

The Secret Feminine Signs and Symbols

MOON AND MENSTRUATION

Our Ancient Indian Modern Science
Part - 1



3 Milestones in a Woman's life

Shivangi Sharma

Moon & Menstruation

SHIVANGI SHARMA

Adorations to the Guru

My Mahadev

15,000 years ago, before all religions, that was Mahadeva, who transmitted the science of yoga to his seven disciples, the Saptarishis. Mahadev is the source of yoga who is called the first yogi, The Adiyogi. He guided the path of human welfare and its liberation. I bow to your lotus feet.



॥ ॐ नमः शिवाय ॥
|| Om Namah Shivaya ||

Prayer

ॐ सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।
सर्वे भद्राणि पश्यन्तु, मा कश्चिद्दुःखभाग्भवेत् ।

ॐ शान्तिः शान्तिः शान्तिः ॥

om sarve bhavantu sukhinah
sarve santu nirāmayāḥ .
sarve bhadraṇi paśyantu
mā kaścid duḥkha bhāgbhavet .
om śāntiḥ śāntiḥ śāntiḥ

Let all be happy, let all be free from debilitation, let all
see goodness, let there be no victims of sorrow.

Mother's debt can never be payback.

Devoted to my mother

At the lotus feet of my mother, who is a devotee of
Bajrangbali and my guru. Who gave me the freedom to
follow the path of yoga and gave me the courage to fight
the complications of life.

This book is devoted to my mother.

Aim of Book

Our life is full of hustle and bustle and we all have experienced a pandemic sometime back, the solution of, which we had not have even in this modern world of the 21st century. Therefore, my goal in writing this book is that every person should be aware about their health. And reconnect with our Ancient Indian Vedic Science and put it into practice. Because it is totally based on science. I want individuals to attain a higher level of consciousness towards their health through our Vedic knowledge. Because the goal of good health is to strengthen the connection between your body, mind and soul.

TABLE OF CONTENTS

CHAPTER - 1	1
UNIVERSE	
Microcosm and Macrocosm	1
Planets and Their Existence in Body	3
5 Elements and Their Existence in Body	3
THE MOON	4
The Moon Cycle	4
Moon Phases	4
New Moon	6
Full Moon	7
CHAPTER - 2	9
THREE MILESTONES IN A WOMAN'S LIFE	
Menstruation	9
Menstrual disorders	12
Pregnancy	14
Parturition	17
Menopause	17
CHAPTER - 3	19
LIFE STYLE - FOOD, HORMONES AND SLEEP	
Food	19
Hormones	22
Sleep/Circadian Cycle	30
CHAPTER - 4	34
WHAT IS ESTROGEN AND WHAT DOES IT DO?	
Types of Estrogen	34
The purpose of Estrogen	35
Low Estrogen Symptoms	35

TABLE OF CONTENTS

WHAT IS PROGESTERONE HORMONE AND	37
WHAT DOES IT DO?	37
The Purpose Progesterone	37
Low Progesterone Symptoms	
CHAPTER - 5	39
THE MOON AND MENSTRUAL CYCLE	
The Moon and Menstrual Cycle	39
WAYS THE MOON PHASES INFLUENCE	42
YOUR BODY	
Ways the Moon Phases Influences Your Body	42
THE MOON AND FERTILITY	43
Causes of infertility	45
When Full Moon Occurs	46
When New moon Occurs	47
THE MOON AND MENTAL HEALTH	50
The Moon and mental health	50
CHAPTER - 6	55
WHAT DOES THE WESTERN SCIENCE	
SAY?	
What the Western Science Says?	55
CONCLUSION	57
Conclusion	57

List of References

Ayurveda
Ashtanga Hridaya
Yajurveda
Charak Samhita
Vagbhatta
Astanga Hridaya
Manusmriti

Universe



Yajurveda Reveals -

यथापिण्डेतथाब्रह्माण्डे, तथाब्रह्माण्डेयथापिण्डे।

Yatha pinde tatha brahmande, tatha brahmande yatha pinde

That is -

As is the human body, so is the cosmic body, and as there is the cosmic body, so is the human body.

Pinda means "Microcosm" and Brahmanda means "Macrocosm". It signifies that if something occurs in the universe, then it will affect our body too. When there are changes in the universe then our body will also react.

Countless things are invisible in this short sentence. Is it possible that if there is some change in the universe, then our body will also change due to its effect? Yes, our body is the manifestation of the universe, our body, mind and subtle body is also made up of the same elements and forces from which our universe is made. Therefore, if changes happen in nature, there will be a change inside our body too. The effect of changes in nature on our body depends on our way of living. When If there is an imbalance in our eating habits and living habits, then this body and mind will become diseased. Changes will appear in our body, our expressions will change, the speed of blood flow in our body will change, our behavior may also change, and our response to something will also change. We will become dependent, so live a balanced life, and be accountable to your niverse. For yogis, this indicates that their smaller souls are part of a larger universal consciousness.

This statement is philosophical as well as scientific, by being in this material world, many kinds of impurities have accumulated in our body and mind, which shape the walls between the individual self and the truth of oneness with the universal soul through yogic discipline and spirituality. "yatha pinde tatha brahmande" means that all detachment is a creation and an illusion.

The insistence on an inner focus and exploration has always been the sole principle of Hinduism.

Planets and Their Existence in Body –

The prominent planets also reside in the Body – abode of the Sun is right nostril, in left nostril resides moon. Abode of mars is in the eyes. Abode of Mercury is in the heart. Abode of jupiter is in the navel. Abode of saturn is in naval ball.

5 Elements and Their Existence in Body-

For existence 5 elements – air, water, sky, fire and ether are necessary. These reside in human body too. Their existence in Human body is as follows-

- ♦ Contraction, running, expansion and motion contain properties of Air element.
 - ♦ Thirst, hunger, laziness, sleep and glow contain property of fire.
 - ♦ Skin, bones, nerves, body hair contain properties of earth.
 - ♦ Saliva, urine, blood, marrow, semen contains properties of water.
 - ♦ Sound, attachment, vacuum, worry, doubt all contains properties of ether. We humans are very stupid. We are exploring the outer universe while we have our own universe inside of us and foolishly ignoring this one.
-

The Moon

THE MOON CYCLE

The moon and its phases have always been considered consequential in Indian culture. Moon is the element through which all our festivals are celebrated. And it is directly related to the woman. It takes for the moon to complete one revolution around the earth is 29.5 days. A process from New Moon to New Moon is called the Lunar Cycle and during the entire cycle there are eight different phases and positions of the Moon, out of which two positions are very important.

THE MOON PHASES



New Moon

Consider starting with clean slate and prep accordingly by organizing your thoughts into a plan.



Waxing Crescent

Lets your plans and dreams grow, work on the moving power of the moon to propel yourself forward.



First Quarter Moon

You will experience a surge of strength and will. Commit to a decision and push for action and passion.



Waxing Gibbous

Take the plane to refine your plans and actions. Take the plane to step back, observe, and realign with the universe.

**Full Moon**

Let go of anything that is harmful or cause you to stagnate send out positive thoughts into the world.

**Waning Gibbous**

During this phase, its good to be thankful! This is the time of better communication and introspection.

**Last Quarter Moon**

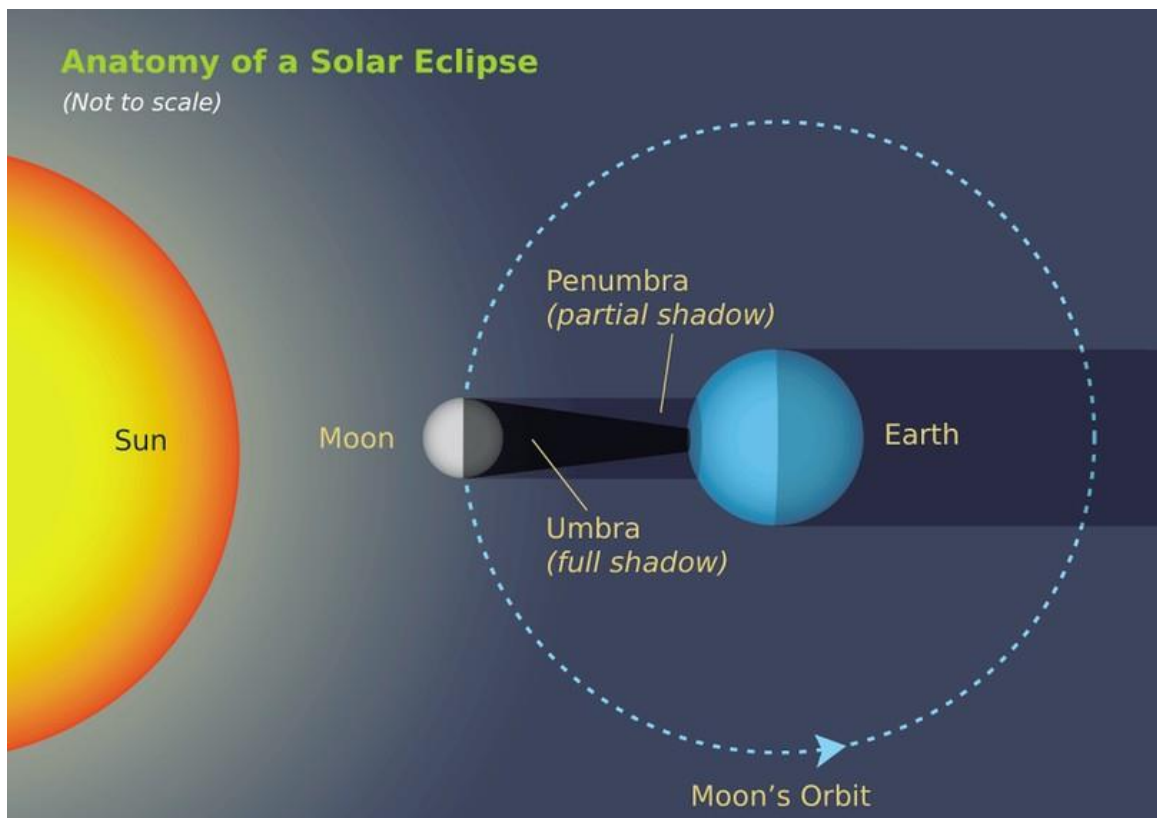
Continue to rid yourself of bad thoughts, habits and relationships and cherish the good once.

