

SEXUAL REJUVENATION

Women are endowed with tremendous sexual capacity, from multiple orgasms to female ejaculation. Yet women who come to my Ayurveda practice, trainings, adventure programs often express dissatisfaction within their sexual lives. There are many factors that may hold women back from attaining their full sexual potential: trauma, physical health challenge, unsatisfactory intimate relationship, lack of training on the part of the woman or her partner, to name but a few.

It would take a book rather than a short post to address all these concerns. So today we'll just look at the simplest scenario.

You're happy with your partner and were enjoying a good sex life until something affected your libido. That 'something' could be an illness, a stressor or a hormonal change such as pregnancy, nursing, or your menopausal transition.

First of all, check with your doctor. Specifically, ask about your thyroid. If your thyroid is under-functioning, that will flatten your libido. And many stressors do lower thyroid function. All your hormones--sex hormones, thyroid hormones, adrenal hormones--are controlled by a multi-tiered system. The higher centers of your brain talk to your hypothalamus. Your hypothalamus talks to your pituitary and your pituitary talks to each endocrine gland (the glands that produce hormones). The glands in turn talk to the pituitary. It's a finely orchestrated system, but if one instrument is out of tune, the whole symphony goes out of balance.

Thus, if stress throws your higher brain centers out of tune, the end result could be challenges with your thyroid and or your sex hormones.

From an Ayurvedic standpoint, we're dealing with *ojas*, that mysterious core energy that governs our general wellbeing or we can say our inner vitality.

Therefore, we can experiment with some simple recipes that enhance ojas and tone the nervous system and endocrine glands. It's also a good idea to see an Ayurvedic practitioner for a holistic look at your overall wellness and balance.

Special Ojas Building Recipes

*Shatavari Kalpa

With awareness, roast an ounce of Shatavari with one or two tablespoons ghee in a cast iron pan until light brown and add two tablespoons turbinado sugar, two pinches saffron and a pinch of cardamom. A teaspoon of this recipe can be taken in the morning or at bedtime with a cup of fresh warm cow's milk or plant based milk.

*Shatavari Ghee

This is a special ghee (clarified butter) medicated with Shatavari. With awareness, take a teaspoon twice daily followed by fresh warm cow's milk, warm almond milk or warm water.

*Ashwagandha Milk

With awareness, drink a cup of warm fresh milk or plant-based milk at bedtime. Stir in a teaspoon of Ashwagandha and two pinches of nutmeg. This is Ideal for vata conditions (someone with nervousness, anxiety, fear, worry) women or in winter.

***Almond Restorative Drink**

Ingredients

10 raw almonds
1 cup pure water
1 cup milk (fresh cow or plant based)
1 Tablespoon organic rose petals
1 tsp ghee
1/3 tsp saffron
1/8 tsp ground cardamom
pinch of black pepper ½ tsp of sweetener

Method

With awareness, soak almonds and water together overnight. In the morning, drain off the water and rub the skins off the almonds. Bring the milk to a boil. Pour the milk in the blender with the peeled almonds. Add rose petals, ghee, saffron, cardamom, black pepper, and sweetener. Blend until smooth. Drink 3-4 times a week.

***Non-Dairy Almond Drink**

Ingredients

10 raw almonds
2 cups pure water
20 raisins
1 tbsp organic rose petals
1 tsp ghee
1/3 tsp saffron
1/8 tsp ground cardamom
1 pinch of black pepper

Method

With awareness, soak almonds in 1 cup of water overnight, and soak raisins in 1 cup of water either overnight or for several hours. In the morning, drain off the almond water and rub the skins off the almonds. In a blender, add the raisins AND their soaking water with the drained and peeled almonds. Add rose petals, ghee, saffron, cardamom, black pepper. Blend until smooth. Drink 3-4 times a week.

Date Milk Shake

Ingredients

4-5 whole dates (take out the pits)
1 cup whole organic milk (fresh cow or plant based)
2 pinches cinnamon powder

Method

With awareness, boil milk until it foams once. Turn off heat. Put milk, cinnamon and dates in automatic blender. Blend until dates are ground fine. Serve warm in winter, room temperature or slightly cool (not cold) in summer or if a strong Pitta (heat in the body or the mind) imbalance exists.

***Vegan Fig Shake**

Ingredients

1/4 c. coconut milk
1/2 c. filtered water
2 large or 3 small figs cut in small pieces;
use dried figs if fresh are unavailable
1 date, pitted and finely chopped with a dash of cinnamon

Method

With awareness, place all ingredients in blender and puree at high speed until smooth and frothy. Yum.

Please reach out if you have questions or wish to know where to purchase products.

Be Happy, Healthy & Prosperous.

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What is Ayurvedic Health Lifestyle Counselor: (R.A.L.C.)

Professionals versed and educated to serve in the area of prevention and health promotion with a focus on diet and lifestyle.

Ayurvedic Practitioner: (R.A.P) Professionals with full clinical training in disease pathology, as seen through the Ayurvedic model. They also practice prevention and health promotion through the focus on diet and lifestyle.

Disclaimer: Valma Shakti (Brenton) B.Msc, E-RYT 500, R.A.P, R.A.L.C is registered with the North American Association of Ayurvedic Professionals. I am not a doctor and not trained to offer a diagnosis. In Ayurveda we do not look at symptoms, we look at imbalances of both the body and the mind and then offer helpful remedies.