

Desire for a healthy child

VĀJĪKARANA TANTRA

Branch of Ayurvedic medicine dedicated to procreation

Ayurveda improves couple's fertility – natural and ART procedures, and promotes good health of the mother and the child.

In the multi-millennia Ayurvedic tradition, the couple prepares before they conceive to promote the health of the child and that of the mother, during pregnancy, childbirth and the postpartum period.

This preparation consists of diet and lifestyle adjustments as well as treatments that deeply cleanse, rebalance and revitalise the body before conception. In particular, the treatments aim to improve sperm and egg quality, virility, female reproductive health, menstrual cycles and hormonal regulation for fertility.

Ayurveda also facilitates procreation (natural or ART procedures) in many situations where fertility is not self-evident (low ovarian reserve, endometriosis, polycystic ovaries, IVF or IUI failure, stress, miscarriage, etc.).



AT YOUR SERVICE

Support for procreation (natural or ART), prenatal and postpartum care:

1. Boosting fertility and revitalising the

body: This program provides therapy for couples to correct diet, detoxify the body and strengthen the body's physiology. This program is designed for patients who come with low AMH levels, endometriosis, PCOD, multiple IVF failures or IUI, impaired sperm quality, low sperm count, or low virility, etc.

2. Preparation before ART procedures (IVF and IUI support):

Most patients suffer from wrong nutrition and high levels of stress during the ART procedures. This program accompanies them to reduce their stress through massage and yoga nidra sessions, and corrects their nutrition to increase their chances of getting pregnant.

3. Minimise miscarriage risk

after a positive result: To minimise the risk of miscarriage during the first trimester, this program helps patients with the management of their stress and fear of losing their foetus, with a healthy and supportive diet and with yogic hypnosis.

4. Pre and post natal care: To enhance the experience of motherhood, this program comprises preparation for childbirth as well as massages and nutrition counselling during pregnancy. Ayurvedic postpartum care is a 42-day program for the ultimate maternity experience. It includes daily massages and special nutritional advice.

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