**Waning Crescent**

Be kinder to yourself! This phase is nearly done and new one is approaching. Take time to think and introspect.

NEW MOON (WANING MOON)

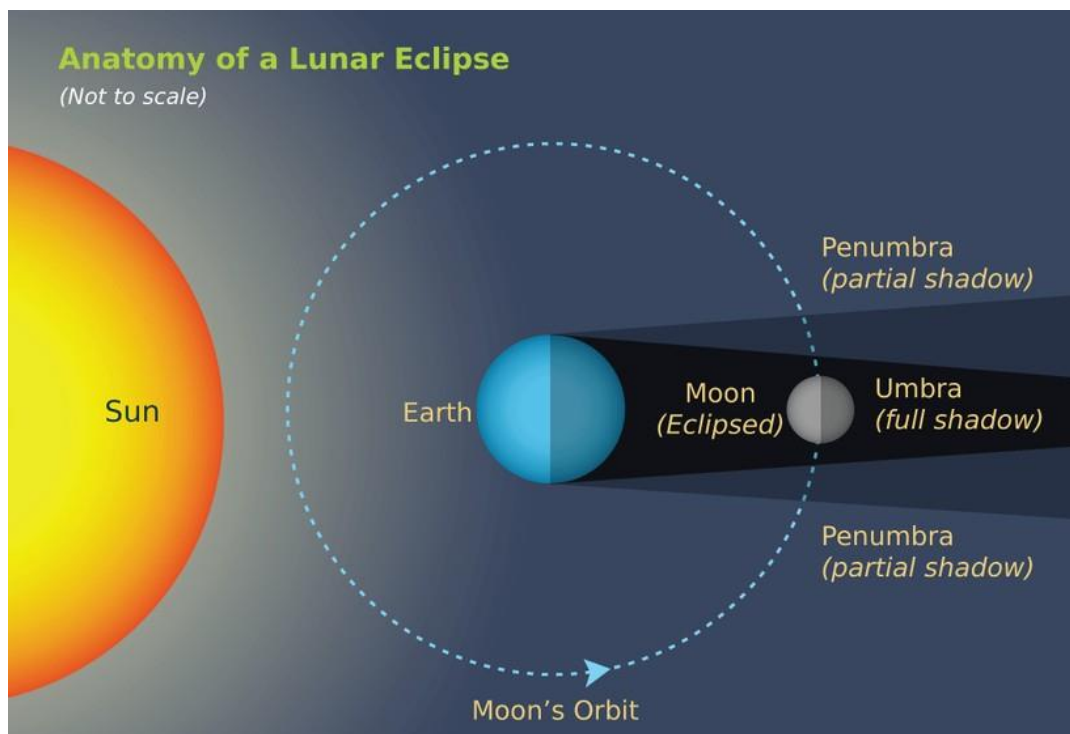
The moon is between Earth and the sun, and the view of the moon facing toward us, receives no direct sunlight; it is lit only by dim sunlight reflected from Earth. We call the Waning phase "Amavasya". (See Figure- 1.1)



See Figure- 1.1

FULL MOON (WAXING MOON)

In the Full moon period, the earth comes between the sun and the moon. The moon goes 180 degrees away from the sun. The sun's light is throwing straight illuminate on the moon, and because of this, the complete moon is evident to us from the earth and it spreads its shadow on the earth. The moon takes two weeks to reach the full moon. The sun, earth, and the moon are aligned, but because the moon's orbit is not specified in the same sphere as Earth's orbit around the sun, they rarely appear in a perfect line. When they do, we have a lunar eclipse as Earth's shadow traverses the moon's face. We call the Waxing phase "Purnima or Punam". (See Figure-1.2)



See Figure-1.2

The moon is associated with the right side of the brain, creativity and intuition, the pituitary gland, and the female reproductive organs. In ancient times, aligning one's menstrual cycle with the lunar cycle was known to advance well-being, vitality, fertility, and managed period pain better. As the average length of women's menstrual cycles matches the moon's 29.5-day waxing and waning cycle, many cultures associated the moon with fertility. The cosmic influence on human life had primarily been dismissed as myth, but several current studies have correlated lunar phases with sleep and moods. In a study, researchers studied long-term data from women and found that for some their periods synced with lunar light and gravity cycles at specific times in their life. The moon is supposed to influence the discharge of hormones like estrogen and progesterone in medical astrology too. Some scientists stated that the action of the moon in different places has an impact on our mood, sexual desire, and even fertility.

Three Milestones in a Woman's Life

Since this book is primarily for women, there are three vital phases in a woman's life begin puberty, pass through middle age, pregnancy, and end in old age:

1. Menstruation
2. Pregnancy/ Parturition
3. Menopause

These are challenging periods and milestones in her life. Let us see how these functions affect her body at each stage and the routines of mind and asana and pranayama are beneficial for her.

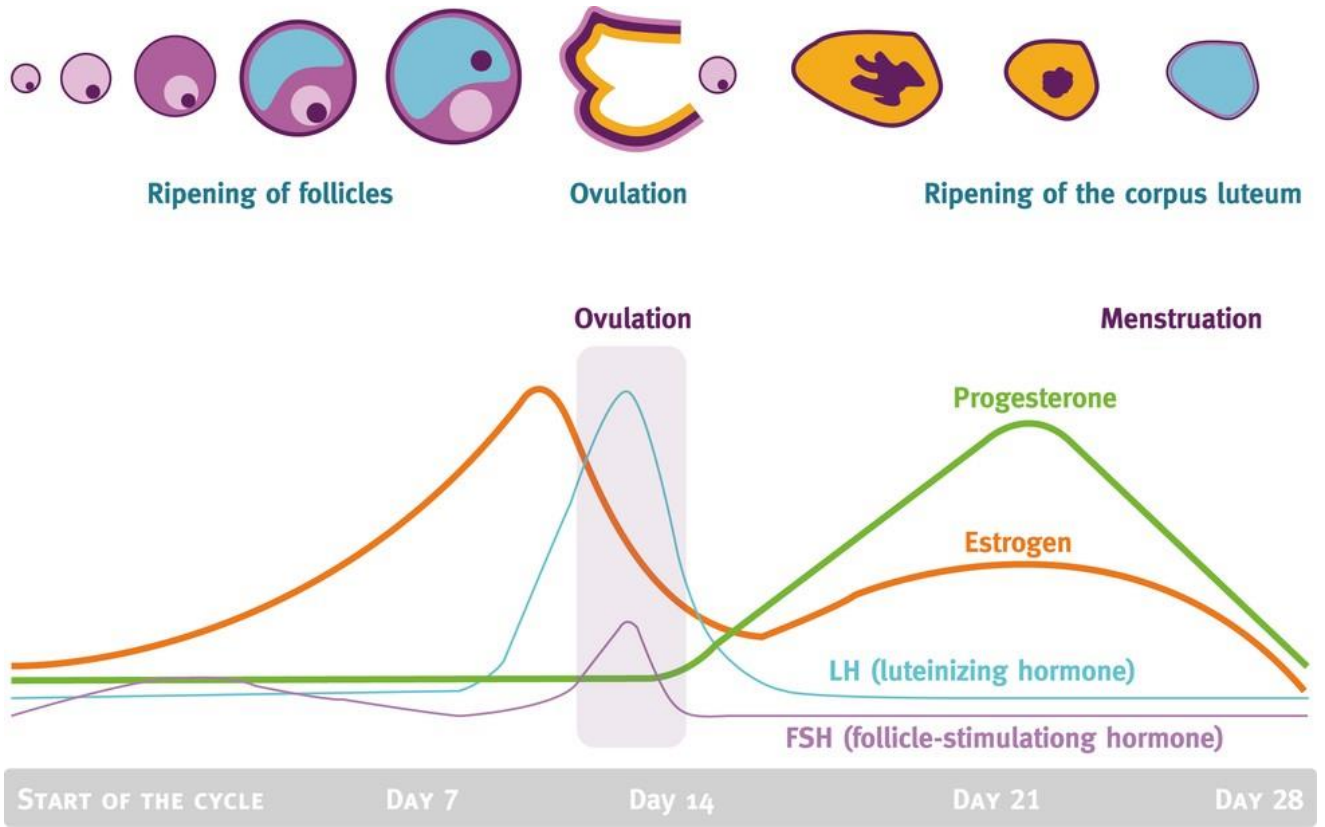
1. Menstruation

When a girl grows up, the physiological processes that take place to develop the body into femininity are at their peak so that she can fulfill the duties imposed on her by nature; it is an irreplaceable part of her life. Juvenility is the time of growth during which there is a change from childhood to maturity. Significantly physical and mental transformations take place during this period. The ovaries, the main female sex organs are located on the sides of the uterus and start to function by producing ova, female sex cells, one of which matures each month. The process of maturation begins between the ages of ten and fifteen and prevents between the ages of forty-five and fifty. The walls of the uterus are softened and swell to receive the ovum and extra blood to nourish it. When the ovum is not fertilized and blood is no longer needed for its nutrition, swollen membranes and excess blood are expelled through the vagina in the form of a bloody release from the uterus. This discharge occurs once a month and is called menstruation. Therefore,

menstruation is a periodic change that occurs in a woman in whom there is a discharge of blood from the cavity of the womb. It is a purely physiological process that prepares the female body for reproduction, a biological function.

