

Moon Triggers “Menstrual Clock”

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HIGHLIGHTS

- Planets of Solar System in “Jyotish” are identical to the Basal Nuclei Orders.
- They match one to one in their locations, functions and hierarchy.
- Moon, cosmic component of ‘Hypothalamus,’ triggers the ‘menstrual’ clock in human females.
- ‘Menstrual Clock’ adapts to the rhythm and synchronized with Moon’s Revolutions.
- Moon orchestrates Human Female Menstrual Cycle in the symphony of life.

ABSTRACT

The study presents that Human Basal Ganglia situated underneath the Human Brain is a plausible reflection of the Solar System wherein the nine celestial bodies are the cosmic counterparts of the nine Basal Nuclei Orders in many aspects such as their orbital location and their significations in astrology of their organization and functions. Moon, the cosmic counterpart of Hypothalamus, together with the other messengers, namely the pituitary gland and the ovary, plausibly regulate human female menstrual cycle. The releasing of hormones by Hypothalamus and its messengers in a rhythmic fashion appear to be the result of variation in the intensity of lunar magnetism. Human females plausibly have an internal ‘menstrual clock’ that helps them anticipate and adapt to the regular rhythm so that it is synchronized with the Moon’s revolutions.

Key Words: Basal Nuclei; Menstrual Clock; Solar System; Moon; Magnetism

INTRODUCTION

Varāhamihira (c. 505– c. 587), contemporary of Āryabhata, was an Indian Hindu astrologer, astronomer and polymath and lived in the Court of King Vikramāditya in Ujjain (Madhya Pradesh, India). The two most notable works of Varāhamihira were Brihatjataka and Brihat Samhita. The former is a Sanskrit text on predictive astrology based on the Vedic Astrology system. The above manuscript was copied in Nepal in 1399 CE in the Nepalaksara script, and is now available in the Cambridge University Library. The latter is an encyclopedic work on architecture, temples, planetary motions, eclipses, timekeeping, astrology, seasons, cloud formation, rainfall, agriculture, mathematics, gemology, earthquakes, perfumes and many other topics. ‘Jyotish’ in Sanskrit means astronomy and astrology. It deals with the life side of all life on earth based on astronomy; in short, the origin of life is unraveled through astrology. Human Female Menstruation, Copulation, and Child Birth are dealt in Chapter IV of Brihatjataka

wherein it is mentioned that Moon and Mars cause Human Female Menstruation [1]. A detailed explanation about this aspect is provided by Kalyāna Varma, the author of 'Sarāvali'. It is mentioned in that the Moon is water while Mars is fire and a mixture of water and fire is bile; when the bile mixes with the blood, menstrual discharge occurs.

BASAL GANGLIA (NUCLEI), A REPLICAS OF THE SOLAR SYSTEM

The basal ganglia (or basal nuclei) are a group of subcortical nuclei, of varied origin, in the brains of vertebrates replicates solar system. Basal Ganglia is situated underneath the brain within each of us, called as the inner Solar System. A distinct relationship is exhibited by the Basal Ganglia Orders of the brain of human physiology with planets of solar system as their cosmic counterparts. Cosmic counterparts are compared with the location, structure and functions of Basal Ganglia Orders which are seen as identical in all those aspects. In addition, the cosmic counterparts namely, the Planets of the Solar System are seen to justifying their hierarchy in *Vedic Astrology*. It is easily observed from the figures that there is a corresponding relation between Basal Ganglia Orders of the brain and the Planets of Jyotish (*Vedic Astrology*) of our Solar System in terms of basic structure, location and broad functions [2], [3], [4]. (Figure 1: Basal Ganglia and Cosmic Counterparts of Solar System) and (Figure 2: Basal Ganglia Nuclei Orders and Corresponding Cosmic Counter parts).

For example, Putamen at the right-hand side extreme end is signified as 'Messenger' in physiology and the corresponding cosmic component at the extreme end orbit of solar system is Saturn which is signified as 'servant' in Jyotish. Similarly, the other Basal Ganglia Orders of the brain in human physiology are found to be holding one to one relationship in their location, structure, functions and hierarchy of Planets of solar system of *Vedic Astrology*. of are compared location, functions, rather their significations, and their hierarchy in *Vedic Astrology* [5].

