRESENT IN FOOD, PLANTS, HUMANS, PERSONALITIES, SPACE AND EVERYTHING THAT SHAPES MATTER IN OUR UNIVERSE.

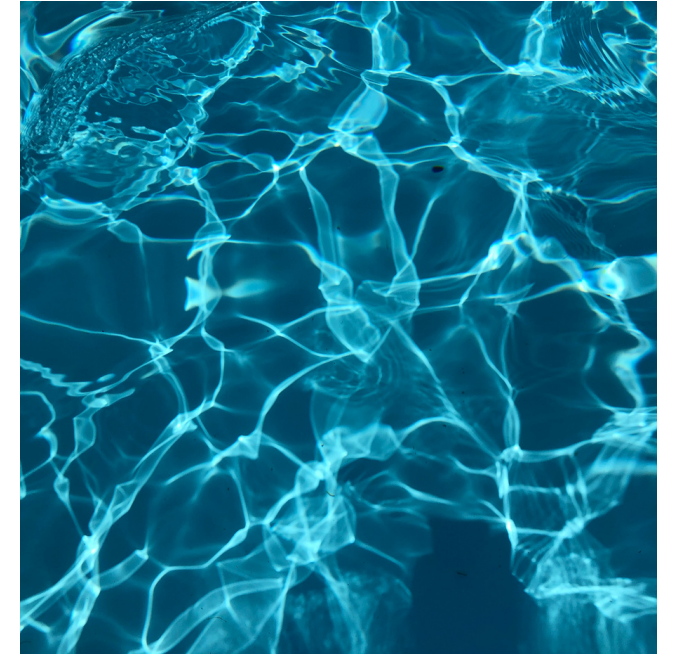


DOSHAS - VATA



- **VATA - "WIND", SUBTLE, AERIAL, SPIRIT, INTUITION AND FIELD OF IDEAS**
- **ORGANS - LARGE INTESTINE, NERVOUS SYSTEM, BONES, EARS AND TEETH**
- **QUALITIES - DRY, LIGHT, COLD, SUBTLE AND MOBILE**

DOSHAS - PITTA



- **PITTA - FIRE, HEAT, METABOLISM, INTELLECT**
- **ORGANS: DUODENUM, SKIN, EYES, STOMACH, BLOOD AND LIVER**
- **QUALITIES: OILY, PENETRATING, HOT, LIGHT, UNPLEASANT ODOR, MOBILE, LIQUID**
- **AGNI - DIGESTION, BASIC PRINCIPLE AND MAIN PILLAR OF HEALTH**
- **MENTAL AND INTELLECTUAL FIELD**

DOSHAS - KAPHA



- **KAPHA - “MUCUS”, WATER, SECRETION, FAT, LUBRIFICATION, UNION AND DENSITY**
- **ORGANS - THROAT, PANCREAS, STOMACH, LYMPH AND ADIPOSE TISSUE**
- **QUALITIES - MOIST, COLD, HEAVY, SLOW, STICKY, SOFT AND FIRM**
- **EMOTIONAL AND FEMININE FIELD**

NUTRITION

VATA

ASTRINGENT AND BITTER FLAVORS SHOULD BE AVOIDED, AS WELL AS DRY, COLD AND LOW-FAT FOODS. EX: PREFER RISOTO, PORRIDGE, AVOCADO

PITTA

REFRAIN FROM SPICY, SALTY AND FATTY FOODS. CHOOSE NATURAL SWEET FOODS LIKE COCONUT, PUMPKIN, FENNE AND DARK GREEN LEAVES.

KAPHA

AVOID SALTY AND SWEET FOODS, AS WELL AS COLD, FATTY AND OILY FOODS. PREFER LIGHT FOOD.