Our menstruation and other physiological processes are operated by the pituitary gland located at the base of the brain. The pituitary gland is divided into two sections - Anterior and Posterior. The secretion from the anterior part of the pituitary gland produces fertility in females, the posterior part controls the secretion and feeds the involuntary muscles of the uterus and conditions it to function normally. An observable transition occurs in the female body during this period of maturation. There is a rapid growth in height and weight. In this area the hips become wide and fat gets deposited. The vagina is fully developed along with the breasts the heart and lungs attain full size. The muscles of the body become stiff. The oil glands under the skin secrete excess oil, often resulting in pimples or pimples around the cheeks and forehead, which is a common causality of concern among teens.

Normal production of sex hormones also leads to the extreme secretion of fatty importance under the skin. A healthy menstrual cycle depends on the proper functioning of the ovaries and this depends on a healthy pituitary gland. A regular rhythm or cycle within the ovary also depends on the hypothalamus which is closely associated with the pituitary.



See Figure- 2.1

What our ancestors say about menstrual cycles if you are facing difficulties in it-

असृङ्गिरुद्धं पवनेन नार्या गर्भं व्यवस्यन्त्यबुधाः कदाचित्।
गर्भस्य रूपं हि करोति तस्यास्तदसृगस्रवि विवर्धमानम् ॥८॥

Menstrual blood obstructed by vayu in a woman is mistaken as pregnancy sometimes by the ignorant. The blood that does not flow out but gradually accumulates within the uterus produces signs and symptoms similar to pregnancy. [8]

Charak samhitha 1.8

Menstruation is a natural cyclic process happening within the uterine system. It is a routine process with only a short phase of irregular circulation from person to person. This short phase of abnormality is considered a sign of normal health. At the same time, it should also be kept in mind that symptoms such as easy fatigue, insomnia, and psychological temper changes, tenderness of the breasts or mild swelling are due to the boosted action of hormones and should be assumed normal. Menstrual cycles should occur at regular intervals. Variation in the length of the gap creates disorder and causes physical and mental suffering that point to pregnancy and motherhood. Sometimes it happens because of general or local conditions. Menstrual cycles may be absent, extreme, irregular, or cause discomfort and severe pain. Then it is considered a disorder in menstruation.

Menstrual disorders are:

(I) Amenorrhea: Absence or delayed menstruation puberty is called Amenorrhea. It is infrequently found and inhibits sexual development due to the underdevelopment of the pituitary gland. Sometimes the delay in puberty is due to physical and mental reasons. Unhealthy physical conditions, extreme physical effort, malnutrition, severe anemia, tuberculosis, malaria, weak constitution, underdevelopment of genital organs such as ovaries or uterus may cause failure or delay of menstruation. Sometimes psychological reasons like sudden fear, grief, weak mind, isolation from loved ones, can cause serious trouble. In such cases, one can adopt yoga without any fear of harm.

(ii) Dysmenorrhea: It is hard or painful Menstruation can be caused by

disturbances or defects, such as inflammation in the ovaries, fallopian tubes or womb, or due to nervous disposition due to cramps in the womb, or due to insufficient development of the uterus. Even psychological factors such as fear, dissonance, anxiety and neurosis are involved in dysmenorrhea.

(iii) Menorrhagia: Excessive bleeding during menstruation Periods is called menorrhagia. In this case, the period the cycle may be regular, but each time there is excessive blood loss.

(iv) Metrorrhagia: It is similar to menorrhagia, but here bleeding occurs at odd periods before or after menstruation. So the cycles are also changing and irregular. Fibroids, tumors, cysts, uterine dislocation, inflammation or miscarriage are common causes of this problem.

(v) Hypomenorrhea: It is a scanty secretion. It is due to either underdevelopment of the uterus or lack of formation of ovaries or endocrine glands.

(vi) Oligomenorrhea: Here the cycles are longer.

(vii) Poly Menorrhea: Here the cycles are of short duration.

(viii) Leucorrhoea: Excessive white discharge is normal a problem that causes physical weakness as well as mental weakness torture. Constitutional, sexual, hormonal and mental factors are responsible for its cause. Sometimes this is due to new growth in the genital organs,

or foreign bodies in the vagina. Often this is due to hygienic negligence.

(ix) **Premenstrual stress:** Many women suffer from a week or ten days before their period. Stress on the nervous system is usually the cause, resulting in headache, wiggling nerves, enlarged breasts, tremors, irritability, temper tantrums, heaviness or swelling in the pelvic area. All these symptoms of menstrual disorders are caused by several aspects, such as the insufficient development of the genital organs, hormonal imbalance in the endocrine glands, weak muscles or weak constitution of the reproductive organs. In addition to physical and biological defects, psychological factors are also involved.

2. Pregnancy

In the case of pregnant women, the saying "you will reap as you plant" is adept. A woman who has taken care of her health will reap the rewards by giving birth to a healthy pregnancy and a healthy baby. A pregnant woman must maintain her physical and mental health for the sake of herself and her inner child.

How does pregnancy happen?

For pregnancy to occur, a sperm has to incorporate with an egg. Pregnancy officially starts when a fertilized egg contains the walls of the uterus. It takes up to 2-3 weeks to get pregnant after sex.

How does a woman get pregnant?

Pregnancy is a bit complicated process consisting of several phases. It all begins with sperm cells and an egg. Sperm are microscopic cells that are made in the testicles. Sperm combines with other fluids to form semen (cum), which comes out of the penis during ejaculation. Millions and millions of sperm are released every time you ejaculate—but it only accepts one sperm cell to meet an egg for pregnancy to occur. The eggs remain in the ovaries and the hormones that control your menstrual cycle because some eggs to mature each month. When your egg is mature, it means it is ready to be fertilized by a sperm cell. These hormones also make the walls of your uterus thick and spongy, preparing your body for pregnancy. About midway through your menstrual cycle, a mature egg leaves the ovary called ovulation and travels through the fallopian tubes to your uterus. The egg stays around for 12-24 hours, moving slowly through the fallopian tubes to see if any sperm is around. If semen gets into your vagina, sperm cells can float via the cervix. The sperm and the uterus works together to move the sperm towards the fallopian tubes. If an egg is moving through your fallopian tubes, the sperm and egg can merge.

It takes up to six days for the sperm to hook to the egg before it dies. When a sperm attaches to an egg, it is called fertilization. Fertilization does not occur immediately. Up to 6 days after sex, sperm stays in your uterus and fallopian tubes, there are up to 6 days between sex and fertilization.

If a sperm cell attaches to your egg, the fertilized egg travels down the fallopian tube to the uterus. It starts to separate into more and more

cells, comprising a ball as it rises. The ball of cells goes to the uterus about 3-4 days after fertilization. The ball of cells floats in the uterus for the next 2-3 days. If the ball of cells hooks to the walls of your uterus, it is called implantation – when pregnancy officially forms. Implantation usually starts around six days after fertilization and takes about 3-4 days to complete.

The embryo develops from the cells inside the ball. The placenta develops from cells outside the ball. When a fertilized egg implants in the uterus, it releases pregnancy hormones that stop the walls of your uterus from the shed – which is why women don't have periods when they're pregnant.

If your egg doesn't meet a sperm, or a fertilized egg doesn't implant in your uterus, the thick lining of your uterus isn't necessary and leaves your body during your period. Half of all fertilized eggs do not naturally implant in the uterus – they pass out of your body during your period.

What are ancestors say about pregnancy-

शुक्रासृगात्माशयकालसम्पद् यस्योपचारश्च हितैस्तथाऽन्नैः।

गर्भश्च काले च सुखी सुखं च सञ्जायते सम्परिपूर्णदेहः॥६॥

śukrāsṛ gātmāśayakālasampad yasyōpacāraśca hitaistathā'nnaiḥ |
garbhaśca kālē ca sukhī sukhaṁ ca sañjāyatē
samparipūrṇadēhaḥ॥6॥

By (the excellence of) healthy sperm, ovum, atma, uterus, time and by management with wholesome diet, the normal fetus gets delivered in fully developed state in time and with ease. [6]

Charak Samhita 1.6

Parturition/ Delivery:

Birth pains are natural, a sort of call to various muscles in the pelvic and surrounding region, which is a series of spasms that produce contractions and relaxation and help the expulsion of the child. However, fear and mental stress worsen labor pains and delay the child from appearing. In many cases and with increasing frequency, childbirth is achieved through induction of labor or caesarean section. Caesarean section is the removal of the neonate through a surgical incision in the abdomen, rather than through vaginal birth.

3. Menopause

Menopause (Climacteric) in the age group of 40 to 50 years, women have to face disruption in the menstrual cycle. Menstruation either suddenly stops or becomes irregular, or the amount decreases. These are all-natural signs that the reproductive process is coming to its end. Just as at the beginning of menstruation physical, mental, and emotional disturbances occur, women again have to face disruptions at the stage of menopause. As the ovaries stop functioning, the other glands such as the thyroids & the adrenals become hyperactive and there is an imbalance of hormones. As a result, women suffer from hot flushes, high blood pressure, heaviness in the breasts, headaches, insomnia, obesity, etc. Due to the changes in physiological and metabolic processes and psychological and emotional states, women have to learn to face the new problem by improving their physical and mental stability. There can be an emotional disturbance, loss of balance and poise resulting in short temper, jealousy, depression, fear and anxiety - all arising out of a feeling that one has lost one's womanhood. It is a very critical time to handle. At this point, the

practice of yogasana is very beneficial because it calms the nervous system and brings balance to your body and mind. Yoga is a gift for old age too. The person who adopts yoga in olden times not only gets fitness and joy but also gets freshness of mind as yoga gives a bright outlook about life and one can see a happy future instead of looking back in past, one who has already entered the darkness. The loneliness and the nervousness which create sadness and sorrow are eliminated by yoga as a new life begins.

Life Style - Food, Hormones and Sleep

One of the philosopher, sages has compared life to a chariot drawn by two horses - one is material and other is spiritual, moving in unison. Any imbalance in their movement results in misery. The trouble with our age is that the chariot's physical movement is going faster than the spiritual one.