CORRELATION BETWEEN PLANETS OF SOLAR SYSTEM AND BASAL GANGLIA

The location, structure and functions of Basal Ganglia Orders of the brain as defined in human physiology are compared with their cosmic counterparts namely, the Planets of the Solar System for their relationship with the Planets of the solar system as their corresponding cosmic counterparts under the heads of location, functions and their significations with their hierarchy in *Vedic Astrology* (Table 1: Basal Ganglia and Cosmic Counterpart of Solar System and Table 2: Solar System and Cosmic Counterparts of Basal Ganglia Nuclei). It is observed from the two Tables that there exists an identical relationship between all the nine Basal Ganglia Orders of the brain and all the nine Planets of *Vedic Astrology* of Solar System. [2], [3], [4]. It is to be clearly understood that this Solar System and Cosmic Counterparts of Basal Ganglia Nuclei does not in any way address the complexity of the brain which is as complex as the universe itself.

COSMIC COUNTERPART OF HYPOTHALAMUS AND MOON

The hypothalamus is an important part of humans' neuroendocrine system. It controls the interaction between endocrine or hormone-producing system and certain parts of the nervous system [6]. Hypothalamus is responsible for producing the hormone that triggers the start of human female menstrual cycle.

A pea-sized structure called the hypothalamus is located directly back to the center of our brain. This tiny part of the brain lacks in size but it makes up 'big' by its function. The most important function of the hypothalamus is to regulate the pituitary gland. Hypothalamus is responsible for producing the hormone that triggers the start of human female menstrual cycle. Hypothalamus produces a hormone called GnRH in a pulsatile or rhythmic fashion every 60 - 120 minutes. This intermittent release causes the pituitary gland to coordinate the release of two other hormones called FSH or follicle stimulating hormone and LH or luteinizing hormone [6]. The cyclic changes of these hormones, responsible for female menstrual cycle which includes both ovulation and if no conception or pregnancy occurs, menstruation or period, are orchestrated by the intensity of moonlight which varies greatly depending on the lunar phase even though the full Moon typically provides only about 0.05–0.1 lux illumination.

Zodiac is the apparent path of the Sun viewed from the centre of the Earth. For convenience, the zodiac 360° is equal to 29.5 days signifying one Lunar Month. The moon cycle has 29.5 days, changing from the waxing new moon of increasing intensity of light, to the full moon of total illumination, to the dark waning moon of decreasing intensity of light, and back to the waxing full moon of increasing intensity of light (Figure 3 Phases of Moon as it transits in the Zodiac in one Lunar Month) and (Figure 4: Shape of the Average Lunar Daily Magnetic Variation for One Month)

Hypothalamus produces a hormone called GnRH in a pulsatile or rhythmic fashion every 60 - 120 minutes can be correlated to the periodic changes in the lunar magnetism intensity modulated by the lunar nodes. The intensity of moonlight varies greatly depending on the lunar phase, but even the full Moon typically provides only about 0.05–0.1 lux illumination. The Moon's albedo is 0.136, meaning only 13.6% of incident sunlight is reflected from the lunar surface. The intermittent release of GnRH in a pulsatile or rhythmic fashion causes the pituitary gland to coordinate the release of two other hormones called FSH or follicle stimulating hormone and LH or luteinizing hormone. The cyclic changes of these hormones are responsible for female menstrual cycle which includes both ovulation and if no conception or pregnancy occurs, menstruation or period [6].

MANIPULATING THE CONTROL CENTRE: NATURAL CURE

Usually, the regular menstrual period lasts a lunar month of 29 days. Not all women do have regular periods. Irregular periods occur when things go wrong in Hypothalamus function due to the early production or delayed in producing the hormone that triggers the start of human female menstrual cycle. The inertia of Hypothalamus seen in producing the hormone that triggers the start of human female menstrual cycle by the luminous intensity of the moon on the day of normal occurrence of menstruation is thus supplemented by artificial lighting of the bedroom.

The monthly period in females is plausibly affected due to modern life styles resulting in deviation between the internal biological menstrual cycle and the regular lunar rhythmicity and Light intensity. The natural cycle of women who live and sleep out in the open and away from bedrooms provided with artificial light ovulate normally on the full moon and menstruate on the new moon. But the situation in the case of most modern women is that their natural rhythms are largely affected. Some women may menstruate on the new moon, some on the crescent moon, some on the full moon, some on the waning moon, and others on the new moon. Before

electricity was invented, shifts in the intensity of moonlight at night during the moon's various phases could have possibly played a positive and significant role in the menstrual cycle such as the production of the hormone, and thus prompting tying a relationship of female menstrual phases with the phases of the moon.

