

POST MENOPAUSAL SYNDROME

Advised to check FSH -30gm (normal)

PATHYAPATHYA

PATHYA - AHARAS

- * Drink plenty of water
- * Calcium Supplements, Vitamin D, Iron rich food, Omega 3 fatty acids.
- * Eat sufficient quantity at regular intervals.

Grains	Legumes	Vegetables
Wheat Rice,Cooked oatmeal Whole grain breeds Barley,Brown rice	Beans Lentils Flax Seed	Asparagus,Pumpkin Carrot,Sweet Potato Cucumber,Green peas Fennel,Spinach.Tomato
<u>Sweeteners</u> Raw honey Jaggery Date sugar	<u>Oils</u> Organic Ghee Organic Olive	<u>Fruits</u> Ripe, Sweet, Juicy fruits, Dried fruits (soaked in water),Sweet grapes, Melon, Plum, Cherries, Kiwi, Peach, Apricot, Mango, Papaya, Pomegranate, strawberry, Raisins, Prunes,Dates, Figs
<u>Nuts & Seeds</u> Almond, Cashew,Walnut,Sesame, Pumpkin,(Soaked in water overnight)	<u>Non Veg</u> Beef, Chicken (dark), Duck, Fish with bones, sardines,Salmon, Egg white, Dark turkey.	
<u>Diary</u> Milk Non Fat Yogurt	<u>Spices</u> Cumin,Ginger, Mustard,Ajwain, Fenugreek, Coriander, Basil,Saffron, Hingu,Cinnemon, Cardamom, cloves,Garlic, Mint	

PATHYA - VIHARAS

- * Exposure to sunlight
- * Early bed time
- * Enough Sleep
- * Stay Sexually active
- * Daily oil Massage
- * Meditation
- * Yoga
- * Regular Exercise

Apathya Aharas :

Kabab, Burgers, Alcohol, Coffee, Fatty Meals

	Cheese, Butter to be avoided
Grains	Corn, raw oats, millet
Vegetables	
Fruits	
Spices	Avoid very hot spices, chilli peppers, pickles.
Caffeine	
Non Veg	Rabbit , white meat of chicken , white turkey. Beef (All red Meat)

Apathya Viharas

- * Day sleep, Night awakening
- * Stress ,Anger
- * Exposure to severe hot & cold climate