



PACKAGE ON MENSTRUAL DISORDERS

(Menorrhagia, Premenstrual Syndrome, Dysmenorrhoea, Leucorrhoea, Primary Amenorrhoea)

Though the menstruation is the normal physiology of females, modern lifestyle makes it complicated and it is found in urban areas, 50-60% of menstruating women suffer from one type of menstrual problem or the other. Several factors like defects in the genital organs, hormonal, neurological and psychological play a role in the menstrual problems.

Here at **Nirmayee Nature Cure Centre**, we treat the menstrual disorders by Naturopathy and yoga modalities by expert lady therapists and qualified doctors.

NATURE CURE TREATMENTS

Enema	Mud packs	Vaginal douche
Cold, Neutral and Hot hip baths	Neutral spinal spray	Head massage
Hot foot bath	Cold foot bath and arm bath	Facial steam
Neutral immersion bath	Ice-cold mud pack	Wet girdle pack
Hot fomentation to abdomen . . etc		

The treatments are given as per the prescription of consultant physician according to the individual condition.

Note: Some of the treatments cannot be given during menstruation.

YOGA

Along with Nature Cure treatments, the yoga therapy can be given for the better results. As per the convenience, we conduct 2 yoga sessions one in the morning and one in the evening. The yoga therapy includes the following:

Asanas	Pranayama	Kriyas
Surya Namaskar	Kapalbhati	Kunjal
Sarvangasana	Anuloma-Viloma	
Bhujangasana	Shitkari	
Salabhasana	Brahmari	
Dhanurasana	Yoga Nidra	
Matsyasana		

DIET

A well balanced food with restriction of salt, is essential as water retention before, during and after menstruation is quite common . The model diet plan will be provided during the treatment course.