



Impact of Lifestyle On Adolescent Gynecological Issues - Its Solution Through Ayurveda

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Abstract:

Adolescents constitute about 20-25% of our population. There are about 1.2 billion adolescents today makeup 16% of the world's population. Adolescence is probably a key factor in determining the future health of an individual and thus of country. They need to be treated as a distinct segment of our population and it is important to realize and address their health and lifestyle. Adolescence is the developmental epoch during which children becomes adults - intellectually, physically, hormonally and socially. During this transition Period- physical, mental, emotional, hormonal changes occur, this induces fear, stress and strain. Adolescents girls who makes about half of total population have a wide spectrum of gynecological problems includes pubertal growth issues ,nutritional issues , hygiene concern, lifestyle disorders, pelvic and genital infections and issues related to sexuality. Physical and psychosocial factors like -Inadequate sleep, depression, Junk foods, Extreme Dieting, unhygienic practice etc lead to unhealthy behavior among adolescents leading to polycystic ovarian syndrome, obesity, thyroid problems, infections etc. and carry its consequences into adulthood. Amenorrhea, weight gain, diabetes, and hirsutism mark the most important components of the syndrome and require lifestyle management. Lifestyle and behavioral patterns in this group of people need special attention. Ayurveda approach for treating any single aspect of health begins with taking into account the whole of - body, mind and soul or spirit. Similarly it recognizes that any of these three aspects of self- body, mind and soul- can either support when these are balanced well or undermine our well being when they are not. Ayurveda emphasize in particular about menstrual regimen , does and don't's during menstrual cycle , behavioral regimen (Achara Rasayana) . Living a healthy lifestyle is a fundamental component to achieve optimal physical, mental and spiritual well being. Families and health care providers can play an important role to recognizing and giving



prompt treatment to prevent the future implications of this disease and help these adolescents live a healthier life. To achieve a healthy reproductive life in the future, adolescents should follow a systematic Ayurveda lifestyle and preventive treatments

Biography:

Dr. Shruti Arun has completed her masters in Prasuti Tantra and Stri Roga (OBG in Ayu) from Rajiv Gandhi University of Health Sciences in the year 2015-16. She has been working as visiting OBG Consultant in multiple hospitals and Teaching Faculty for International Academy of Ayurveda. Her great interest to work for Ayurveda has made her to be a blogger and public speaker to spread awareness about Ayurveda . She has published her research papers on National Journals, and presented papers at International conferences.

Recent Publications:

1. Shruti Arun ,Ann Gastroenterol. 2020
2. Shruti Arun,Acta Dermatovenerol Alp Pannonica Adriat. 2019
3. Shruti Arun,Immunity. 2019
4. Shruti Arun,Adv Exp Med Biol. 2018
5. Shruti Arun ,J Clin Oncol. 2018

Webinar on Traditional & Alternative Medicine | August 19, 2020 | Osaka, Japan

Citation: Shruti Arun, Impact Of Lifestyle On Adolescent Gynecological Issues - Its Solution Through Ayurveda, Webinar on Traditional & Alternative Medicine, August 19, 2020 , Osaka, Japan