Interestingly enough, the study presented in the journal of Psychiatry Research hints that bright light at night to outweigh the lumen deficiency can help regulate the menstrual cycle. In the study, Women with abnormally long cycles of about 45 days, when slept in a room lit up with a 100-watt bulb at night in their bedroom for four days from the 13th to the 17th Day of their cycle had shortened cycles to about 33 days. Moonlight is the reflected Sunlight and the Sunlight itself is an electromagnetic wave of light and particles of radiation. The correct view of the matter as evidenced by the fact that Women with variable onset of menstrual periods sleep in an artificially illuminated bedroom from the 14th to 17th nights of the ensuing menstruation resulted in the regularization of their periods [7], [8].

RESULTS AND DISCUSSION

A significant relationship in women who had one or more previous pregnancies found their deliveries were clustered around the Full Moon was observed in a study by at the Civil Hospital, Fano [9]. Other research analysis conducted a) Joshi et al who examined the relationship between the lunar position and spontaneous deliveries in 1996, observed the presence of a full moon on those days.

A study reported in the 'The Scandinavian Journal, Acta Obstet Gynecol Scand' revealed a synchronous relationship between the menstrual cycle and lunar rhythm in that Women's Menstrual Cycles Begin More Often During a Dark Fortnight. The proportion of menstruations at other times during the lunar month ranged to be insignificant. Specific moon phase energies and the corresponding changes in the phases of menstrual cycle, can be a source of information for use in matters related to menstruation.

The Interplanetary Magnetic Field (IMF) strikes the Earth's magnetosphere of myriad frequencies and the signals are telegraphed to the organisms through their foetus's neural network which acts as a sort of antenna and the foetus resonates with its fundamental frequency and responds in evolution [10]. Throughout the entire nine-month gestation period, the neural network of the foetus may be synchronizing and tuning its biological clock into the Earth's magnetic fluctuations, as well as that of the Moon. Thus, our own resonances to these preprogramed magnetic signals may be evolving along with changes in Earth's magnetic field [11].

It can be finally surmised that the menstrual cycle and lunar rhythm have a synchronous relationship. Similarly, a relationship between the full moon and spontaneous deliveries exists especially in women who had one or more previous pregnancies and their natural deliveries, not caesarean deliveries.

CONCLUSION

Just as "Biological Clock is adapted to the rotation of our planet (Jeffrey C. Hall , 2017) [12], human female "Menstrual Clock" is adapted to the revolutions of the Moon (the Earth's satellite).