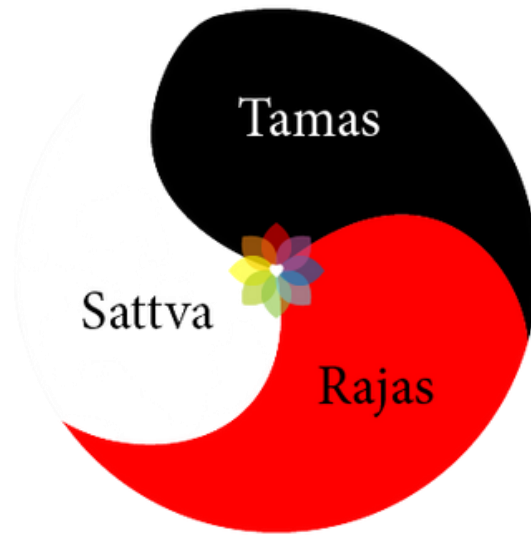
Food:

There is an old saying, what you eat, so become your mind, as you drink water, so be your voice. Whatever food we eat, we do it for our body, brain and breathe. So have we set any criteria for this? What type of food is beneficial for us? What should be the quality of food?

We all know what kind of life people are living nowadays in the name of modernity. People are adopting western culture and its lifestyle and food which is not scientific at all, does not match our climate too. People are consuming packaged food which is called a dead food. Our lifestyle has become very stressful and busy. According to our Ayurvedic Science, food should be filled with prana (life-force), food that balances our dosha (unique constitution) Vata – Wind, Pitta - Bile & Kapha – Phlegm, and our Vikriti (current imbalances).

The food is broadly divided into three categories: Sattvic, Rajasic, Tamasic.

- Sattvic promotes longevity, health and happiness.
 - Rajasic creates excitement.
 - Tamasic promotes darkness and diseases.
-



See Figure- 3.1

The principle of ayurveda is that "रोगस्तु दोषवैषम्यं दोषसाम्यमरोगता" - Rogastu doshavaishyam doshasamyamrogata" means that the asymmetry of doshas is ailment and equality is called perfect health. The liquids which infect the body are called doshas. Vata, pitta is the physical defect and rajas and tamas are the mental defects, just as the world is born, raised and controlled by the movements of the sun, the moon and the air in the universe. In the same way, the body is organized and regulated by vata, pitta, kapha in the body. Therefore, the food should be healthy, tasty and friendly, and the food should have a balance of carbs, protein, fat, minerals and vitamins. Because unhealthy food and bad habits make our body, mind and emotions sick. And after that all the three doshas present in the body become unbalanced. Modern-day diets boost the tama component, which means that this sort of food is only serving the senses. There is no physical and mental benefit from this food. The sattva component is almost gone, which is nutritious and rich. Unfortunately, people are consuming this kind of unwholesome food nowadays because it has

paved its way in our country. People are having such food without awareness and are damaging their bodies by embracing inconsistent attitudes. To satisfy senses with unnecessary demands of the tongue is not our standard. Such a culture brings moral ruin.

If you are consuming such food, this will not allow the supremacy of sattva guna to grow in your body, which is not acceptable at all for living energy. Rajasic and tamasic food make consciousness dull and inhibit, where it is true that character is influenced by food. If the body and mind are not being formed by consuming such food, then how will the character be formed? Emphasis should be placed on the consumption of sattvic food.

What our ancestors say about character –

नित्यं हिताहारविहारसेवी समीक्ष्यकारी विषयेष्वसक्तः ।
दाता समः सत्यपरः क्षमावानाप्तोपसेवी च भवत्यरोगः ॥

One who indulges daily in healthy foods and activities, who discriminates the good and bad of everything and then acts wisely, who is not attached too much to the objects of the senses, who develops the habit of charity, of considering all as equal of truthfulness, of pardoning and keeping company of good persons only, becomes free from all diseases.

Ashtanga Hridaya

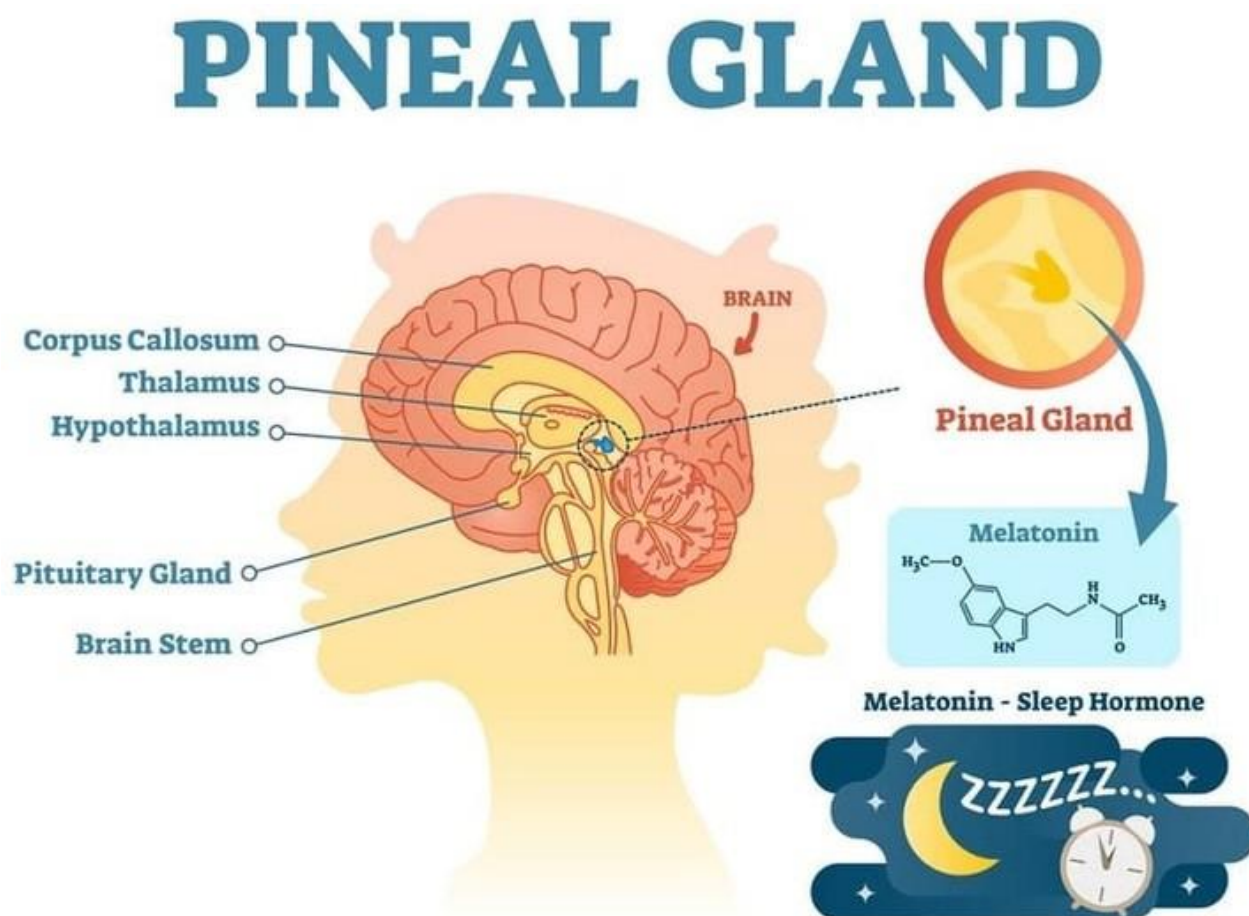
According to the world's most ancient Indian philosophies Vedanta philosophy, there are three types or sariras of body enveloping the soul are: (a) sthula sarira (b) suksma sarira (c) karana sarira. Sthula sarira is the gross/physical body, suksma sarira is the subtle body and karana sarira is the casual body- the spiritual sheath. The gross body is a sheath

of nourishment to survive. The physiological (functions of the body), the psychological (mind), and the intellectual sheath (intellect) make up the subtle body. The physiological sheath includes the respiratory, circulator, digestive, nervous, endocrine, excretory and genital systems. The psychological sheath includes functions of awareness, emotions. The intellectual sheath includes the intellectual process of reasoning and judgment derived from subjective experience. The spiritual body boosts bliss; it's a sheath of joy. As stated in our old scriptures and by the doctors of today, one thing will be seen same in both of them. That is, a pure diet and vegetarianism is the best diet. It provides enough vitamins, proteins and other mineral salts. Diet has a lot of effect on our lives and our mentality, which is why scholars have termed the word diet overemphasized.

Hormones:

There are a lot of chemicals in our body that are synthesized and produced by special glands to regulate and control the movement of particular cells and organs. When we respond to something whether it is delighted or miserable, it gets released and spreads through the blood to the whole body.

Melatonin Hormone



See Figure- 3.3

Melatonin is a natural hormone that is produced by the pineal gland in the brain. The pineal gland located in the central part of the brain produces melatonin into the bloodstream. Melatonin is widely known as the "sleep hormone" because of its close association with sleep quality. For example, much research in recent decades suggests that individuals with insomnia have significantly lower levels of melatonin than non-insomnia. As a result, melatonin helps regulate circadian rhythm and synchronize our sleep-wake cycle with night and day. It facilitates a transition to sleep and promotes consistent, quality rest.

Melatonin created within the body is known as endogenous melatonin. Body hormones are imbalanced, body discomfort and mental stress cause sleepless nights. Because melatonin gets disturbed in our body and it does not only impact your sleeping and waking process but makes you physically and mentally sick too. Night shift workers who usually go to work around midnight and are over early in the morning same effect on them as on the imbalanced hormones in a woman's body. They also experience difficulty sleeping during the day. Sleep induced by tranquilizers is not like natural sleep. Natural sleep occurs in a tranquil body and mind in makes one well equipped to face the problems of the day. How important sleep is, has been well described by vagbhata in the following sutra:

What our ancestors say about importance of sleep -

Nidrayattam sukham dukham pustih
 karsyam balabalam vrsata klibata
 jnanam ajnanam jivitam na ca||

On sleep depend Happiness and Grief, Fatness and Leanness, Strength and Weakness, Potency and Impotency, Knowledge and Ignorance, Life and death.