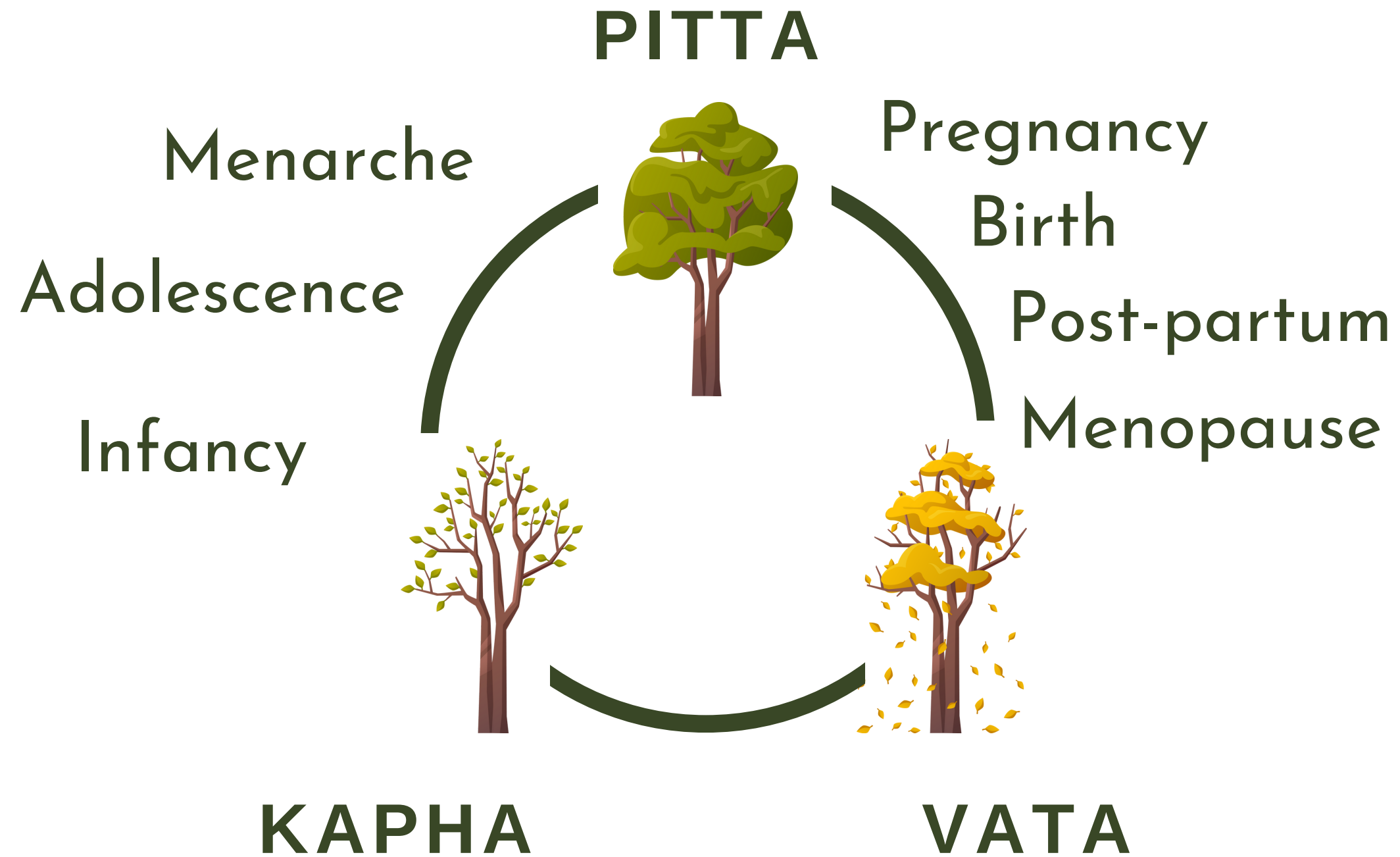


NUTRITION

- ACCORDING TO THE TREATMENT OF THE IMBALANCED DOSHA - COMPLEMENTARY OPPOSITES
- RESPECT HUNGER, SATIETY AND DIGESTIVE FIRE
- OMNIVORE
- DIGESTIVE TEAS AND SPICES
- FRESH, UNPROCESSED AND AVOID FROZEN FOODS
- ANTIAMA DIET - PREPARATION FOR PANCHAKARMAS



