

HERBAL WOMB CLEANSE

This cleanse honors the ancient Ayurvedic Uttara Vasti, a ritual that delivers herbal medicine directly to the yoni (vaginal channel) to purify, tone, and awaken the womb space. It's used during slower phases of the cycle, the luteal and menstrual time, or waning and new moon—when energy naturally turns inward and downward.

Why Use It

- Clears excess heat, dampness, and stagnation
- Supports cycle regularity & healthy flow
- Eases painful cycles, clots & PMS symptoms
- Releases stored emotions & energetic residue
- Preparing to conceive or begin a new creative cycle

When to Use

If your cycle is in Harmony with Moon Phase:

(Bleed with New Moon and ovulate with Full Moon)

- Begin the cleansing practice 2 days after your menstrual cycle ends for 3 days within 8 days of the new moon window — either on alternating days or on three consecutive days.

If cycle is Out of Balance or Menopausal Cycles:

- Begin the nourishing practice the day after the new moon for 3 days within 8 days of the new moon window — either on alternating days or on three consecutive days.

Create Your Sacred Space

- Light a Candle or Incense
- Play soft, nourishing music or simply listen to the rhythm of your breath. Sound helps regulate the nervous system and opens the body to release.

HERBAL WOMB CLEANSE (CONT.)

- **Set Your Intention.** Place your hands over your womb. Speak quietly, what you are ready to release. This may be old emotions, ancestral residue, physical tension, or stagnant energy no longer serving you.
- **Mantra:** *“I release what weighs heavy. I make space for renewal.”*

Preparation For Vaginal Use:

- Brew 2 tbsp of herbs with 2 cups of water into a strong tea decoction.
- Strain the herbal decoction. The spent herbs can be discarded.
- Cool to body temperature before use.
- Pour into an enema bag for the infusion ritual.

Ritual Instructions:

1. Gently insert the applicator of the enema bag into the vaginal canal.
2. Allow the warm herbal tea to flow slowly into the womb space by releasing the lock or valve.
3. Engage the Womb Muscles
4. While the tea flows, perform a few gentle Kegel holds for several seconds at a time. This helps hold the herbs within and deepens absorption.
5. Complete the Infusion
6. Let the herbal tea flow in completely. Once finished, carefully remove the applicator.

HERBAL WOMB CLEANSE (CONT.)

7. Integration & Stillness

8. Rest in sacred stillness. You may choose to:

- Meditate with hand over womb & heart
- Practice soft, conscious breathing
- Journal any feelings, visions, or insights that arise
- Use Womb Ghee to massage the womb space for nourishment

Contraindications:

- During or directly after menstruation (wait 2 days)
- During pregnancy or trying to conceive
- Any vaginal bleeding
- Directly after eating
- Diarrhea
- After emesis, purgation or enema
- Emaciation
- Postpartum: wait 8 weeks and consult Practitioner
- IUD
- Prolapse
- Under the age of 16
- Over the age of 70 (depends on mindset of person)

Storage:

- Cool, dark place
- Shelf life 12 months
- Always use clean spoon

HERBAL WOMB CLEANSE (CONT.)

Womb Cleanse Aftercare Guide

Symptoms You May Feel and Why

After a womb cleanse, the body begins to release stagnation, emotions, and toxins held in the womb–liver–digestive pathways.

This can temporarily show up as:

- Belly bloating
- Emotional heaviness or mood shifts
- Yeast Infection

This is a sign of movement and release — your body’s wisdom making space for renewal.

Gentle Support for Balance

- Warm Herbal Teas - Sip CCF tea (cumin, coriander, fennel) or ginger tea to soothe bloating and support digestion.
- Belly & Womb Massage - Warm sesame oil or Womb Ghee around your lower belly and lower back. Use soft clockwise circles to move energy and emotions.
- Grounding Foods - Favor warm soups, kitchari, and stewed fruits. Avoid raw, cold, or heavy foods for 1–2 days.
- Movement & Breath
 - Knees-to-chest pose (Apanasana)
 - Gentle twists
 - Deep belly breathing or sighing exhales to soften

HERBAL WOMB CLEANSE (CONT.)

- Rest & Integration - Create quiet time. Journal, rest, or place a warm compress on your belly to anchor release.

When to Pause & Seek Support

If bloating is severe, painful, or lasts more than 3 days, or if you feel nausea, fever, or sharp pain — pause the cleanse and check in with a practitioner.

Remember: Bloating is often the body's way of moving old energy and waste. Trust the process, soften, and return to practices that ground you in your own rhythm.