

HORMONAL IMBALANCE



Hormone is a chemical substance produced in the body which are a messenger molecules secreted through ductless glands in physiological response of target organs. They also regulate the activity of cells and organs. Balance of hormones is very important for the normal function of body and mind. There are many glands in the body which secrete hormones called as endocrine glands. For example, thyroid, adrenals, pituitary, testis, ovary, pancreas, pineal etc...

Imbalance:

Imbalance of hormones can happen naturally in cases of puberty, during menopause and pre-menopausal conditions. It can also happen due to toxins in the body due to stress, unbalanced diet and lifestyle. Hormones are deeply connected to the food we eat, the stress level we have, the weight we put on and the exercise which we practice. There are many symptoms which we can observe which is a due cause of hormonal imbalance. In women, hot flashes, mood swings, fatigue, weight gain, night sweats, irritability are very commonly found due to hormonal imbalance. But for men, burned out feeling, libido, abdominal fat increase, sleeplessness, lack of concentration are predominantly seen. In case of growth hormonal imbalance, we can see problems like gigantism and dwarfism.

Explanation in Ayurveda

Ayurveda, the oldest indigenous holistic medicine system in the world explains hormones as components of Pitta due to the fact that the hormones are carried by blood (Raktashritapitta). Vata, Pitta and Kapha are the 3 bio energies responsible for the movement, reaction and structures of the body. So, hormones can be controlled by controlling Pitta of the body. The 'nidhana' or the causative

factors over a long term starts unbalancing Pitta in the body which in turn affects the hormones. This procedure has to be reversed.

Treatment



Ayurveda explains treatment in different methods through food, lifestyle, herbal medications and detoxification.

Food: Food is designed according to the body style of a person. In a general term, food which controls Pitta is advised. Intake of papaya, pomegranate and asparagus helps in the balance of hormones. It is advised to avoid citric fruits and alcoholic beverages. Spicy food is one of the major factors of increase in Pitta, so it has to be controlled.

Lifestyle: Stress levels has to be controlled through proper yoga and meditation. It depends upon the body style of the person that how much of yoga to be done.

Herbal Medications: Ayurveda prescribes use of various herbal supplements for making up hormonal levels in our body. Ashwagandha, Shatavari, Neem, Vidarikand have hormonal balancing properties. The usage and the dosage of herbs is according to the body style of the person.

Detoxification: In case of heavier imbalance, excess doshas (Vata, Pitta, Kapha) has to be eliminated in order to restore balance. Procedures like Virechana (purgation) and Raktamokshana (bloodletting) are used to eliminate the toxins from the system.

Conclusion:

Ayurvedic perspective of hormonal balancing gives a holistic approach towards the root cause and also the symptoms simultaneously. Since, it's the natural way it avoids further side effects or imbalance of the body system.