V.A.H I-7.53

We are working all day in an unnatural environment where there is no natural air, no natural food and Instead of taking a sound sleep at night, the youth of today watches movies on Netflix in mobile and laptop throughout the night. Darkness prompts the pineal gland to start producing melatonin hormone. The natural hormones present in your body are indicating to you that it is time to sleep. You are feeling sleepy but not sleeping. If all this continues for a long time, then your body will stop producing natural sleeping hormones. Due to this, the body will not be able to understand whether it is day or night. So from this, a lack of sleep and tiredness in the body and mind will increase, along with melatonin and other hormones will also be greatly affected and become unbalanced.

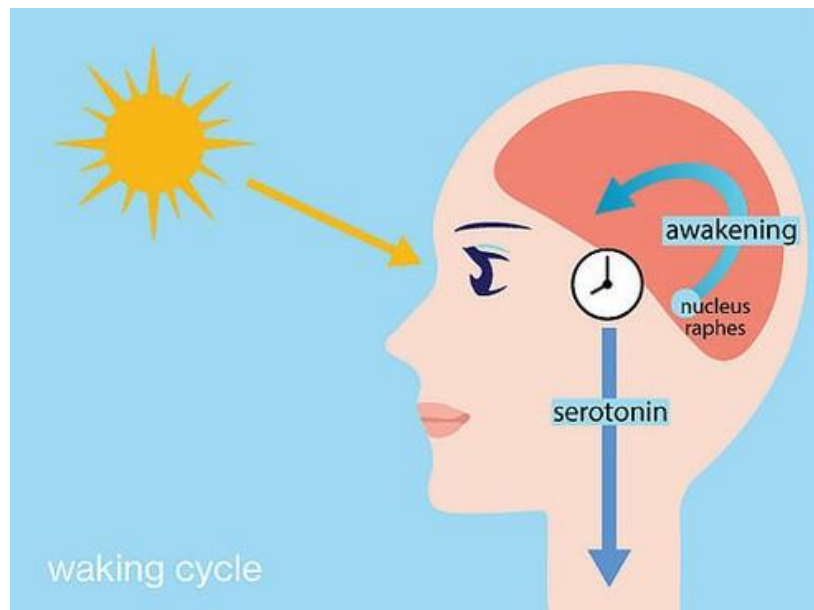
There is concrete proof that the moon affects human sleep patterns. The evidence was published based on the experimentation where 33 adult volunteers (of both sexes) of different age groups were made to sleep for several nights in a sleep lab. Researchers examined and observed the volunteer's brain activity, eye movements and hormone levels. Gradually, it was found out that on the nights closer to moon days, volunteers took an average of five minutes longer to fall asleep, and slept overall 20 minutes lesser than their usual sleeping hours. Additionally, melatonin levels had dropped compared to other nights hence proving the fact that people are prone to insomnia during full moon nights. Practitioners of ashtanga yoga are asked to avoid doing yoga on moon days: full moon and new moon. The reason for the same is that one exhibits too much energy on full moon days, which might lead to injury and fracture in the body. It is, thus, advised, to indulge in activities that calm the mind like meditation.

Serotonin Hormone

Serotonin is a regulating the sleep/wake cycle like melatonin. And this too is controlled by pineal gland, which receives and interprets light and dark signals from the eyes. Light causes stop melatonin production because it promotes serotonin. Serotonin is both a neurotransmitter and a hormone. When it acts as a neurotransmitter, serotonin will hop from neuron to neuron to send messages. Diets with high amino acid tryptophan can maintain healthy serotonin levels, but lifestyle choices like constant travel, unwholesome food and an erratic sleep schedule can disrupt serotonin production. Serotonin is a multipurpose molecule found throughout the brain, which helps us with memory, cognition and the experience of pleasure. And this is possible only when we get a very good sleep at night. Then it helps us to stay awake so that we can do a variety of psychological and other body functions in the daytime. It is often called the body's natural "feel-good" chemical. If this hormone becomes unbalanced in our body then we will not be able to feel mentally and emotionally what this hormone does. Instead of feeling good, we will feel very negative, irritable. Because when our body needed rest we should have given it rest, but we didn't. In the morning, we want to sleep but we can't because we have so much work to do. That is the reason the level of serotonin will decrease. A lack of melatonin can cause sleeplessness and even insomnia, whereas a deficiency in serotonin can result in feelings of depression and lethargy. Approximate 40 million brain cells, most are affected either directly or indirectly by serotonin. In this chaos situation, our bodies will react very badly. It affects our hormones and our mental state. We become very helpless emotionally. Our concentration will not be on any work because along with one hormone, a few other hormones will also become unbalanced.

Especially the stress hormone called cortisol hormone.

See Figure- 3.4



Importance of Sunlight –

Sunlight is equally important as we read above how much moonlight is. The connection of both is related to our fitness. That is, vitamin D and calcium. When we eat food, we take many such things in the food from which calcium is supplied in our body. We don't require to sit in the sunlight. For instance, some people drink milk and some people also take supplements, then the body gets calcium but cannot get vitamin D. Scientifically proven that if you are not getting vitamin D, then the calcium that you have taken in your body through your diet will not be able to spread properly throughout the body. The functions of the vital organs in our body depend on vitamin D and

calcium, those organ functions will be affected, because they are not getting proper calcium and vitamin D. Women as they age due to decreasing Vitamin D levels; tend to encounter common conditions like rickets, osteoporosis, dental problem, widening of gaps between teeth etc. Vitamin D thus helps to maintain stronger bones and teeth. And this is possible only when we take natural sunlight because serotonin levels are increased by exposure to sunlight daily. Mood, emotional health enhances and the quality of sleep is better. Sunlight and nature are known to promote overall health, improve conditions like low blood pressure, anxiety and depression. Living in nature also supports to relax. Sunlight also has a positive and soothing effect on the nervous system and reduces stress.

And on the other hand, we have seen many such people around us who experience hesitation or headache and experience tired when temperature get high because it increases blood pressure. But as soon as the sun goes down, it becomes evening, and then the headache, hesitation gradually starts to stop. Although we keep working continuously and we do not even take any medicine. Why did this happen? It happens because darkness triggers the pineal gland to start producing melatonin. It relaxes our mind a lot and takes us towards mental peace that is the reason end of the evening, we feel very calm, and our head gets a little better, we get to rest. Current days we are all considering it as our pride by sitting in ac rooms, working in tight clothes, consuming dead food. Which is all wrong, there is no science and health in it. So this is the cause why today we are all battling with weak bones, lack of sleep, stress and many other diseases. We are not consuming the sources given by nature but getting attractive towards artificial and immoral things.

Human Growth Hormone

The hormone melatonin has a significant association with human growth hormone (HGH), an essential anabolic protein produced by the pituitary gland that stimulates muscle and bone strength, controls metabolism, and maintains high vitality levels. In the body, melatonin is also responsible for blood pressure regulation and antioxidant activities. Melatonin also interacts significantly with other important hormones with sunlight in the body, especially HGH. Women as they age due to decreasing Vitamin D levels; tend to encounter common conditions like rickets, osteoporosis, dental problem, widening of gaps between teeth etc. Vitamin D from natural sunlight thus helps to maintain stronger bones and teeth. And if the bones are strong in the growing age, then there will be no problem in the growth of bones.

The levels of several hormones fluctuate according to the Full and New moon cycles and affect sleep, growth hormones, and general behavior. The regulation of these hormones is affected by synergies between the consequences of sleep and the natural circadian system. Melatonin is secreted most at night because of the time the brain prepares for sleep. At night, slowly the eyes (retina) start getting heavy in the light. That information is then sent through the hypothalamus part to the ganglia and then to the pineal gland, which gives its signal to prompt the discharge of an amount of melatonin. By which we know that we are falling asleep. Blood levels of melatonin are, in fact, almost undetectable during the day. The growth hormone level rises between 2:00 and 4:00 a.m. It creates a battle between health due to hormonal inequalities when the sleep cycle and natural timing system are unsynchronized. If the disruption between circadian rhythm and growth hormone is present, growth hormone cannot

be released at normal levels. Therefore, it is required to pay particular awareness to the sleep patterns of a person. Circadian rhythms affect a wide range of physiological systems and this impact reaches fertility, such that disruptions to timing methods can affect reproductive ability.

Melatonin and cortisol are two hormones that vary with an important circadian component. One of the primary roles of melatonin is the regulation of circadian rhythm. The circadian rhythm directs the release of HGH, in order to harmonize the hormone melatonin. However, during the 24-hour circadian period, HGH is pushed into the blood supply. The pituitary gland secretes the maximum amount of HGH during sleep. The peak HGH secretion is partly due to the invigorating effect of melatonin. Therefore melatonin is a very important hormone for good height, strong bones and a healthy life.

Sleep/Circadian Cycle

Your body is your temple. It means that it is a place you should hold in high esteem. We do want to care enough about ourselves to take care of our bodies to care about our mental health so we can enjoy a long and happy peaceful life.

Can life be happy if we lose this natural function - sleep? No, not at all, sleep is so important that even our ancestors described it in our Ashtanga Hridaya with 2 other important pillars. Sleep is considered to be the second most important pillar of the Triopastambha (Tripod) of our life.

What our ancestors say about Circadian Cycle -

आहारशयनाब्रह्मचर्यैर्युक्त्या प्रायोजितैः
शरीरं धार्यते नित्यमागारमिव धारणैः ॥

Ahara – Food, Shayana – Sleep and Abrahmacharya (Non-Celibacy):
properly indulged, support the body constantly just like the house is
supported by the pillars.

