

Irregular and Painful Menstruation

There are many reasons for irregular and painful menstruation. Your doctor will tell you the reasons to your body condition. Some of the common reasons are as follows. No need to get alarmed because most of these may not be your reasons.

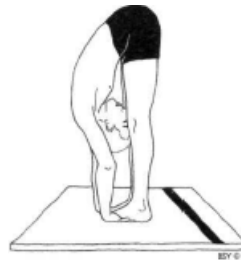
Pregnancy, Hormonal birth control pills, Perimenopause, Polycystic ovary syndrome (PCOS), Thyroid problems, Uterine fibroids, Endometriosis, Being overweight, Extreme weight loss and eating disorders, Excessive exercise, Stress, Medications, etc.

Yogic Remedy

With regular practice of the following asans and pranayam with trust is very effective in curing this issue. Try your best spending 30-40 minutes every day in your practice. I am listing them here. Their variations will be taught in the class.



1. Trikonasana and its variation



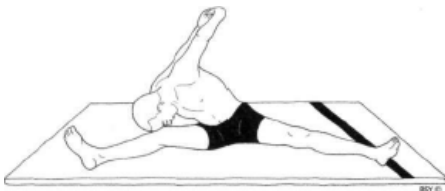
2. Pad Hastasana



3. Uttasana



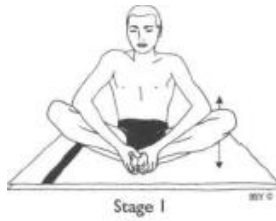
4. Paschimottasana



5. Pad Prasar Paschimottasana



6. Ustrasana



Stage 1



Stage 2

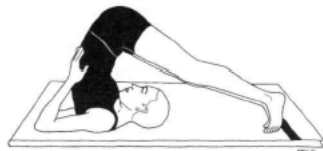
7. Tithi asana



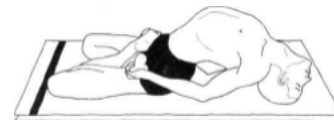
8. Vajrasana



9. Shashankasana



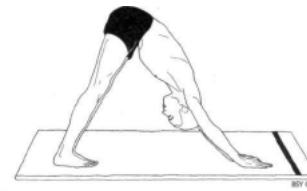
10. Halasana



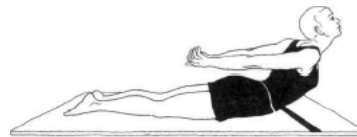
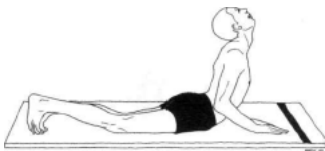
11. Matsyasyana



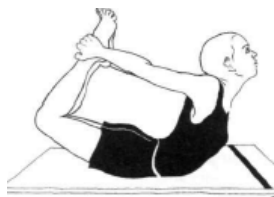
12. Gand Bherandasana



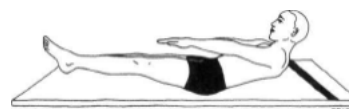
13. Parvatasana



14. Bhujangasana



15. Dhanurasana



16. Naukasana

Pranayam (minimum 8-10 mins)

1. Nadishodhan.
2. Anulomwilom.
3. Bhastrika

Food

There is no specific way of eating them. Just add them to you diet.

- Pineapple and Papaya: Unripe papaya is more effective compared to ripe papaya in contracting the muscle fibres in the uterus and regulating the menstrual flow.
- Cumin, Cinnamon, Fennel seeds, Sesame seeds, Parsley juice and Apple cider vinegar.