

# **Boosting estrogen naturally: An integrated approach of diet, yoga and varma therapy for womens hormonal health**

**SurekaP<sup>1</sup>, VikashiniS<sup>2</sup>, Leelambigai. D<sup>3</sup>, Abarna. S<sup>4</sup>**

<sup>1</sup>UG Scholar, Nandha Siddha Medical College and Hospital, Erode-52.

<sup>2</sup>UGScholar, Nandha siddha medical college and hospital,erode -52.

<sup>3</sup>Associate professor, Department of Sool Magalir Maruthuvam,NandhaSiddha Medical College And Hospital, Erode-52.

<sup>4</sup>Assistant professor, Department of Sool Magalir Maruthuvam, Nandha Siddha Medical College And Hospital, Erode-52.

## **Abstract:**

Estrogen is predominantly an ovarian hormone synthesised by follicle and corpus luteum of ovary. Estrogen synthesis is under the control of LH and FSH. It is responsible for maintenance of menstrual cycle and reproductive process in women.

Estrogen plays a vital role in women's hormonal balance, influencing reproductive health, mood, bone density, and overall well-being. When estrogen levels dip, women may experience a range of symptoms including irregular cycles, mood swings, and fatigue. Addressing these challenges through natural methods can offer a holistic and sustainable path to hormonal harmony. Combining targeted dietary choices, mindful yoga practices, and the ancient healing art of Varma therapy provides a comprehensive approach to support estrogen production and optimize women's hormonal health

**Keywords:** estrogen, hormone, menstrual cycle, women, diet, yoga, varma.

## **1. Introduction:**

. Estrogen is a fundamental group of steroid hormones that play a crucial role in the development and regulation of the female reproductive system and secondary sexual characteristics. It is essential not only for reproductive health but also impacts various physiological processes in both women and men. Understanding estrogen's functions and significance provides insight into many aspects of human biology and medicine.

Estrogens primarily include estradiol, estrone, and estriol, with estradiol being the most potent and prevalent form during the reproductive years. These hormones are mainly produced by the ovaries, but smaller amounts are synthesized in the adrenal glands and, during pregnancy, by the placenta. Estrogen regulates the menstrual cycle by promoting the growth of the uterine lining, preparing it for potential

pregnancy. Beyond reproduction, estrogen influences bone density, cardiovascular health, skin elasticity, and brain function.

In males, estrogen is present in lower levels and contributes to modulating libido, erectile function, and spermatogenesis. The hormone achieves its effects by binding to estrogen receptors located in various tissues, triggering gene expression changes that affect cellular function.

### **Effects of estrogen in women:**

Women produce more estrogen compared to men which is essential for fetal development in women. Low estrogen level can lead to infertility, cancer and immunological disorders. Estrogen action is very essential for pubertal growth and growth plate fusion. In postmenopausal women, estrogen imbalance causes epidermal thinning, declining dermal collagen, impaired wound healing.

### **Role of estrogen in menstrual cycle:**

In menstrual cycle, estrogen plays a major role. Lower estrogen level causes amenorrhea. Hypothalamo-pituitary axis regulates reproduction hormones. Hypothalamus releases GnRH. It stimulates LH and FSH in the pituitary then it regulates the estrogen and progesterone production. Estrogen withdrawal triggers menstrual migraine.

### **Dietary strategies to support estrogen:**

Nutrition phytoestrogens is foundational in hormone regulation. Foods rich in—plant-based compounds that mimic estrogen—can gently elevate estrogen levels. Examples include flaxseeds, soy products, chickpeas, and lentils. Incorporating a variety of fruits, vegetables, whole grains, and healthy fats (such as those from nuts and seeds) supports endocrine function and reduces inflammation. Additionally, maintaining stable blood sugar through balanced meals helps prevent hormonal imbalances. Estrogen-rich herbs are soy, licorice, red clover, thyme, turmeric, verbena, sesame seed, black cohosh, fennel seeds.

### **How phytoestrogens work:**

Phytoestrogens in these herbs bind to estrogen receptors in the body, either mimicking or modulating the effects of natural estrogen. This interaction can help reduce symptoms associated with estrogen deficiency, such as hot flashes or bone loss, without the risks sometimes linked to synthetic hormone therapy.

Estrogen-rich herbs provide a natural alternative to support hormonal health, particularly for women transitioning through menopause or dealing with hormonal imbalances. While promising, their effects vary among individuals.

