



### ➤ *Ananda Fertility Enhancement*

Ananda's Fertility Enhancement programme is a highly customised path of Ayurvedic wisdom, Yoga, Traditional Chinese Medicine, and Emotional Healing to provide vital guidance for holistic and natural procreation. Based on Vajikarna, the ancient branch of Ayurveda that deals with fertility, this programme emphasises on cleansing the body of toxins, refining metabolic function, and stabilising hormonal fluctuation for improved performance of the reproductive seed or shukra dhatu that literally translates to 'bright, pure and radiant'.

**Who is this programme for:** Primarily for couples or individuals who are preparing for a healthy conception. It addresses concerns of those experiencing endocrinal disorders, metabolic or lifestyle disorders, obesity, PCOS, erectile dysfunction etc. It is also ideal for those planning egg freezing, as well as those planning or undergoing IVF.

The first or the readjustment phase of the Fertility Enhancement programme incorporates Ayurvedic Dinacharya or lifestyle modifications. Simultaneously, TCM works on fertility by unblocking the meridians and ensuring the stagnated energy in the body begins to flow again. Yoga practices at this point target to improve blood circulation in the abdominal region to maintain genital health, while promoting endocrinal harmony. The readjustment phase alters faulty patterns to bring about a change in mental and emotional receptivity, preparing an individual or a couple for the intensive purificatory therapies to follow in the next phase.

The second phase of bio purificatory treatments through Panchakarma therapies flush out accumulated Ama (toxins) associated with disturbed circulatory forces or doshas. The process purifies agni - the metabolic fire responsible for regenerating the reproductive seed or shukra. TCM works on stabilising hormonal fluctuations by improving health of specific organ systems that play a key role in fertility. A deep dive into the limiting patterns of the mind through emotional therapy is an important part of this phase.

The third phase comprising shamana (purificatory) and shodhana (restorative) therapies help improve mood and regulate the secretion of healthy hormones. Specific diet therapy and use of herbal remedies like Ashwagandha, Shatavari, Shilajit, and Ashoka are an important part of the restorative phase.

*The Fertility Enhancement Programme is available for 14 days. For clinical cases, the minimum duration will be 21 nights.*

| Fertility Enhancement  | Comprehensive |    | Intensive |    |
|--|---------------|----|-----------|----|
|  | 14            | 21 | 14        | 21 |
| Inclusions   Nights:   | 14            | 21 | 14        | 21 |
| <b>THERAPIES</b>   |               |    |           |    |
| Ayurveda, Cleansing, Oriental, International   | 23            | 34 | 36        | 55 |
| <b>PERSONAL SESSIONS</b>   |               |    |           |    |
| Yoga, Pranayama, Meditation  | 6             | 8  | 6         | 8  |
| <b>CONSULTATIONS</b>   |               |    |           |    |
| Pre-Stay Diagnostics, Ayurveda, Emotional Healing, Physiotherapy, Interim Assessments, Pre-Departure Briefing, Post stay follow up | 9             | 10 | 9         | 10 |

\*Inclusions in the table above are shown as treatment hours. Actual timings of therapies, sessions and consultations can vary from 30 to 85 minutes

#### **Consultations with Lead Consultant – Ayurvedic Doctor**

On arrival, ongoing progress checks, debrief prior to departure, and post stay follow up consultation. Comprehensive and Intensive wellness programmes include consultations with Emotional Healer and Physiotherapist.

The inclusions shown above are indicative only and may be modified by the lead consultant after on-site assessment. The lead consultant may also recommend additional therapies and guidance by other modalities based on initial or ongoing assessments during the course of the programme.

