

This will help us make recommendations and send discounts and sale information at times.

Ayurvedic treatment is a holistic approach for breast enlargement. It includes a mix of physical exercise, dietary changes and herbal remedies. Daily consumption of fennel seeds can help. Eat food that is rich in estrogen is also a part of the procedure. Social media and advertisements are propelling the ever changing myth about of beauty. This is truer in the case of women. Breast enlargement is slowly becoming a sought after procedure for many women who are not satisfied with the size of their breasts. However, surgical and allopathic options are laden with various side-effects that may prove disastrous for the woman undergoing treatment. Therefore, it is best to opt for the herbal ayurvedic way. Ayurvedic treatment for breast enlargement ensures that a holistic approach is adopted towards treatment. Breast enhancement with the help of ayurveda is a mix of physical exercise, dietary changes and herbal remedies. Ayurvedic Home Remedies for Breast Enlargement The intake of fenugreek seeds is believed to be beneficial for those who are trying to increase the size of their breasts. Fenugreek stimulates the breast enlarging hormones of the body. Breasts are formed with layers of fat. Therefore, radish which is believed to balance the distribution of fat in the body is also beneficial for breast enlargement. Radishes are also a rich source of astringents. Fennel seeds are an excellent ingredient that aid breast enlargement. There are similar to an estrogen dose for the body. Daily consumption of fennel seeds leads to breast enlargement. In fact fennel seeds are given to lactating mothers to increase the amount of milk. Wheat germ oil has also proven to be beneficial as an ayurvedic home remedy for breast enlargement. It regulates the flow of blood around the breast area making it fuller in appearance. Other herbs that are known to have a positive effect on breast enlargement are Haridra Curcuma longa , Ashoka Saraca Asoka , Jatiphal Myristica fragrans and Gambhari Gmelina ribes. Massaging breasts with these herbs mixed with ghee or sesame oil as base is said to aid breast enlargement. Ayurvedic Diet for Breast Enlargement Ayurveda suggests that some changes in the diet can yield positive result when it comes to breast enlargement. Eat food that is rich in estrogen. Chicken head soup and carrots are some such foods. They propel breast enlargement, the natural way. Enough cannot be said about the benefits of water. Therefore, if you want to benefit from the various ayurvedic methods of breast enlargement, then drink adequate water. This will help all the other ingredients in their treatment. Other foods that will accelerate the process of treatment are green vegetables and home cooked food. They help digestion and a healthy inner body is the key to a glorious outer body! Ayurveda suggests that total body wellness for any kind of treatment to work. Therefore, in case you are willing to take up an ayurvedic remedy for breast enlargement make sure that your lifestyle poses no threat to the treatment. It is a time consuming process therefore, patience is the key for ayurvedic treatments to work. Read more articles on Ayurveda.

Chapter 2 : Breast Cancer and Ayurvedic Medicine – Ayurvedic and Naturopathic Medical Clinic

Breast Beauty Through Ayurveda by Vaidya Pammi Satyanarayana Sastry. Table of Contents: Prologue Chapter I - Preparations with Mundi as Main Drug Preparations with Mundi as Main Chapter II - Preparations with Sriparni Preparations with Sriparni Chapter III - Preparations with the seeds of Lotus Preparations with the seeds of Lotus Chapter IV - Preparations with Pomagrenate Preparations with.