WOMEN'S CYCLE



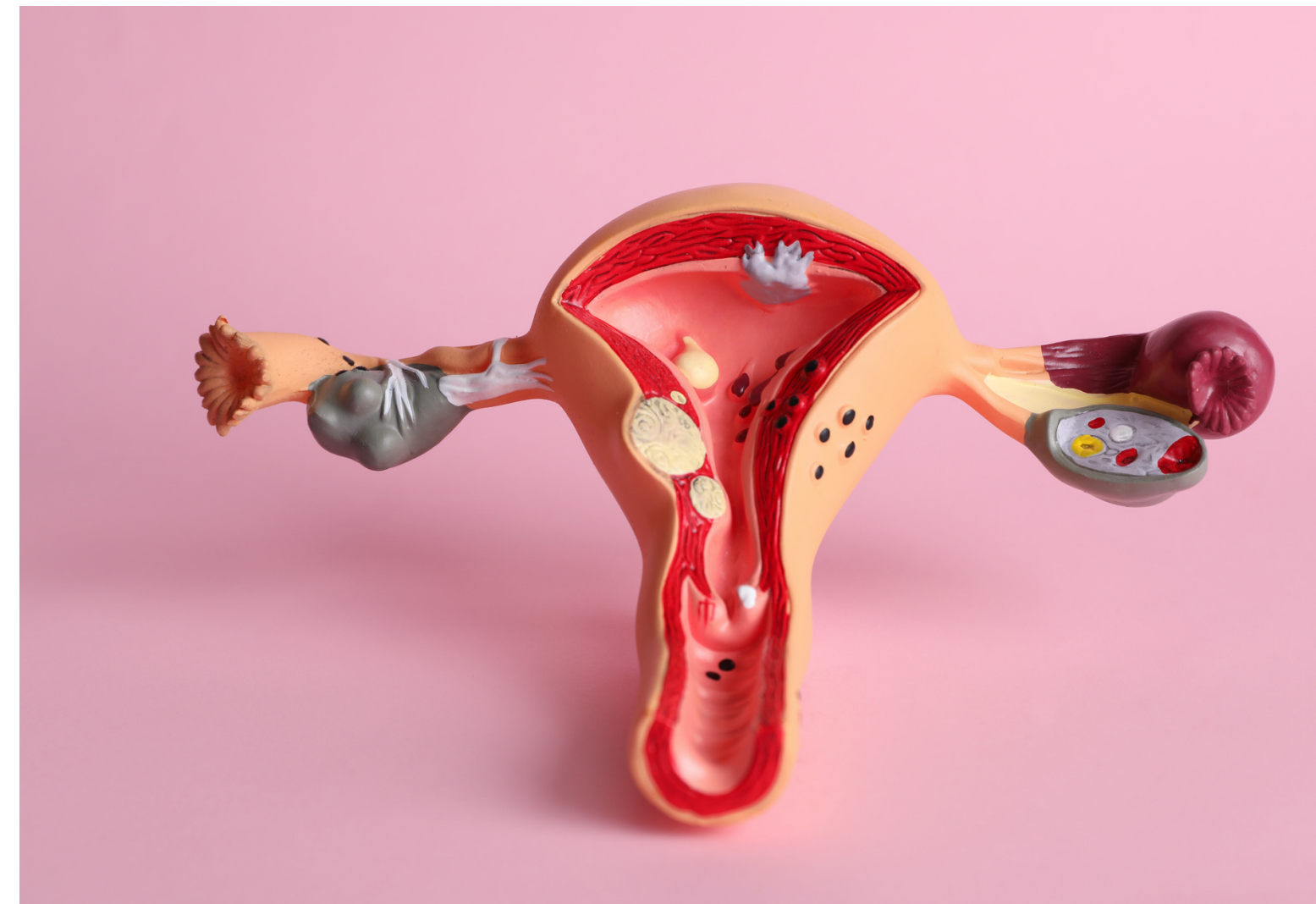
BEING A WOMAN

- IMPERMANENCE, IN CONSTANT TRANSFORMATION;
- PARICHARYA - ADAPTATION IN FOOD ACCORDING TO CYCLES;
- PRE-OVULATORY/OVULATORY/PRE-MENSTRUAL/MENSTRUAL/SECRETORY;
- MENARCHE, MENSTRUATION, PREGNANCY, POSTPARTUM AND MENOPAUSE;
- EXCLUSIVITY IN GENERATING, GIFT OF LIFE, CARE, SPIRITUALITY AND ALTRUISM.



SUKRA - REPRODUCTIVE TISSUE

- **SUKRA IN SANSKRIT - VENUS, THE PLANET OF LOVE**
- **7TH TISSUE TO BE NOURISHED IN THE SYSTEM**
- **ORDER OF TISSUES - PLASMA, BLOOD, MUSCLE TISSUE, FAT TISSUE, BONE TISSUE, NERVOUS TISSUE AND REPRODUCTIVE TISSUE**
- **MENSTRUAL FLOW - SUBLAYER OF THE FIRST TISSUE: PLASMA (VEHICLE OF NUTRIENTS, HORMONES, WATER FOR ALL TISSUES)**
- **HOW ARE THE 5 SENSES?**



