

Leaf
OF Life

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HOW HEMP CAN HELP WITH PCOD/PCOS

Are you looking for a natural remedy that can fight back the annoying symptoms of PCOS?

Here is why you should consider hemp as your source of optimal health!



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Do you know how much our deranged habits are influencing our lives and our body mechanisms? From the Couch potato, we all are to the sedentary lifestyle and to top it all, the unlimited amount of high-calorie food we all eat. Our lifestyle is a pile of negative diets and regimen patterns that need to be changed at the earliest.

Women are now constantly troubled with episodic variations in their menstrual cycle despite knowing that its roots lie within this reckless lifestyle that they follow. One socially significant Malady faced by a huge female population especially in the reproductive group and among the younger generations is Polycystic Ovarian Syndrome/ Disease. It is called PCOD or PCOS.

What is PCOS??

Due to its frequency, polycystic ovarian syndrome (PCOS) is a common gynaecological condition among persons in both industrialized and developing nations. It is the most prevalent dietary disorder that impacts women while they are in their reproductive years. Additionally, it may be a major contributor to several metabolic illnesses. PCOS is an endocrine condition (a disease that is caused by hormonal disturbances) marked by excessive androgen production. Androgens are male hormones, yet a small amount of this hormone is synthesized physiologically



by the female body from the adrenal glands and ovaries. But here there is an irregular spike in this hormone triggering all the marked changes in the body, like excess facial hair or hirsutism, amenorrhea or absence of Menstruation and multiple cystic within the ovary. It is a disorder in which the ovaries develop many cysts or fluid-filled sacs instead of healthy functional eggs. Because it hinders the ovaries from functioning normally, it is known as polycystic. It results in a variety of clinical symptoms, including irregular menstruation, obesity, infertility, etc

Hemp to help with PCOS

Among people with PCOS, a common sign seen is obesity, and this obesity further triggers other systemic manifestations. The excessive cyst formation within the ovaries synthesized more progesterone hormone that leads to weight gaining process, further vitiating the cycle. Thus obesity is a component of this vicious cycle.

Recent research done with hemp in PCOS concluded that it can effectively be used to reduce obesity. The endocannabinoid system whose receptors are prevalent throughout the body control key metabolism and biodegradation. These receptors are positively activated with hemp and can thus restore the systemic imbalance(1).

According to Ayurveda, PCOS is understood as Pushpagni, a yonivyapad developed due to deranged Agni (digestive fire) combined with Ahita Ahara (compromised food habits) leading to Sthoulya or obesity.

Hemp has Hot potency (Ushna virya) combined with its Katu Vipaka (astringent metabolic end effect), which helps to normalize the vitiating Kapha and Vata entities, the chief causative factor for this ailment.

Ananta Hemp Works for your relief



CannaEase Cramp Reliever Roll-On Stick

Cramp reliever is designed to help relieve all pains during your menstrual cycles. Its anti-inflammatory action also helps to reduce internal spasms, a key feature of PCOS. Most often the episodes of Amenorrhea can be very painful, which can be tackled with our pain reliever.

Ingredients

- Vijaya leaf extract
- Hemp seed oil
- Rasna (Alpinia galanga)
- Nirgundi (Vitex Negundo)
- Shundi (Zingiber Officinalis)
- Kupilu (Stregnus nux vomica)
- Ajwain
- Wintergreen Oil
- Sesame oil

Benefits

- Helps to reduce the surge of Kapha entities on the body.
- Helps relieve pain relating to menstrual cramps and PCOS
- Kupilu has a strong penetrating effect on the ovaries and helps to stimulate normal physiology
- Helps to allocate inflammation and swelling
- Shundi and Nirgundi are exceptionally good at reducing the involvement of Vata in this disorder

How to Use

How To Use: Rub over the naval, abdomen and groin area two to three times a day.

Case Study

Trailokya Vijaya Vati - Cannabinoids act as muscles relaxant and help with menstrual pain, PCOD

Patient Description

A 36-year-old woman was approached for the treatment of dysmenorrhea, menorrhagia, PCOD

Treatment plan

The patient was given Trailokya Vijaya Vati, the medicine indicated for quick pain management. The medicine is commonly given for chronic joint and muscle pain, lower abdominal and renal colic, poor appetite, and general gut health. Vijaya (*Cannabis sativa*) and bamboo (*Bambusa arundinaceae*) are the key ingredients in this formulation. The cannabinoids create a sense of analgesia by working with multiple pain receptors.

Outcome

The patient, after the administration of Trailokya Vijaya Vati for one month, showed a significant reduction in pain on the follow-up. The bleeding was reduced, and the duration was reduced to up to 5 days a month. The patient became able to do her work without periods getting in her way. Substantial improvement in appetite and sleep cycle was also noticed. The patient was fully satisfied with Trailokya Vijaya vati.



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