

Women's Health and Wise Earth Ayurveda®
Inner Medicine for Health and Vitality

By Nina Usha Molin, MD

During a lecture I was giving on Women's Health, I got asked a very poignant question. "Why is it that when my friends turned 35 they all started taking antidepressants"? I think this question brings up a breadth of considerations that women face at this time, as well as, a range of concerns that health care practitioners need to address at this time. Medication for many of us may "take the edge off" but for most of us, it does not remedy the root causes of our fear, anxiety, agitation, disconnection nor usually treat a whole host of other symptoms related to mood imbalance (fatigue, IBS, sleep disturbance, ECT) that we live with. The medication is easy for a practitioner to give during a 15-minute consultation, easier for us to take than examining causes which often require us to make lifestyle changes, and frankly, makes us "functional enough". However, is this really enough?

As the main nurturers of our family and society, women try to tackle that endless list of "to dos" while working to maintain stability of the family within the context of environmental compromise, economic concerns and all those "surprises" that we must face on a daily basis. What would it be like if we took pause, made that list, and only kept the things on the list that we are fully committed to and inspired by?

How many times have I heard during a consultation, "I don't remember who I am anymore"? I am often asked, "How do I find balance in my life?" We forget our "true nature" and feel disconnected from ourselves. Sometimes that remembrance of self may be as simple as remembering to breathe, as this slows the mind down and reminds us to be more present. We find that our "true nature" is connected to the cultivation of our individual awareness, which can be supported by "taking pause" and connecting with the breath. In Wise Earth Ayurveda®, the tranquility of the mind and the vitality within our physiology is linked to living our lives in accordance with Nature's rhythms where we learn how the cycle of breath, our cycle as women, the fluctuations of the seasons and the changes in the day can influence our health. We are microcosms of the great nurturer that is Mother Earth and through our connection to her; we can develop the awareness of who we really are.

Though we try to be mindful and dutiful as we take care of everyone and everything else, we forget that in order to feel present, vital, connected, fearless, healthy, joyful and peaceful, it is vital to take care of the "*living earth within* as well as without" as Swami Mayatitananda says, the founder of Wise Earth Ayurveda®. An underlying tenet of Wise Earth Ayurveda® is "Ahimsa" or "do no harm". Imagine waking up in the morning and declaring to live your day out of the context of "doing no harm", so that every thought and action would resonate from this. Yes, one thing it would mean is putting your self at the top of the list of who gets cared for and nurtured!

Learning, studying and practicing Wise Earth Ayurveda® can begin to provide us with a community and a path of practice to guide us in how to regain and maintain our health, replenish our vitality, support a peaceful mind, rediscover our "true nature" and have "Ahimsa" as part of our daily care.