MENSTRUAL PHASES

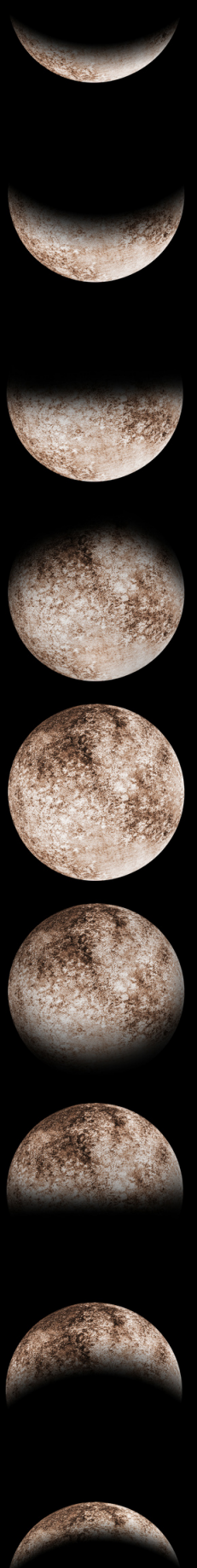
- RAJAKALA → MENSTRUAL PHASE
- RUTUKALA → OVULATORY PHASE
- RUTAVAITITAKALA → SECRETORY PHASE



RAJAKALA

MENSTRUAL PHASE

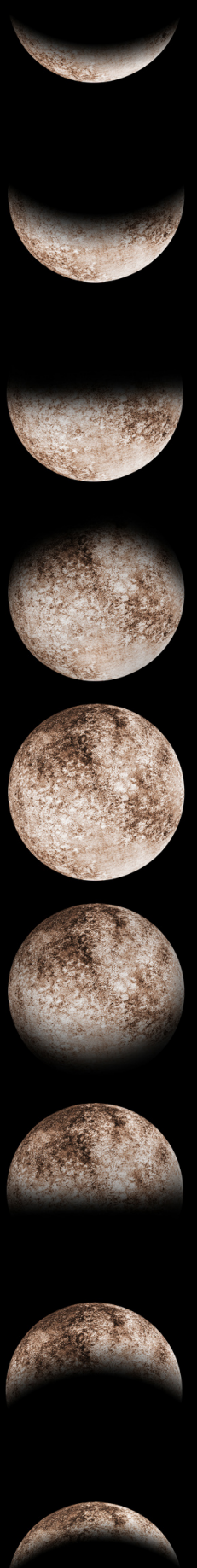
- 1ST DAY OF BLEEDING UNTIL 10TH
- MOMENT OF DESCENT OF ELIMINATIONS - VATA (SUBDOSHA APANA VAYU)
- CLEANING THE ENDOMETRIUM, PHYSICAL TOXINS AND EMOTIONS EXPERIENCED IN THE MONTH;
- NATURAL PANCHAKARMA;
- BLOOD - OPEN RED, DOES NOT STAIN CLOTHES, CHARACTERISTIC ODOR, BUT NOT BAD, AVERAGE AMOUNT OF FOUR ANJALESE (CUPPED HAND), NO COLIC AND NO MAJOR MOOD SWINGS.



RUTUKALA

OVULATORY PHASE

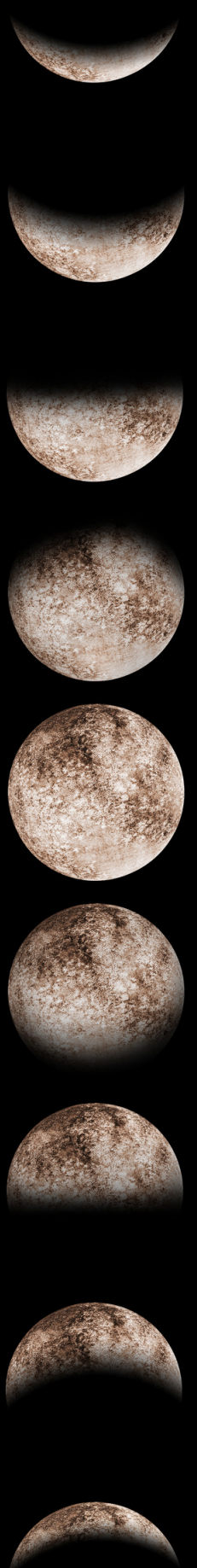
- **KAPHA PHASE - LUBRICATION**
- **THIN AND ELASTIC VAGINAL MUCUS**
- **TEMPERATURE RISE**
- **FERTILE PERIOD**
- **UNPREDICTABLE DATE - NEEDS FOLLOW-UP**



RUTAVAITITAKALA

SECRETORY PHASE

- **PITTA PHASE - POST OVULATORY**
- **ENLARGEMENT OF ENDOMETRIAL TISSUE**
- **GOOD FEMALE METABOLISM, INDICATED
DEEP THERAPIES**
- **PREVENT WORSENING OF PITTA**
- **OBSERVE THE ARRIVAL OF PMS**