Ayurveda Beauty Therapies "Soundarya Chikitsa" Since ancient times men and women have turned to the healing powers of nature to turn back the effects of time on the body, improve health and enhance beauty. In Ayurveda, the science of Rasayana or rejuvenation is given such importance that it is included as one of the most extensive of the 8 branches of Ayurvedic medicine. The goal of Ayurveda is to achieve and maintain perfect health, beauty and experience bliss at all stages of life. The Ayurvedic approach to health and beauty is one of the most important in the world of beauty therapies. Ayurveda emphasizes beauty as being a product of a combination of knowledge of self, positive environment and the development of positive routines and habits. Here, inner and outer beauties are intimately related. The more we nurture ourselves, the more radiant we become physically and expressively. This nurturing includes appropriate diet, lifestyle, herbs, seasonal cleansing, spiritual practice, daily massage and beauty rituals. Ayurvedic products are designed to offer your skin, mind and body a perfect state of balance between the Doshas: All natural, paraben, sulfate, glycol, sarcosine, chloride, surfactant, paraffin, artificial preservative, colour and chemical free Ayurvedic products work to balance the three vital Doshas: Vata – Pitta – Kapha When your skin is aggravated by excess Vata Dosha it becomes excessively dry, dehydrated, flaky, wrinkled and lifeless with dark circles and puffiness under the eyes. Vata type skin is thin with small pores which loose moisture quickly, causing dryness leading to wrinkles. When your skin is aggravated by excess Pitta Dosha it becomes very sensitive and dehydrated. It may be prone to allergic reactions, eczema or acne. Pitta type skin is also prone to freckles, skin pigmentation and broken capillaries. When your skin is aggravated by Kapha Dosha it becomes excessively oily. A large amount of oil secreted by the sebaceous glands clogs the pores which can lead to cystic acne. Kapha type skin is typically thick with large pores, deep wrinkles and prone to blackheads. If more than one Dosha is aggravated, or even if none are, Samya Tridosha products are formulated to maintain the ideal balance of all three Doshas. Our complete line of professional and home facial, massage, herbal and aromatherapy products are certified organic whenever possible and are specially formulated and handcrafted by a Registered Advanced Ayurvedic Practitioner to help soothe, nourish, stimulate and rejuvenate. Using oils, herbs, flours, essential oils and naturally occurring minerals Samya Ayurveda products nourish the skin deeply. Samya Ayurveda Beauty Therapies gently allow us to discover our own natural beauty through the use of ancient therapeutic applications using traditional Ayurvedic herbs, oils, aromatherapy and formulas. The goal of the Ayurvedic facial is to cleanse, tone, nourish, rejuvenate and moisturize the skin while creating a deep experience of calm in both mind and body which radiates from the face. After a skin analysis, organic products are tailored to your Dosha skin type and to address any existing skin conditions. This holistic therapy begins with the deep cleansing and exfoliating effects of organic flours and Ayurvedic herbs. After a gentle toning an Ayurvedic facial massage activates deep centers of the brain, Chakras, Nadis energy channels , Marma vital and reflex points and facial circulation to indulge your entire self in nourishment. Massage strokes move lymph away from the face while lifting and stimulating skin, smoothing out the appearance of wrinkles. This initiates the flow of fresh blood and nutrients to the deep layers of your skin. Muscle tensions in the neck, shoulders and face are released and energy is rebalanced throughout the body. Herbal aroma-therapeutic Samya Dosha oils nourish the skin and elevate your senses to a blissful plane. The face is then steamed with aroma-therapeutic hot towels. If necessary, gentle extractions may be performed. Face Serum rejuvenation then applies potent oils and essential oils to the Marma points and problem areas to rejuvenate and feed the skin in preparation for a firming and rejuvenating herbal clay mask. The mask gently draws out impurities and excess oils from deep within the pores while feeding the skin with vital nutrients. During this time your hands are massaged paying specific attention to Marma and reflexology points in the

area. This skin is then toned and firmed with pure Samya facial toner. Afterwards Samya Skin Creams, nutrient rich moisturisers provide the necessary hydration to keep skin soft, smooth and glowing. The effects of Soundarya Vardhini are enhanced when received with a Netra Rasayana Ayurvedic eye rejuvenation treatment. Soundarya Vardhani has been traditionally used to help: This therapy begins with a light facial massage, emphasizing the Marma points around the eyes and lymph nodes. Afterwards the gentle invigorating and toning effects of licorice, rose, sandalwood, basil and peppermint in our Samya Eye Mask help reduce the appearance of fine lines. The temples and Marma points of the head are then massaged with the healing aromas of Samya Rasa Serum. Afterwards the eyes are covered in Samya Eye Nectar, infused with the intoxicating experience of saffron, rose, trifala, barberry, fennel and chrysanthemum. The herbal infused ghee soothes, nourishes and smoothes the delicate skin around the eyes. Among the five sensory organs, eyes are the most beautifully expressive and interpretive organs we have. Kapha eyes are usually large and clear with thick lashes and prone to congestion and fluid retention. Pitta eyes are sharp, penetrating and sensitive and are prone to itchiness or redness. Vata eyes are small, nervous and dry and are prone to wrinkles and dark rings. The effects of Netra Rasayana are enhanced when received with any facial treatment. This energizing therapy includes a Marma point back massage, herbal cleansing and exfoliation, steaming, extractions, Ayurvedic herbal honey mud mask, toning, and moisturizing. Prstha Rasayana is designed to balance oil production and deep cleanse the pores from acne and imbedded blackheads and toxins, leaving the skin moisturized, hydrated, toned and re-balanced. The effects of Prstha Rasayana are enhanced when received after any Swedhana or Hydrotherapy.

