

Dr. Upasana Vohra Honoured with International Icon Award for Pioneering Work in Ayurveda and Women's Health

Category: Business

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[Dr. Upasana Vohra](#), the visionary founder of Vohra Ayurvedic Hospital and Panchkarma Centre, has dedicated her life to promoting holistic health and wellness through Ayurveda. After completing her BAMS from Government Ayurvedic Medical College, Patiala, Dr. Upasana has been practicing for over eight years, making a profound impact on the lives of countless individuals.



Dr. Upasana Vohra receiving International Icon Award from Malaika Arora

Her research work, particularly in the realm of female hygiene, has been revolutionary.

[Dr. Upasana](#)s innovative approaches and treatments have transformed the lives of lakhs of women, empowering them to take control of their health and well-being. Her expertise in treating complex issues like Polycystic Ovary Disorder (PCOD), fibroids, and leucorrhoea (white discharge) using her own proprietary Ayurvedic medicines has earned her widespread recognition.

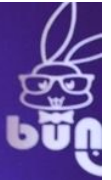
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Dr. Upasana Vohra attending International Icon Awards

What sets Dr. Upasana apart is her unwavering commitment to giving back to the community. She runs an NGO called Ek Khwaab, which translates to A Dream, under which she launched Mission Jugnu. This initiative aims to privilege the lives of underprivileged individuals, particularly women and girls, by providing them with access to quality healthcare and sanitation facilities.

Through Mission Jugnu, Dr. Upasana and her team provide free consultations and medicines to those in need, often visiting slums and rural areas to reach the most vulnerable populations. One of the key focus areas of the initiative is menstrual hygiene. Dr. Upasana has conducted over 150+ awareness campaigns across villages and slum areas, and has distributed more than 5 lakh sanitary pads to underprivileged girls and women. Her relentless outreach has so far covered 8 states across India, helping to break taboos around menstruation and promoting safe, informed hygiene practices.

Impressively, lakhs of women have benefited from her Ayurvedic treatments and home remedies alone, attesting to the efficacy and accessibility of her holistic approach. Her efforts have not only improved physical health but also restored confidence and dignity among countless women.

In recognition of her extraordinary contributions to Ayurveda and social welfare, ****Dr. Upasana was recently honoured with the prestigious International Icon Award presented by Advog Entertainments in association with Brands Impact**, held at **Hyatt Centric, New Delhi**.** The award was presented to her by ****Bollywood diva Malaika Arora****, highlighting her outstanding work and dedication to the field.

Dr. Upasana's work is a testament to her compassion, dedication, and unshakeable commitment to creating a more equitable and just society. Her efforts have not only improved

the physical health of individuals but have empowered them to reclaim control over their lives, health, and dignity.

As a true champion of womens health and rights, Dr. Upasana Vohra is an inspiration to us all. Her legacy of service and healing will undoubtedly continue to uplift and inspire generations to come.