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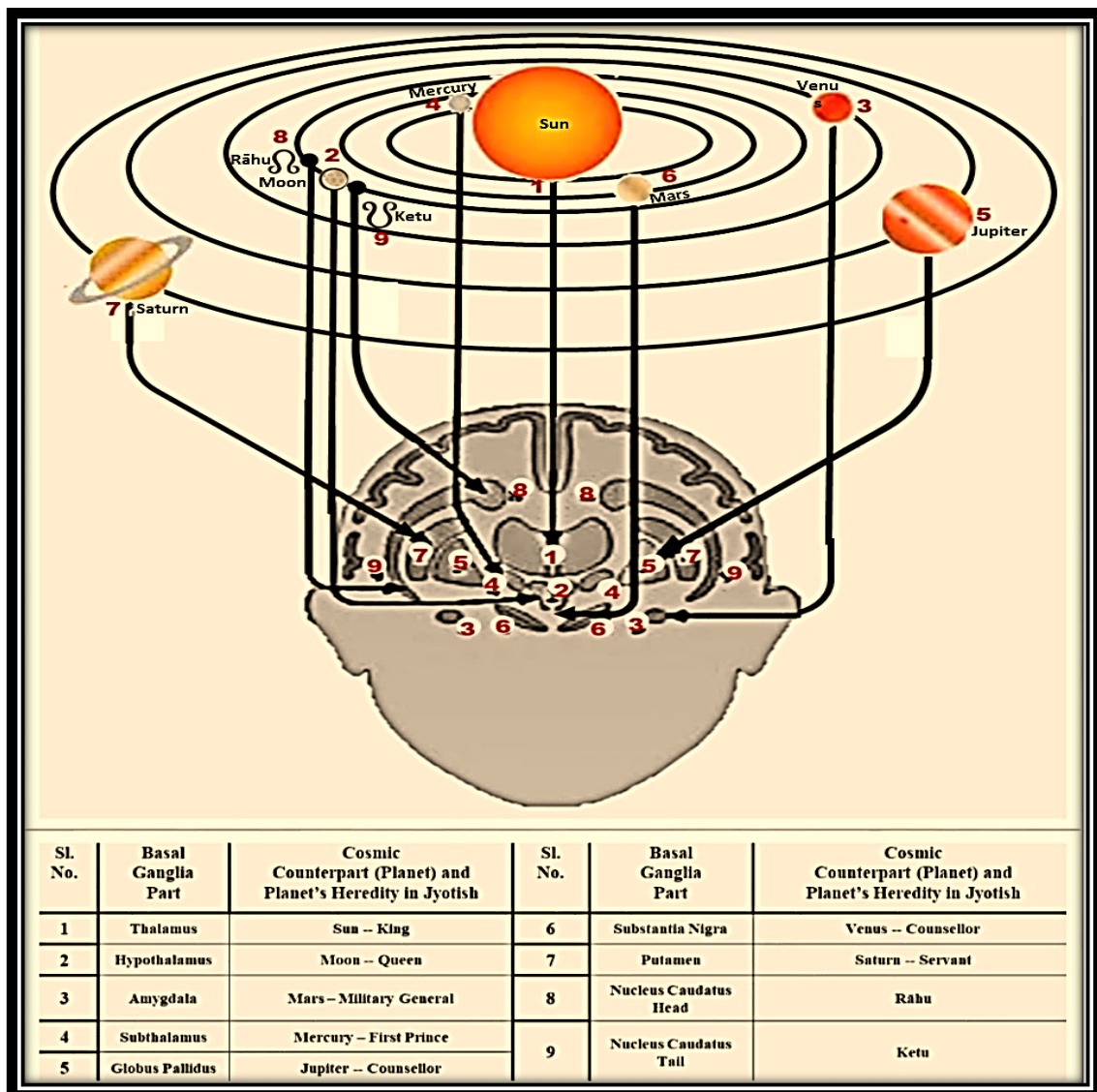