Ashtanga Hridayam

Sleep is the greatest rejuvenator. According to ancient ayurvedic texts, your happiness, strength, endurance, potency, mind function and life span depend upon the quality of sleep. If not, it may lead to the opposite qualities such as sorrow, incapacity, weakness, poor understanding and a shorter life span. Modern medicine is validating this ancient truth. Sleep is the most effective anti-inflammatory activity that you will ever do. During sleep you boost immune function, renew cells, balance hormones, clean out the waste products and reduce daily learning into memory. The whole universe is under the influence of three Maha Gunas (great qualities), namely sattva, rajas & tamas. Sattva stands for purity and creativity, Rajas stands for activity and vigor and tamas stands for ignorance and inertia. Sleep is often co-related with Tamas guna. The quality of night, darkness and sleep is often related to a covering or illusion. More than half of our health depends on sleep. Sleep is what gives rest to our body and mind. But it is not known that due to the deterioration of the sleep process, the time of meal changes, the time of sleeping changes, physical activity is not possible, stress

increases. The resulting gradually the hormones become imbalanced and it aggravates the problem ranging from headache to infertility. We all are taking our body for granted. It can help in understanding sleep disorders- A Swiss study found something interesting about the relationship between the moon and sleep. It showed that participants placed in a sleep laboratory without sunlight or a clock for three and a half days found it challenging to fall asleep with a 20-minute reduction in their regular sleep on a full moon day.

There was also a decrease in melatonin, a hormone that regulates sleep. Menopause aids with not only fertility, but also when women enter the transitional phase of menopause, so bathing in moonlight can have a cooling, soothing and transformative effect on the mind, as the mind responds to emotions and physical symptoms.

The Vedic scriptures refer to sleep as the feminine energy called “Yogamaya”. The whole world is under the influence of sleep for about 1/3rd of our life. Creation, Maintenance and Destruction are the three cosmic forces that work hand in hand to enact the fantasy of life. It is as if we die every night and wake up to the reality of life the next day. Sleep is a naturally recurring state of paused sensory as well as motor activity. All the voluntary muscles are inactive and do not respond strongly to any excitement. The only thing that is active and open-eyed is your subconscious mind. “Swapna” or dreams are often by-products of your mental activity.

As mentioned in Ayurveda, sleep is often defined as a state where in the sense organs get detached from their objects as a result of fatigue from daylong activities. In this state the senses are unable to perceive any

information. This is when we feel sleepy and experience a sensory escape. nutrition, sleep and non-celibacy are considered to be the three pillars of health. Sleep is often associated with regular moods and energy. People who are satisfied and tranquil sleep well and wake up rejuvenated. Job satisfaction, increased productivity and emotional happiness also depend upon a good night sleep.

What is estrogen and what does it do?

Estrogen is a primary sex hormone found in women's bodies that enables regulate the menstrual cycle, fertility, and overall well-being. It is primarily produced in the ovaries, although it can be found in small quantities in the adrenal glands and fat (or adipose) tissue as well. But sometimes, the ovaries produce too much or too little estrogen, which can negatively impact fertility and well-being.

Types of Estrogen

There are three types of estrogen found in the female body: Estradiol, Estrone, and (o) Estriol. Each plays various roles in reproductive health:

Estradiol is the most typical type of estrogen found in women of childbearing age.

Estrone is the most common kind of estrogen built after menopause.

Estriol is the most common type of estrogen built during pregnancy.

Each plays a different role in reproductive health and levels change or fluctuate based on what stage of life you are in. For instance, estrone is the most common type of estrogen produced after menopause whereas estradiol is the most common type of estrogen found in women of reproductive age. In general, when we talk about 'estrogen levels' in the body, it is a reference to the levels of estradiol, which fluctuates naturally throughout the menstrual cycle. In addition to the circadian timing method, sleep stage, sexual level, rapid eye motion (REM), and slow-wave sleep are other vital factors in circadian rhythms. Estrogen level drops when the circadian rhythm is disturbed.

The purpose of estrogen

Estrogen plays a key role in many processes throughout the body and enables develop and sustain of both the reproductive system and sex features like body hair and breasts. During puberty, it is accountable for female sexual development and triggers the growth of breasts, pubic hair, and other sex characteristics. Estrogen's key role is in enabling the functionality of sexual organs. In the ovaries it helps stimulate the growth of the egg follicle, while in the vagina it maintains the thickness of the vaginal wall and has a role in lubrication. It's also responsible for building up the lining of your uterus each month and helps regulate the flow and thickness of uterine mucus secretions. Additionally, estrogen is responsible for the formation of breast tissue and stopping the flow of milk after weaning. Estrogen plays an important role in your reproductive health as it controls the growth of the uterine lining at the beginning of your menstrual cycle and during pregnancy. In addition, while estrogen powers the menstrual cycle, it is also crucial for your overall health. Estrogen regulates your bone and cholesterol metabolism, as well as your body weight, glucose metabolism, and insulin sensitivity to name a few.

Low Estrogen Symptoms:

Estrogen contributes to so many regions of growth in a woman's body, so once it starts to drop, the result is wide-ranging. Some ways that low estrogen can impact your body include:

Weight Gain

Estrogen and another hormone called progestin regulate body fat

and storage. When estrogen levels are down, your body may collect more fat than previously

Painful Sex

Estrogen supports provide vaginal lubrication. As your estrogen levels decline, your vaginal walls may become thin and dry, which can cause sex pain.

Brittle Bones, Fatigue and trouble Sleeping

Your bones might become less dense and more brittle with lower estrogen levels. Weak bones and trouble sleeping, can lead to fatigue and other issues such as concentration problems during the day.

Depression

Serotonin is often referred to as the feel-good hormone. Estrogen helps promote this happy hormone. But when estrogen drops, serotonin levels also drop, which can lead to depression.

What is progesterone hormone and what does it do?

Progesterone is used to restore menstrual cycles in women whose periods have stopped. It is a natural female hormone important for regulating ovulation and menstruation. It is used in the treatment of infertility to help you get pregnant.

The purpose of progesterone

From preparing your body to get pregnant to maintaining your sex drive, progesterone mainly supports your body in getting pregnant and preserving that pregnancy. It is the vital hormone in a class of hormones called progesterone and influences sexual growth and reproduction. Made by the ovaries, placenta (if pregnant) & adrenal glands, the rise and fall of this hormone allows signaling your body to shed the uterine lining and activate your period. Progesterone has several jobs to train your body for pregnancy. These contain preparing the uterine lining to welcome a fertilized egg, concentrating mucus in your cervix to keep harmful bacteria out, maintaining the uterine lining and preventing uterine contractions throughout pregnancy. Progesterone is also concerned with priming the glands and milk ducts for breastfeeding. Progesterone is the building block of a healthy pregnancy and is commonly used as a fertility cure. Progesterone is widely recognized to treat a variety of issues from luteal phase deficiency to abnormal uterine bleeding.

Low Progesterone Symptoms:

Menstrual cycle abnormalities or missed periods -

Women with low progesterone levels may experience longer cycles in menstruation. Your cycle length may also be inconsistent. If you have PCOS and experience cramps, you may have insufficient levels – so irregular cycles are an obvious sign.

Infertility

There is a chance that your uterus is unable to carry a fertilized egg due to low progesterone. Women with low progesterone should first try to improve hormone levels and then try to become expectant.

Acne

Low progesterone levels also indirectly affect your skin. Low progesterone also affects your nails, causing them to become dull and breakable. You may develop cracks in your hands and heels and your hair may become dull and weak.

Mood swings

Women experience differences in their mental functioning due to hormonal imbalance. The most common of such imbalances is the low levels of progesterone that cause women to undergo sudden changes in their moods. If you have low progesterone, you may find yourself often switching between happy and sad. And also found in research that mood may be affected by digestive health – that is, whether or not the right bacteria are present. Estrogen and progesterone fuel bacteria in your gut making these hormones disruptive.

The Moon and Menstrual Cycle

If I ask what the sun gives us – you will say Vitamin D in the form of energy. If I ask what the moon gives us might be you will say nothing. Here is the point where you are wrong. How is it possible? That one planet connected to nature gives us energy, and the other planet gives us nothing?

Everything around us has an influence within us in some way or another, whether it's exposure to the sun's ultraviolet radiation (UVR), watching the morning sky, taking a walk in the woods, or swimming in the ocean nature's loveliness prompts the flow of hormones and energy in our bodies. We all have heard that high tide and low tide occur in the sea on the day of the new moon and full moon, and it is always said in Indian culture that one should not go out of the house on the new moon day, especially near the river and sea.

Why it is said? There is a deep science behind it. The high tides and low tides occur because of the moon that is scientifically proven. The gravitational pull of the moon generates a force called the Tidal force. The moon controls the waves of the globe. The tidal force causes the earth and its water to bulge out on the side closest to the moon and the side farthest from the moon. These bulges of water are high tides. At the time of the new moon, the moon is entirely black, and the moonlight does not fall on the earth. The moon is a cold planet that gives coolness because of its type. Due to the lack of cooling on the land, the waves in the sea become very high, everything becomes extreme and aggressive. Similarly our body is 75% filled with water. It is therefore not too far-fetched to imagine that the moon influences the internal tides of the menstrual cycle.

Be it nature or the process taking place inside the body of women, the moon affects both.

A great example of this is looking back in history. In ancient times, people (tribes) slept in groups, and all women ovulated on the full moon and menstruated on the new moon. This is why women's periods will sync up if they spend a lot of time together. But nowadays our lifestyle has become very busy and hectic. People are working in artificial light (LED) all day, do not eat food on time, not into any physical activity. Our body tolerates it as long as it can tolerate.