Chapter 3 : Breast Health: An Ayurvedic Perspective - Ayurvedic Healing

To that end, this guide will discuss basic breast anatomy, general breast health, and some breast beauty tips. Basic Breast Anatomy Our breasts are primarily made up of fatty tissue (known as meda dhatu in Ayurveda), glandular tissue for the production of milk, and significant lymphatic drainage.

Wednesday, April 9, , Certain habits do affect the bosom of a woman. From damaging the shape to leading to cancer, your breast care plays a very important role in ensuring good overall health. Ayurveda is one of the healthy and safe methods to ensure good breast health. It is one of the traditional medicinal practices which is good for the body, mind and soul. Several diseases including breast cancer can be prevented by practising Ayurveda. According to Ayurveda, the precursor for breast imbalances is the accumulation of ama toxins in the breast tissues, which over a span of time become lodged and stagnated. So, it is very important to ensure breast care and protect them from health conditions. Here are some essential and simple Ayurveda tips to ensure good breast health. For example, reducing the intake of animal products and saturated fats is a simple tip to protect your breasts. Dietary fat and cholesterol have been linked to breast cancer, so prefer organic foods. Similarly, women must avoid wearing underwire bras. Although they provide support to the breasts and lift them up, underwire bras can constrict the flow of lymphatic fluids and also affects the free flow of qi energy. Check out the best Ayurveda tips to ensure good breast health. Ayurveda Tips For Breast Health: Avoid Underwire Bras This is one of the most important tips to follow for breast care. Underwire bras might add a shape and lift to your breasts, but they constrict the flow of lymphatic fluids in the breasts. Say No To Caffeine It might be hard, but caffeine has chemicals which are naturally estrogenic. Moreover, caffeine leads to dehydration which in turn affects the breast and reproductive system as well. Massage Breasts Daily As the breasts are filled with fatty tissues, blood circulation will not be the same as compared to other body parts. This makes the breasts a breeding ground for toxins. Massage with sesame or olive oil to mobilise toxins, fats and lymphatic system. Try Breast Exercises Workout improves blood circulation in the body, keeps you active and boosts the immune system. Working out regularly also cleanses the body by flushing out accumulated ama toxins. Breathing Deep breathing is one of the best exercises which is good for the overall health. It reduces tension in the body, flushes toxins, and improves blood circulation which is good for every cell, tissue and muscle of the body including breasts. Brush This is a simple Ayurveda tip for good breast health. Use a dry brush from armpits and go till the breasts. This is a great way to improve blood circulation. Eat Organic Food Processed, canned and frozen foods have chemicals and pesticides. Organic foods are healthy as they are free from pests, estrogenic chemicals and is good for the overall body. Have healthy and fresh foods which are free from chemicals and pesticides.

Chapter 4 : Breast Beauty Through Ayurveda

My name is Divna. Breast cancer survivor. Ayurveda believer and enthusiast. When I was diagnosed with breast cancer â€” a big tumor with few metastases â€” I was devastated.

Ayurveda believer and enthusiast. When I was diagnosed with breast cancer â€” a big tumor with few metastases â€” I was devastated. I had a mastectomy and lymph nodes removed. And that was the easy part. Chemotherapy was the real challenge. From a fellow patient I heard of Ayurveda for the first time in my life. I thought it was just another unrealistic miracle story. After my forth chemo I felt so bad that I decided I have to do something. I went to see an Ayurvedic doctor for consultations. He advised me on the diet and gave me a list of food that I should avoid. He prescribed several Ayurvedic herbal supplements. It seemed too easy to be true. I asked about my treatment that I was already going through. He told me that I should continue with it and add the Ayurvedic therapy to it. That seemed reasonable to me. I was thinking diet seems reasonable, I can do these changes to my diet. Herbs cannot harm me; maybe they can help me heal sooner. So, I decided to give it a try. With the changes in my diet I felt better within a week: With the herbal supplements I felt the improvement in the third week, just before the next chemotherapy. My blood results came out normal again. After the chemo therapy there was no dizziness nor weakness and I walked home on my own. That was the first sign that the herbs actually were helping me heal and regain my strength. I went for another consultation to my Ayurvedic doctor. This time I had some questions about the herbs, the composition of the Ayurvedic products that he prescribed, questions about Ayurveda and how to change my lifestyle. I left happy with the answers and advice he gave me. I continued with the prescribed Ayurvedic remedies and got much, much better. My oncologist was surprised by the speed of my recovery and with my check up results that all came out normal. I knew that I had made the right choice for my health. I know first hand how effective and overwhelmingly beneficial the Ayurvedic holistic approach to health and wellbeing is.

