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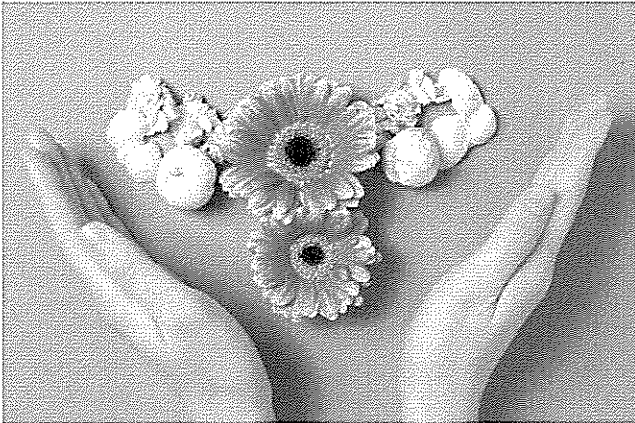
Amritsar

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# MANAGING MENOPAUSE



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## COVER STORY

**Graceful Transitions:  
Managing Menopause the Ayurvedic Way**  
Dr Aswini Mohan L

In Ayurveda, menopause is not viewed as a medical condition to be treated, but rather as a transition to be managed with wisdom and balance. Ayurveda offers natural solutions to navigate this phase, focusing on holistic approaches to restore harmony to the body, mind, and spirit.

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