### **Yoga for hormonal imbalance:**

Yoga offers physical and mental benefits that enhance hormonal health. Specific asanas (postures) like the Bridge (Setu Bandhasana), Cobra (Bhujangasana), and

Shoulder Stand (Sarvangasana) butterfly pose (Baddha konasana), pigeon pose (rajakapotasana) stimulate the endocrine glands, including the ovaries and adrenal glands, encouraging estrogen production. Pranayama (breath control) and meditation reduce stress, which otherwise disrupts hormone synthesis. Regular yoga practice fosters mind-body awareness, creating a serene internal environment conducive to hormonal equilibrium. Due to stress, age, diet, environmental factors, estrogen levels fluctuate. It also affects menstrual cycle, mood, and bone density. Yoga promotes estrogen balance. It reduces stress through the parasympathetic nervous system activation. It leads to normalize the HPO axis. Cortisol is a stress hormone. Increasing cortisol levels disrupt estrogen production. By practicing, yoga stimulates the endocrine glands. Regular practicing of yoga improves lymphatic flow and circulation. Meditation supports hormonal homeostasis.

### **Varma therapy: An ancient healing touch**

Varma therapy, rooted in traditional Indian medicine, involves gentle stimulation of vital energy points (marmas) to balance life forces and improve physiological functions. Targeting specific marmas related to the reproductive and endocrine systems can enhance blood flow, nerve function, and hormonal secretions, including estrogen. This non-invasive therapy complements diet and yoga by addressing subtle energy imbalances that affect hormonal health. Hormonal imbalance can significantly disrupt physical and emotional well-being, affecting metabolism, mood, and reproductive health. While modern medicine offers various treatments, traditional practices like Varma therapy provide a complementary approach that has been used for centuries in Ayurveda and Siddha systems. Varma points are specific vital spots on the body, stimulation of which is believed to restore balance and vitality by influencing the flow of energy and bodily functions. Targeting Varma points for hormonal imbalance involves gentle pressure or massage on precise locations connected to the endocrine system.

### **Conclusion:**

Integrating diet, yoga, and Varma therapy creates a synergistic approach to naturally boost estrogen and support women's hormonal health. This holistic method not only targets estrogen production but also nurtures overall physical and emotional well-being. Women seeking to harmonize their hormones may find that embracing these time-tested practices cultivates balance from within, fostering vitality and resilience throughout life's stages.

### **Reference:**

1. Patisaul HB, Jefferson W. The pros and cons of phytoestrogens. *Front Neuroendocrinol.* 2010;31(4):400-419.
2. Field T. Yoga clinical research review. *Complement Ther Clin Pract.* 2011;17(1):1-8. Sharma SK, et al. Varma therapy: A review of ancient Indian healing science and its clinical applications. *J Ayurveda Integr Med.* 2017;8(3):192-197.

3. H. Tapiero et al. *biomed pharmaco* 2002 feb  
DT zava et al. *Environmental health* 1997 april  
A cassidy et al *climateric* 1998 sep
4. Borrelli, F., & Ernst, E. (2010). Red clover (*Trifolium pratense*) for menopausal symptoms: A systematic review of randomized controlled trials. *Maturitas*, 66(3), 276-287.
5. Fiore, C., Eisenhut, M., Krausse, R., Ragazzi, E., Pellati, D., Armanini, D., & Bielenberg, J. (2008). Antiviral effects of *Glycyrrhiza* species. *Phytotherapy Research*, 22(2), 141-148.
6. Mahendra, P., & Bisht, V. K. (2012).
7. Medicinal uses and pharmacological properties of *Foeniculum vulgare* Mill.
8. *Journal of Pharmacy Research*, 5(7), 3672-3676.
9. North American Menopause Society (NAMS). (2015). Management of menopause-related symptoms.
10. *Menopause*, 22(7), 1-24. Wang, Z., Li, Q., & Wang, J. (2011).
11. *Angelica sinensis* (Dong Quai): A review of potential therapeutic effects. *Journal of Ethnopharmacology*, 137(2), 659-669.
12. Nelson, L.R., & Bulun, S.E. (2001). Estrogen production and action. *Journal of the American Academy of Dermatology*, 45(3), S116–S124.
13. <https://doi.org/10.1067/mjd.2001.116195> Diana N krause et al. *Nat rev neural* 2021 oct  
Barrkowawiak weiczorek J et al 2024