Chapter 5 : 8 Best Ayurveda Tips For Breast Health - www.nxgvision.com

Breast Health: An Ayurvedic Perspective A 4-part online course to empower women in how to promote breast health through food, herbs, massage and more! October ,

It is the second most frequent cause of cancer death 41, deaths per year 1. In , the latest year for which updated statistics are available, the U. The breast cancer death rate in the United States has been declining steadily since , when it peaked at a rate of 33 deaths for every , women. The fall in breast cancer deaths is mainly due to stopping of hormone replacement therapy in post-menopausal females. Breast cancer is of two types: We all make cancer cells every day but our immune system is very sharp and not only recognizes the bad faulty cells but also sends its own army to destroy it. That is why balance at mental, emotional, physical and spiritual health is very important part of healing. Risk factors for Breast Cancer Age: Risk increases with age. More than half the risk increases after the age One third risk occurs after age 75y. The average age of breast cancer in general population is 62 years^{1, 3}. Women who have an especially strong family history, e. A year later, a second gene associated with breast cancer " BRCA2 " was discovered on chromosome When individuals carry a mutated form of either BRCA1 or BRCA2, they have an increased risk of developing breast or ovarian cancer at some point in their lives. Interestingly Brazilian Ashkenazi women carrying similar gene have no extra risk of developing breast cancer than the rest of the population. Is this nutrition, exercise, sunshine, weight consciousness or social structure which does not create extra cancer in these females? Lot of time I hear this from my patients that I have faulty gene for this and this disease. But genes are under control of environment which you can modify with your thought process, nutrition, exercise and stress reduction. In fact, researchers now believe that at least half of hereditary breast cancers are not linked to these genes. Scientists also now think that there are many genes, each accounting for a small fraction of breast cancers. Data has shown that women with high density of breasts on mammogram; breast biopsy that revealed proliferative abnormality; and those who have undergone high dose radiation therapy to chest region have an increased risk of breast cancer³. Making you think that if yearly mammography is good preventive tool or not. Early menarche and late menopause have greater risk for breast cancer^{1,3}. The longer the woman exposed to estrogen, the greater the risk of developing breast cancer. Making you think if birth control pills which is being given to our young girls like candies, has something to do with increased breast cancer incidents. Pregnancy and breast feeding: Hormone replacement therapy HRT: To translate this data in real life situation, for every , females there was 80 more deaths due to breast cancer, 70 more heart attacks, 80 more strokes and 80 more blood clots in lungs. After stopping the use of Prempro there have been a sharp fall in the breast cancer, heart attacks, strokes and lung clots; whereas, the use of bio-identical hormone therapy does not show any increase of these diseases compared to non-users. Alcohol intake increases risk of breast cancer in females. One glass of wine a day may not provide protection to heart in case of females. One of the explanations is that alcohol makes more estrogen, and the second is that females may be lacking enzymes which degrade alcohol, creating more free radicals. Recently scientist found protein CYP2E1, which is found more in females and it leads to more free radical damage. According to the study published last year on November 1, by Dr. And it did not matter what kind of alcohol you consumed. Fat manufactures more hormones and also store more toxins like pesticides, insecticides and others. Presence of other cancers: Wearing bra with steel rings and sleeping with bra⁵ increases the chances of breast cancer. Breast is one of the biggest lymph gland and it needs to have exercise to drain. Factors which can reduce the risk of breast cancer: Breast feeding for at the least 12 months. Oophorectomy removal of ovaries before age 35y however, it puts them at higher risk for more common disease such as coronary heart disease and osteoporosis. Avoiding adult weight gain and maintaining a healthy weight reduces postmenopausal breast cancer risk. Very limited amount of alcohol consumption. Eat servings of vegetables. If you cut vegetable and put that in one 8 ounce cup, that is one serving. Cooked will be cups per day. Eat handful of different nuts, like almond, walnuts, pecans, pistachios, pumpkin seeds, brazil nuts, macadamia, hemp seeds etc. These nuts and seeds should be raw, unroasted and unsalted. Soaking overnight in water is good practice to activate enzymes in these seeds. Take