Understanding the effect of the moon on the woman's body is as natural as training hatha yoga by understanding the chandra nadi and surya nadi. The moon and the sun present inside our bodies affect our body, mind, and emotions. Chandra nadi is the left nostril, and surya nadi is the right nostril in our body. We call these nadis "ida nadi" and "pingla" nadi in sanskrit. During yogasana and pranayama, these nadis work on our body, mind, and spirit. Then will the sun and moon being in nature not affect our body, mind, and emotions? Yes, it will have an effect the sun's UV rays help your body make this nutrient, which is essential for your bones, blood cells, and immune system. It also supports you in taking and using certain minerals, like calcium and phosphorus. Similarly, the moon also has some components of its own that we get from it. We are associated with two polar energies, the moon and the sun. Our body needs both these energies. The fiery, affective solar energy is referred to as "Masculine" while the tranquil, reflective energy of the moon is referred to as "Feminine".

According to Ayurveda, one of the world's oldest medical system, men have a sun element which is aggressive in nature, so you must have noticed that men get angry very quickly, sweat profusely. The Moon element is dominant in women, so they are very emotional, cry over small things. And it becomes very easy to blackmail them emotionally. It has a soothing effect on the body-mind complex. Because the moon has not its light, it carries and reflects the sun's light energy without its harshness, balance, excess heat, and is also known to help for the ailments and conditions like migraines, rashes, blood pressure, and inflammations. The moon, called Chandra in Sanskrit, is also associated with the kapha dosha that combines water and earth elements. The lunar cycle has an impact on human reproduction, infertility, menstruation, and birth Rate.

Ways the Moon Phases Influences Your Body

Ancient wisdom talks about some of the ways the moon is believed to affect our bodies on an emotional and mental level, although science has so far little research evidence for this.

- Affects your prana or life force- While the new moon phase may leave you feeling depressed, you may undergo a lot of prana or energy and excitement during the full moon days. It is equally important to be aware of this change in vitality levels so that you do not overwork or injure yourself with over activity.
- Can help with conception- Some health experts believe that the chances of conception are higher when ovulation aligns with the phases of the full moon. The reproductive cycle is as much as the menstrual cycle is associated with the moon.

Destroyed by the storm - Irritability, Anger, Feeling low, Migraine, Bloating or Hyperacidity.

The Moon and Fertility

According to prakriti and our ayurvedic science, menstruation should come around new moon not on full moon. Now you will say that how is this possible? because every girl is different. Exactly, every girl's lifestyle can be different, every girl's period date can vary slightly and her body conditioning will also be different, so some things can be varied. But your routine or lifestyle should not be bad and unhealthy. The full moon and new moon phases both have positive and negative effects on women's body. If a woman is healthy and her menstruation arrives on the full moon day then there will be no much negative effects on her because she is physically, mentally and emotionally healthy. But if a woman is unhealthy and her menstruation comes not on time or delay it means her menstrual cycle is entirely disturbed then there will be negative effects on her entire body whether it is new moon or full moon. For this reason, you will not be able to have connectivity with the moon cycle and there is a very minor possibility to get a natural menstrual cycle and conceive for you.

Now, this thing is not only mentioned in ayurveda, but western science has also accepted it. They have also found out by doing much research that women who are in period at the time of new moon or two days before the new moon or two days after the new moon. Their health state remains very good and their possibilities of fertility grow manifold because for fertility your entire reproductive system should be balanced and your menstrual cycle to be natural. If it does not then disturbance of Melatonin hormone and excess of cortisol hormone causes infertility, because of this inequality, estrogen hormone level decreases which are very essential for a regular monthly period cycle and fertility and progesterone hormone

increases. High melatonin levels decreased the amount of estrogen, and low melatonin caused an increase in estrogen.

Now, this thing is not only mentioned in ayurveda, but western science has also accepted it. They have also found out by doing much research that women who are in period at the time of new moon or two days before the new moon or two days after the new moon. Their health state remains very good and their possibilities of fertility grow manifold because for fertility your entire reproductive system should be balanced and your menstrual cycle to be natural. If it does not then disturbance of Melatonin hormone and excess of cortisol hormone causes infertility, because of this inequality, estrogen hormone level decreases which are very essential for a regular monthly period cycle and fertility and progesterone hormone increases. High melatonin levels decreased the amount of estrogen, and low melatonin caused an increase in estrogen.

In India every 1 out of 5 women is suffering from infertility. A survey executed by a pharmaceutical firm in nine Indian cities, also found that infertility was the major reason behind the occurrence. Out of the 2,562 people who participated in the survey, nearly 46 per cent was found infertile. Results from another similar survey conducted among 100 infertility professionals revealed that nearly 63 per cent of the infertile couples belonged to the childbearing age (31-40). According to world health organization estimate the overall prevalence of primary infertility in India is between 3.9 to 16.8%. Now see why the cases of infertility are growing so much in India. What is the reason that women are encountering the problem of infertility?

The main reason for not having periods and not being fertile is at the right time.

Causes of infertility

1. **Bad Habits** - Consumption of alcohol, smoking and tobacco can significantly affect your fertility. Even consuming other substance abuse such as cocaine, marijuana, and others are equally damaging your organs. All these substances compromise the quality of sperm and eggs. For men, this results in reduced sperm motility, amount and rate. For women, this can result in immature eggs, deformed fetal growth, miscarriage, and an unfavorable environment in the uterus.
 2. **Genetics**- As everyone understands, it is the central element of man, so irregularities in this reach infertility. If a woman(s) in the family has suffered from endometriosis, premature menopause, PCOS/PCOD, or any other infertility-related problems, there is a high chance that it can be passed on to the next generation. The same goes for men with respect to sperm motility, concentration, rate, amount, or any other infertility related disorder.
 3. **Lifestyle** - In today's time, we lead a fast-paced life, due to which our stress level boosts. Stress hormones disrupt the libido and execution of our organs. In addition, low consumption of natural food is also an issue. The use of our phones and other electronic gadgets has also increased so much that there is no physical activity there is no time to play because we are playing virtually. The radiation emitted by it is also harmful for us. It increases our mental stress and emotional disturbance. When we keep the laptop on the lap i.e. near the waist, then it is very harmful. Age
-

also plays a role in fertility. Age also plays a role in fertility. Today, puberty impacts children at a very young age, and because of this, they become infertile even at a young age. For females, this is very authentic as females can only deliver a certain amount of eggs in their lifetime. In men, as they age, their sperm production can fall drastically if they do not practice a healthy lifestyle.

4. Injuries/Accidents- In case of injuries/accidents, the reproductive organs can get harmed, and result in some sort of dysfunction, thus leading to infertility.

5. Hormonal inequality, disorder or disease- pcos is one of the most talked-about hormonal reasons for infertility in women. Both androgens (male hormones) and estrogen (female hormones) are present in both sexes. In normal cases, women produce more estrogen than androgen, and the same is the case for male hormones, respectively, in men. Sometimes, women start producing more androgens, and this disrupts their sexual roles. In men, estrogen is equally essential to their fertility, and there is little chance of it losing, so they have to take care of it.

6. Unexplained infertility- A couple may be incapable to conceive even after undergoing fertility treatment. Doctors could not interpret the cause of fertility. Therefore their condition cannot be categorized under any known cause of infertility. Such conditions are unclear or not yet studied, so they are called unexplained infertility.

When Full Moon Occurs-

As the full moon progresses estrogen levels rise – they peak at the full moon when women are most sensitive to intercourse and most likely to conceive. During full moon we receive coolness because of its nature.

For women, the full moon is stimulating and there is less need for bedtime; Bright moonlight makes females feel attractive, creative, calm and positive, and push towards sex. Because the moonlight increases the level of FSH - released through the hypothalamus and pituitary gland. The moonlight charged-up physical energies and the expressive emotionality of the full moon is some causes why it's a peak for sexual activity. Light soaked through the optic nerve is also used as a nutrient for the endocrine system.

When New moon Occurs-

During the new moon high progesterone makes the womb conducive to healthy implantation and positive pregnancy. At the dark of the moon, hormones are at a decreasing level, and there's a need to rest and tune in psychically, so renewal can happen. The new moon affects the emotional health of women. During this time she feels very weak, restless, irritable and lonely. The most productive days are when mid-cycle ovulation coincides with the lunar phase of birth. Your fertility is at its peak when the moon and the sun are in the same angular association every month. Hormones are at their lowest at the new moon, and there is a need to rest – starting a “new cycle” and therefore menstruation most likely. The birth rate is lowest on the three days of the new moon and is highest around the full moon. Dr Eugene Jonas brought lunar insight into the realm of scientific studies. He found that women's fertility peak during the moon phase that matches the one under which they were born. For instance, if a woman was born during the new moon, her rise is the three days around that time, even if it overlaps with the menstrual period. That means there are two peak duration for fertility in a month, one being the regular mid-cycle ovulation.

Indian ancient vedic science does not only tell this relationship between the moon and the woman, it does not only tell when and how the moon has an effect on us. Rather, it also tells when a woman is ready for sex and when she is not. And also there is a natural science behind to get a girl child or a boy child. And now the western science has also studied on it. In the 1950s, Dr Eugene Jonas a Czech doctor found that the sex of the child at conception matched whether the moon was in a masculine or feminine sign. He found that a child's gender was whether the moon was in a masculine or feminine sign at birth. The male signs are Aries, Gemini, Leo, Libra, Sagittarius and Aquarius. The female signs are Taurus, Cancer, Virgo, Scorpio, Capricorn and Pisces. If you are desirous of a boy then you can wish to conceive using the masculine moon. For your best probability of a girl, you need to conceive under the feminine moon. In a survey, the effects of the full moon and new moon on the birth of male and female offspring in Indian couples aged 20 to 40 years were studied. It was observed that 42 wives conceived within 24 hours of ovulation on the full moon, they gave birth to 40 male and 2 female children. On the other hand, 40 women who conceived on the day of ovulation, 3 days before the full moon, delivered 13 male and 27 female babies. But on the new moon, only 5 women conceived, all of them gave birth to girls.