Figure 1: Basal Ganglia and Cosmic Counterparts of Solar System

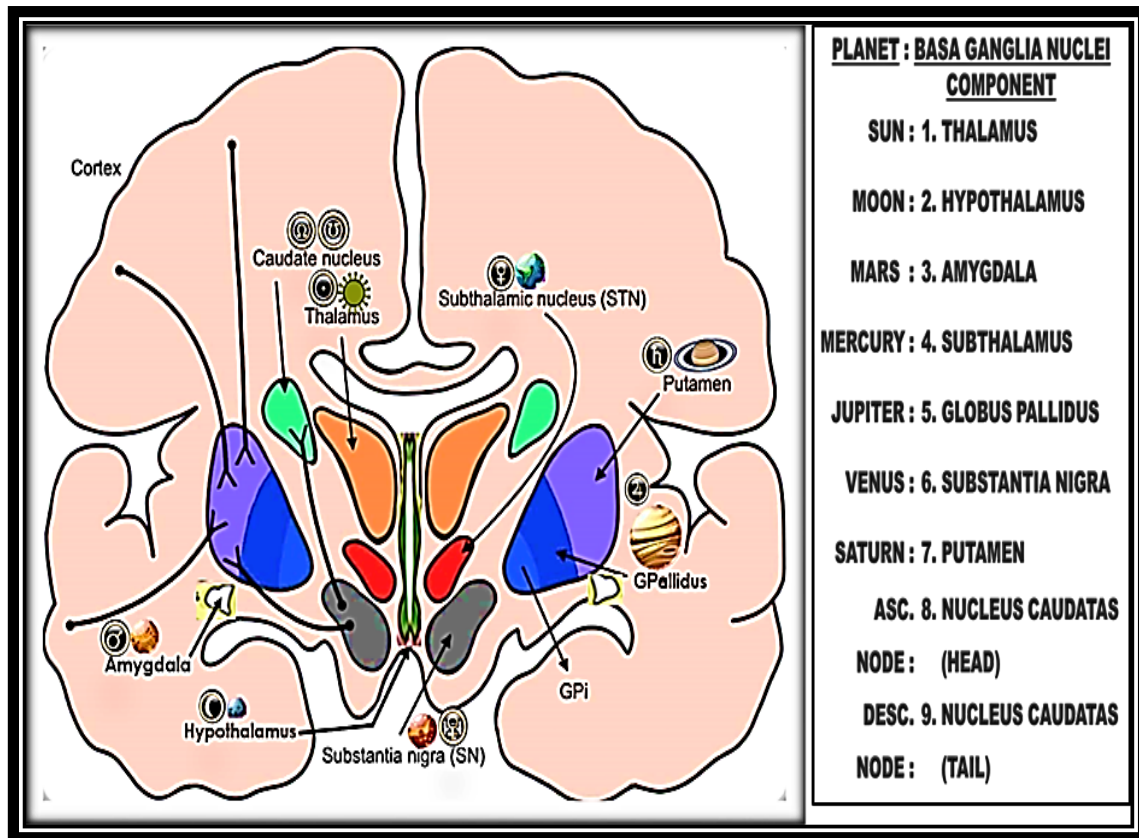


Figure 2: Basal Ganglia Nuclei Orders and Corresponding Cosmic Counter parts

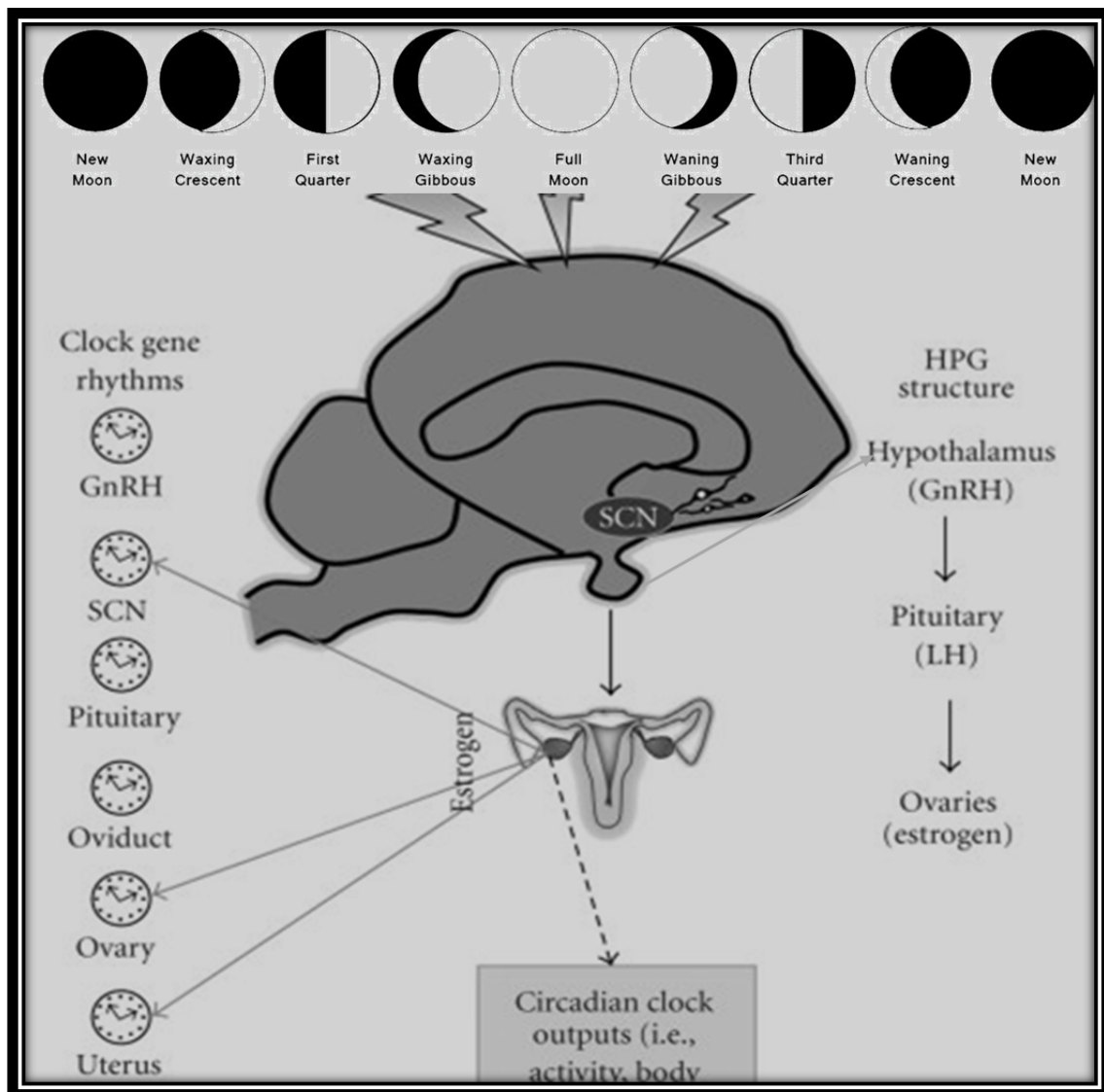


Figure 3. Phases of Moon as it transits in the Zodiac in one Lunar Month

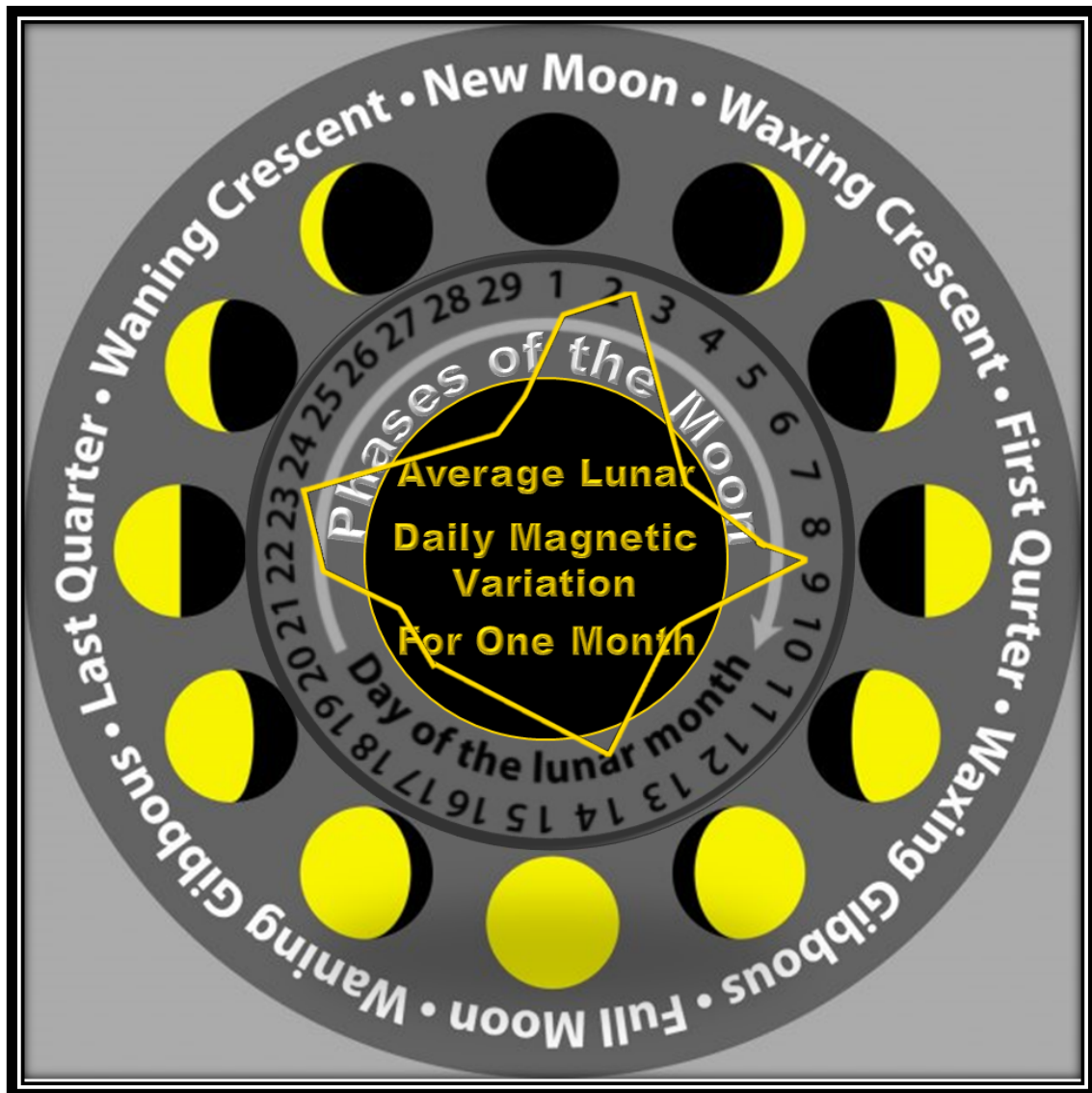


Figure 4: Shape of the Average Lunar Daily Magnetic Variation for One Month

Table 1: Basal Ganglia and Cosmic Counterpart of Solar System

<u>Sl. No.</u>	<u>Basal Ganglia (Nuclei)</u>	<u>Cosmic Counterpart (Planet) - Planet's Hierarchy</u>
1	Thalamus	Sun - King
2	Hypothalamus	Moon - Queen
3	Amygdala	Mars – Military General
4	Subthalamus	Mercury – First Prince
5	Globus Pallidus	Jupiter - Counsellor
6	Substantia Nigra	Venus - Counsellor
7	Putamen	Saturn - Servant
8	Nuclear Caudatus Head	North Lunar Node (Rahu)
9	Nuclear Caudatus Tail	South Lunar Node (Ketu)

Table 2: Solar System and Cosmic Counterparts of Basal Ganglia Nuclei

<u>I PLANET S AND PLANET ARY HIERAR CHY</u>	<u>II LOCATIO N IN THE SOLAR SYSTEM</u>	<u>III FUNCTION OF COSMIC COMPONENT OF SOLAR SYSTEM</u>	<u>IV BASAL GANGLIA NUCLEI COMPONE NT</u>	<u>V FUNCTION OF BASAL GANGLIA NUCLEI COMPONENT</u>