tablespoon of chia seeds and Flax seeds per day. Research has shown that consuming soy and soy products¹, lignans rich foods like flax seeds can benefit postmenopausal women and even women who are at high risk for breast cancer. Add soya and other bean products servings per day. Eat seasonal fruits per day. Research has shown that Pomegranate juice and its components inhibit metastatic processes in breast cancer cells Strawberries organic fruit carry preventive and therapeutic properties toward breast cancer¹⁹ Avoid fried food, sugar, red meat and extra calories. Eating less calories certainly helps not to grow cancer cells at all. Best way of eating less calories is to eat lots of vegetables. Go for counseling to address deep-seated grief, anger, and resentment. Avoid environmental exposure to chemicals, pesticides, solvents, emissions, industrial wastes. Go for brisk walk for 45 min per day in open air. Breast massage Stanya shodhana - using breast massage oil, coconut oil, castor oil or olive oil helps to immobilize the accumulated toxins and helps breast detoxification. Do Panch Karma detoxification treatments to detoxify your body. Ayurvedic herbs which have anti-cancer activity are:

Chapter 6 : Ayurvedic Treatment for Breast Enlargement | Ayurveda

According to Ayurveda, the precursor for breast imbalances is the accumulation of ama, or toxins, in the breast tissue, which, over time become lodged and stagnated. The following are guidelines for reducing toxins and supporting healthy breasts every day.

Thought Ayurveda was all about turmeric and tongue scraping? Practicing a breast massage is actually an ayurvedic technique that we can still greatly benefit from today. The Benefits of a Breast Massage The benefits of a breast massage are many, including flushing out toxins through the lymphatic system, reducing pain, improving range of motion, and increasing the flow of prana breath, or energy life force. A breast massage can even break up scar tissue after mastectomy, reconstruction, or open-heart surgery. Using oils like chamomile, oregano, frankincense, and sesame can help reduce inflammation and boost the immune system. They also help move stagnant energy away from such a vulnerable area. Traditionally in Ayurveda, the breast massage is used to release stagnant energy through the nadis, or energetic pathways in the body. This type of massage also uses pressure points along the chest and armpits that correspond to many lymph points. Connect With Yourself It is so important to feel connected to your own self. A breast massage is a great way to get to know yourself a little better. Notice how your breasts change throughout your monthly cycles. Pay attention to the health of your breasts and check regularly for lumps. This preventative practice is the ultimate act of self-love. Get more comfortable with your own breasts to boost your sexuality, love your body, and feel more confident. Massage with the other hand, working in gentle but firm strokes from the outer breast to the nipple. Lift your arm up and use the opposite hand to massage the lymphatic area of the upper chest and inner armpit. Massage under the neck and on the sides of the throat up to the base of the ear. Another breast health tip is to avoid wearing underwire bras when possible. Going braless helps reduce constriction in the breast area. Anytime the breasts are constricted, the flow of energy in the body is being blocked. She teaches and works with clients in Nashville, TN. She believes in self-care in the form of colorful, healthy cooking, daily walks with her dog, and a glass of red wine. Follow her on Instagram @meditatekate.

Chapter 7 : Benefits of a Breast Massage

Breast discomfort or tenderness constantly flowing through and cleansing the tissue. There are also BREAST MESSAGE ELEMENTS of AYURVEDA.

It should not be used to diagnose and treat any diseases. Individuals are encouraged to contact their own private physician or healthcare provider regarding continuation or changes in their symptoms. If you have a serious health problem or should you have any questions about the information found on this site, please call or consult your physician or healthcare provider before taking any action. Ayurveda, the 5,000-year-old healing system from India, has a unique perspective on beauty. Holistic, all-encompassing, the Ayurvedic definition of beauty reads thus - "Roopam, gunam, vayastyag, iti shubhanga karanam. Roopam is outer beauty - personified by shining healthy hair and a clear radiant complexion. Gunam refers to inner beauty - the beauty that shines from within, characterized by a warm pleasing personality and innocence of mind and heart. And vayastyag means lasting beauty - looking, and feeling younger than your chronological age. Roopam does not specify a type of figure or the color of the skin or the length or style of the hair. Outer beauty, according to Ayurveda, is a reflection of good health - good digestion and healthy eating habits and lifestyle. The frame of the body is dependent on the type of structural components you were born with. Whether thin, medium or big, each type of body structure can be beautiful as long as good health exists. In fact it goes a step further to say "You are what you digest. In our time-constrained, deadline-oriented society, good eating habits are hard to maintain. But good diet and digestion are crucial for long-term beauty, because beauty begins with good health. A supplement to help keep the skin clear through the purification of the blood or one to internally balance the moisture and elasticity of the skin or one to pep up the functioning of the liver - an Ayurvedic dermatologist might recommend herbal combinations for any of these, or related purposes. Sleep is second only to diet according to Ayurveda to achieve and maintain true beauty. This will help you feel rested, alert and yes, beautifully fresh each morning. Practice meditation, listen to uplifting music - anything you can do to balance the mind and emotions will be reflected in your appearance. Serenity, a positive attitude, and purity of thought, word and action - all of these contribute to making you beautiful. According to Mishra, the Charak Samhita, the principal Ayurvedic text, recommends that you seek the company of the young at heart. With the dawn of a new millennium, let us go beyond the color of the skin or the height of the cheekbones to find beauty in every woman. Note - Information provided in this article is for education only, and is not meant to diagnose, treat, cure or mitigate any disease. If you have a medical condition, please consult a health professional. Suggestions for Further Reading.