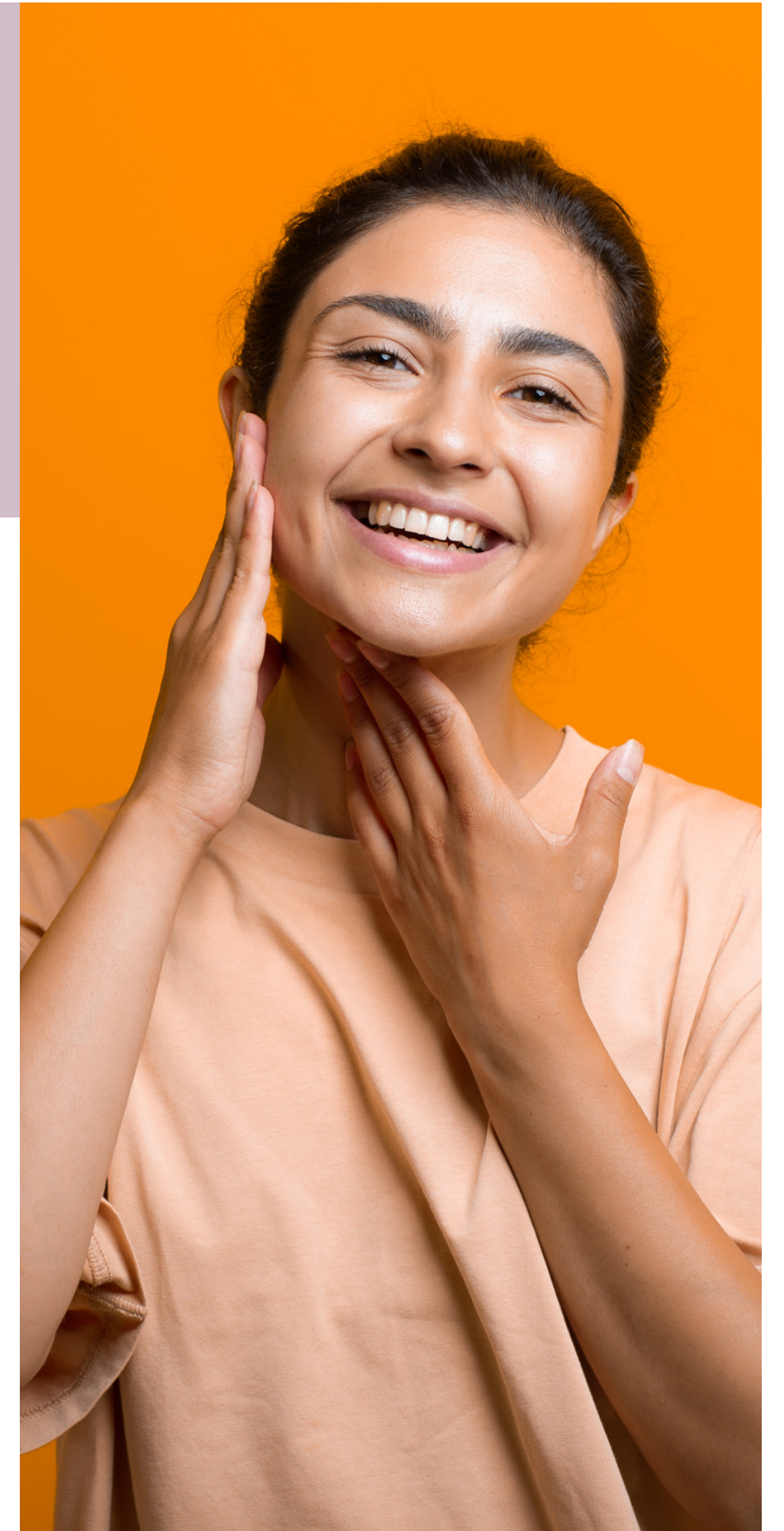


DINACHARYA

DAILY SELF-CARE ROUTINES



- BRAHMA MUHURTAH
- MOUTH AND FACE HYGIENE
- SELF-MASSAGE WITH WARM OIL
- PROPER DIGESTION
- EXCRETIONS
- MEDITATION
- SELF MASSAGE
- PHYSICAL EXERCISES
- BODY HYGIENE
- BREAKFAST
- LUNCH
- TO HAVE LUNCH
- GET READY TO SLEEP





QUESTIONING YOURSELF ?

HOW WAS YOUR WHOLE MONTH?

DO YOU GO TO THE TOILET EVERYDAY?

**HOW OFTEN DO YOU USE ALLOPATHIC
MEDICINES?**

DO YOU MENSTRUATE?

DO YOU HAVE PMS?

HOW IS YOUR SLEEP?

THANK YOU

For listening

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