SUN King	Central Focal Point of Solar System	All activity in the Solar System revolves around the Sun	Thalamus	All physiological activity is controlled and ordered by the Thalamus
MOON Queen	It is placed next to sun as it is the Satellite of the Earth	Occupies a central role in the Solar System	Hypothala mus	Controls our behaviour, emotions our Harmonia and reproductive cycles and our body temperature. It nourishes the physiology like the Mother or Queen
MERCUR Y First Prince	2 nd Orbit	It is the 1 st planet nearest to the Sun to revolve around it	Sub- Thalamus	Receives input from various parts of the brain which directly influences its activities and modulates its output accordingly

VENUS Counsellor	3 rd Orbit	Near the Earth and the Moon Understanding the two partners	Substantia Nigra (Pars Reticulata)	Refines and controls action in the Limbic System related to instincts, feelings and emotions that correspond to activities influenced by Venus
MARS Military General	4 th Orbit	Near the Earth and stands for Discipline and all Seriousness	Amigdala Associated with the Red Nucleus (Pars Compacta)	Controls activity by providing checks and balances activating and inhibiting impulses in the Brain by maintaining steadiness and precision of movement
JUPITER Counsellor	5 th Orbit	As is the name 'Guru', meaning Teacher, so stands for Wisdom	Globus Pallidus	It gives balanced and higher order instructions. Balances and maintains harmony between input and output. Manages and executes complex systems and enlivens activity in the brain while guiding action. It signifies highest order thinking and knowledge of organising power
SATURN Servant	6 th Orbit Extreme End of the Solar System	Stands for Dignity of Labour	Putamen	It is at the extreme end of the Solar System. Its influence, like Saturn, is that of a servant. It receives major input and instructions which it transmits to the basal ganglia like a messenger
SOUTH LUNAR NODE	-----	Controls the behaviour through application of Mind	Nucleus Caudatus (Head)	Controls the abrupt short shifts of focus in the eyes. It influences memory in relation to orientation in space. It is responsible for our ability to change our behaviour patterns
NORTH LUNAR NODE	-----	Influences learning and emotions	Nucleus Caudatus (Tail)	It influences one's learning and emotions