Chapter 8 : Natural beauty | Maharishi Ayurveda

Ayurveda relies strongly on massage as preventative medicine, and traditional ayurvedic massage doesn't overlook the breasts as in the West. The traditional technique helps release stagnation and balance prana and apana, allowing for flow and release of stagnant energy through the nadis (energetic pathways) and marmas (pressure points along the chest and armpits that correspond to many lymph).

They extend from the collar bone to the armpit at the side. There are large muscles behind the breasts attached to the ribs and to the shoulder joint bones. The breast consists of milk glands supported by tissue and fat. Milk is made in the milk glands and milk sacks and conveyed through the ducts to the nipple. These glands are divided in about 20 segments radiating from the nipple. The breast changes in shape and texture during monthly periods, pregnancy, and age and with weight changes. Cancers that begin in the lobules are called lobular carcinoma. Lobular carcinoma has a higher chance of occurring in the opposite breast either at the time of diagnosis or in the future. Other, less frequently occurring cancers of the breast include medullar, mucinous, tubular, or papillary breast cancer. It may be misdiagnosed as a breast infection because there is often swelling of the breast and redness of the breast skin. The lymph nodes can be located under the arm axillary, in the neck cervical, or just above the collarbone supraclavicular. The most common sites of distant metastasis are the bones, lungs, and liver. The cancer can also recur locally in the skin or tissues of the chest. When cancer begins, it is a single, genetically abnormal cell. As this one cell divides, it eventually becomes a tumor a mass of cells and develops a blood supply to nourish its continued growth. At some point, cells may break off from the primary mass and move through the blood supply or nearby lymph system to other parts of the body this process is called metastasis. In some cases breast cancers may be diagnosed and treated before metastasis occurs. In other cancers may have already metastasized by the time they are diagnosed, if the diagnosis is not early enough. Generally, as the tumor grows in size, the chances of metastasis increases. The larger the size of primary tumor the greater the chances of metastasis. The most common sign of breast cancer is a new lump or mass. A painless, hard mass that has irregular edges is more likely to be cancerous, but some cancers are tender, soft, and rounded. Other signs of breast cancer include a generalized swelling of part of a breast, skin irritation or dimpling, nipple pain or retraction turning inward, redness or scaliness of the nipple or breast skin, or a discharge other than breast milk. Sometimes a breast cancer can spread to underarm lymph nodes even before the original tumor in the breast tissue is large enough to be detected. These cells in women are constantly exposed to the growth promoting effects of female hormones, men can develop breast cancer, but it happens very rarely. Women should take proper medical guidance before using them. The exam is done while lying down. This is because when lying down the breast tissue spreads evenly over the chest wall and it is as thin as possible making it much easier to feel all the breast tissue. Use overlapping small circular motions of the finger pads to feel the breast tissue. Light pressure is needed to feel the tissue closest to the skin, medium pressure to feel a little deeper, and firm pressure to feel the tissue closest to the chest and ribs. A firm ridge in the lower curve of each breast is normal. Use each pressure to feel the breast tissue before moving on to the next spot. Be sure to check the entire breast area going down until you feel only ribs and up to the neck or collar bone clavicle. While standing in front of a mirror with the hands pressing firmly down on your hips, look at the breasts for any changes of size, shape, contour, or dimpling, or redness or scaliness of the nipple or breast skin. Raising your arm straight up tightens the tissue in this area and makes it difficult to examine. This procedure for doing breast self-exam is different than in previous procedure.

Chapter 9 : Ayurveda Holistic Approach For Beauty and Healthy Skin

Traditionally in Ayurveda, the breast massage is used to release stagnant energy through the nadis, or energetic pathways in the body. This type of massage also uses pressure points along the chest and armpits that correspond to many lymph points.