Our Vedic science is so advanced that today these techniques have come in front of us only a few years ago. All of them are already written in our scriptures. Scientists from all over the world are doing research on the vedic science of India today. And they are getting the same results that our ancestors wrote in our vedas thousands of years ago. After knowing the hidden scientific behind of all these

practices, these all have been included very consciously. Western science is also accepting the same practice today, which we have been practicing for thousands of years. All the practices included in our culture by our ancestors are not for anyone else but to make women healthy, powerful and beautiful.

The Moon and Mental Health

Several scientists and research institutions have conducted experiments over the years to study the effect of moon and full moon nights on the human mind and behavior. And it is said that the gravitational pull of the moon increases social anxiety and dissonance. A basic association that is drawn is that the moon influences the water element. It influences the way tides to rise and fall. Our bodies are formed up of 75% water, so it is not unpromising that the moon should have an influence on our bodies and mind as well. Quantum physics also talks about how everything in the cosmic stars, planets, galaxies, living entities operates on a certain frequency. The frequency derived by the moon impacts the frequency of the mind that exerts control over our feelings, emotions and desires.

See Figure- 5.1



Several scientists and research institutions have conducted experiments over the years to study the effect of moon and full moon nights on the human mind and behavior. And it is said that the gravitational pull of the moon increases social anxiety and dissonance. A basic association that is drawn is that the moon influences the water element. It influences the way tides to rise and fall. The mind is constructed with the conscious and subconscious mind and reacts to the position of the moon in the sky. The conscious mind makes plans because it is a creative mind by which one can know other person on a basic level. This includes willpower, critical thinking, short-term memory and decision/judgment. It includes such things as the sensations, perceptions, memories, feeling, and fantasies inside of our current awareness.

The conscious mind is activated through the 5 senses which are - hearing, seeing, smelling, touching and tasting. The conscious mind is a reflective mind that accepts, rejects and provokes thoughts. It consists of 6 intellectual aspects - imagination, intuition, reason, desire, memory and perception. All our senses always work as they normally do during full moon and new moon. It depends on our thought process means i.e rajas and tamas gunas present in our body are not balanced, then the energy around us will stimulate them further, whether it is full moon or new moon. It will have different effect on our conscious and subconscious mind. If the thought process is positive then most of the good thoughts will come to the mind, positive energy will be felt. Negative thoughts will also come but because the thought process is positive, negative thoughts will not be able to give much effect. When we feel happy, then our mind reacts and releases dopamine, serotonin, endorphins and oxytocin

hormones. All are happy hormones and we start feeling happy and overwhelmed because of consciousness. All these hormones are released in our body and we sense the power of muscles and energy.

And if the thought process is negative then there will be a very negative effect, you will not be able to make decisions, you will be upset. Because when we get hurt, then our mind reacts and releases the cortisol hormone that is a stress hormone and we start crying and feeling bad because of consciousness. Cortisol hormone is released in our body and we sense the muscle tightness because body and mind both are inter-connected. Both the full moon and the new moon energies will affect on your body and mind.

It has been seen in most of the research that the rajas and tamas qualities present in our body get more stimulated during the new moon which is harmful to our body and mind. Tendencies like running away, suicide or ghosts are most common on the new moon day. Because at the time of the new moon, the moon is completely black, and black is considered as a symbol of negativity. So we will feel according to our thought process. Neuroscience has recognized that the subconscious rules 95% of our lives. The subconscious mind works on our daily habits and patterns. To know any person, we have to reach his subconscious mind. It has automatic bodily functions, cellular memory, emotions, and protection. It is the collective storage of impressions, memories and thoughts accumulated over years and lifetimes, and its operating frequency is higher than that of the moon. Subconscious mind is an emotional mind, it works in feelings. When information is affected by repetition and emotion, it is transferred to the subconscious mind. It controls the vibration of the body. To

access to the kingdoms of the subconscious mind requires one to ignore productive thinking and skills.

The frequencies of the moon have the power to bring the thought frequencies towards conscious mind. That's the reason we feel irritable, crazy and mindless. It is a proven fact now that on full moon days, people with psychic illness may feel increased emotions and anxiety. With the help of our unconscious surface, we can balance our overactive minds on the full moon night. Since there are unnecessary and needy, positive and negative influences in our subconscious mind, their combined emergence in the conscious mind can make us feel desperate, mad and mindless. And then the body does "doing" part of our responsibility. The vibration of the body is decided by thoughts held in the subconscious mind. It controls the action and behavior part of personality. One may experience solid feelings, doubts, feeling low during the new moon phase. Once you become aware of this close link between the lunar cycle and your mind, it evolves to witness this emotional roller coaster.

So when the moon changes its place, the work done by both our conscious mind and subconscious mind and the thoughts gathered in it gets affected. And we take decisions at that time in the same flow which affects our life for a lifetime. And it all starts with lack of sleep, our memory starts decreasing, we are not be able to concentrate, physical pain increases due to hormonal imbalance, food also be badly affected. To not let the moon influence take over you, be aware of your vibrations. Be careful with your behavior, impulses and thoughts on a lunar day. Since the new moon calls for awakening a part of your unconscious, you can use this as an

opportunity to wash your mind of thoughts that upset and trouble you. The energy of the new moon can be used in our favor if we choose this to use to reflect and create a better self.

What Does The Western Science Say?

One of the first people to suggest a link between menstruation and the moon was none other than Charles Darwin. Charles Darwin is a naturalist, geologist and biologist who observed the link between the length of the menstrual cycle and that of the lunar cycle. Since then, numerous studies have attempted to draw a conclusion about whether there's proof of a real connection.

A 1977 study found that women who began their cycle on the new moon had a more significant possibility of becoming pregnant.

A famous 1986 study claimed that there was a link. After testing 826 women, the researchers found that 28.3 percent of women began their periods "around the new moon (amavasya)."

Another study in 1987 supported this study's conclusions.

But what do more recent studies say?

A recent study found that ovulation occurs on average 12.4 days before menstruation starts. If menstruation begins near the full moon, the most fertile phase of women will be near the new moon.

In a study published (Jan. 27, 2021) in the journal Science Advances, a team of scientists from the university of washington, the national university of quilmes in argentina and yale university show how sleep cycles seem to change with the lunar cycle. They found that, in the days showing up to a full moon, people tend to go to sleep later and sleep for fewer hours. For this work, the team studied college students in the city of Seattle, Washington, and also with those living in indigenous communities in northern Argentina, two different circumstances where there is a sort in individual access to electricity because of how artificial light might affect the participants. Using sleep-monitoring wrist devices, they

studied 98 individuals living in three Toba-Qom indigenous communities in Formosa, Argentina and additionally used sleep data from 464 college students in the Seattle area (the data from the college students was originally collected for a separate study). The team found that, while the connection between sleep cycles and lunar cycles is a bit more obvious in communities without electricity access, the link still appears to be present in areas with electricity as well. We see lunar modulation of sleep, with sleep decreasing and a later onset of sleep in the days preceding a full moon, lead author Horacio de la Iglesia, a professor of biology at the university of washington, said in a statement. And although the effect is more robust in communities without access to electricity, the effect is present in communities with electricity, including undergraduates at the university of washington. It does seem to be a link between the phases of the moon and shifts in symptoms of bipolar disorder. There's also more evidence that a full moon can lead to less deep sleep and a delay in entering into REM (rapid eye motion) sleep. Skin seems to be most absorbent at full Moon. In addition, some studies have shown a slight change in cardiovascular conditions during a full moon.

Conclusion

Overall all the research concluded that there is a direct relationship between the lunar cycle and the women cycle. And research has also shown that transformations in nature will have the same impact on a woman's body, mind and emotions as it does on other living entities like animals. You need to maintain your lifestyle to link with the lunar cycle. If a woman takes proper care of her physical, mental and emotional health, paying attention to food and sleep. She will not have to encounter any type of trouble then. Women will be happy, powerful and beautiful.

In our Indian culture, women are worshipped because she is Prakriti, the whole universe is inside them.

यत्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवताः ।
Yatra naryastu puhyante ramante tatra devta |

The place where women are worshipped means that women are respected, the deities reside there, that is, all the works of that clan are completed.

Manusmrati verse 3.56

In the same way, if you keep yourself physically, mentally and emotionally healthy is like worshipping yourself. So first we have to learn to honor ourselves by keeping ourselves healthful. Our whole life depends on our perfect well-being. Because there are deities in us, the whole nature resides in us. Our ancestors and sages have given us this place because we are all Prakriti. We are the accountable soul of this universe to form new creation that inside own body. Those who very much enjoy the comforts of the outside

world. And it is not just only for a spiritual aspect, but there is a scientific study behind it. Without us, people cannot experience emotions, that is why keep your body, mind and emotions healthy and live a happy life.

About Author

Namaskaram, My name is Shivangi sharma. I am a professional Hatha Yoga teacher and therapist. I was born in Ujjain, Mahakal city of Madhya Pradesh. I did engineering and worked for the IT sector for 3 and a half years. And in a very less time I realized that I was not made for this. I always felt like I have been selected for some other duty by universe. Wise people say that if you have known yourself then you have come to know God. Therefore, I went out on a journey to know myself and during this journey I entered the field of yoga and started working on myself. With few months of practicing I completed my diploma in yoga and after that my curiosity raised, so I did my masters in yoga from School of Yoga of Devi Ahilya Vishwavidhyalaya. During my introspection going through many different experiences. Due to this, I am feeling the mysticism of this incredible universe. And along with this I also studied numerous books to gain the knowledge of yoga and self realization. Which helped me a lot to connect with the roots of our ancient Vedic science and spirituality. And today I have written this book to share the same knowledge with you so that more and more people can become aware about their health and take care of themselves.



With the grace of Mahadev, I recognized my

*Devotion, Purpose and Responsibility to
spread yoga wisdom through my books.*

Thank you!