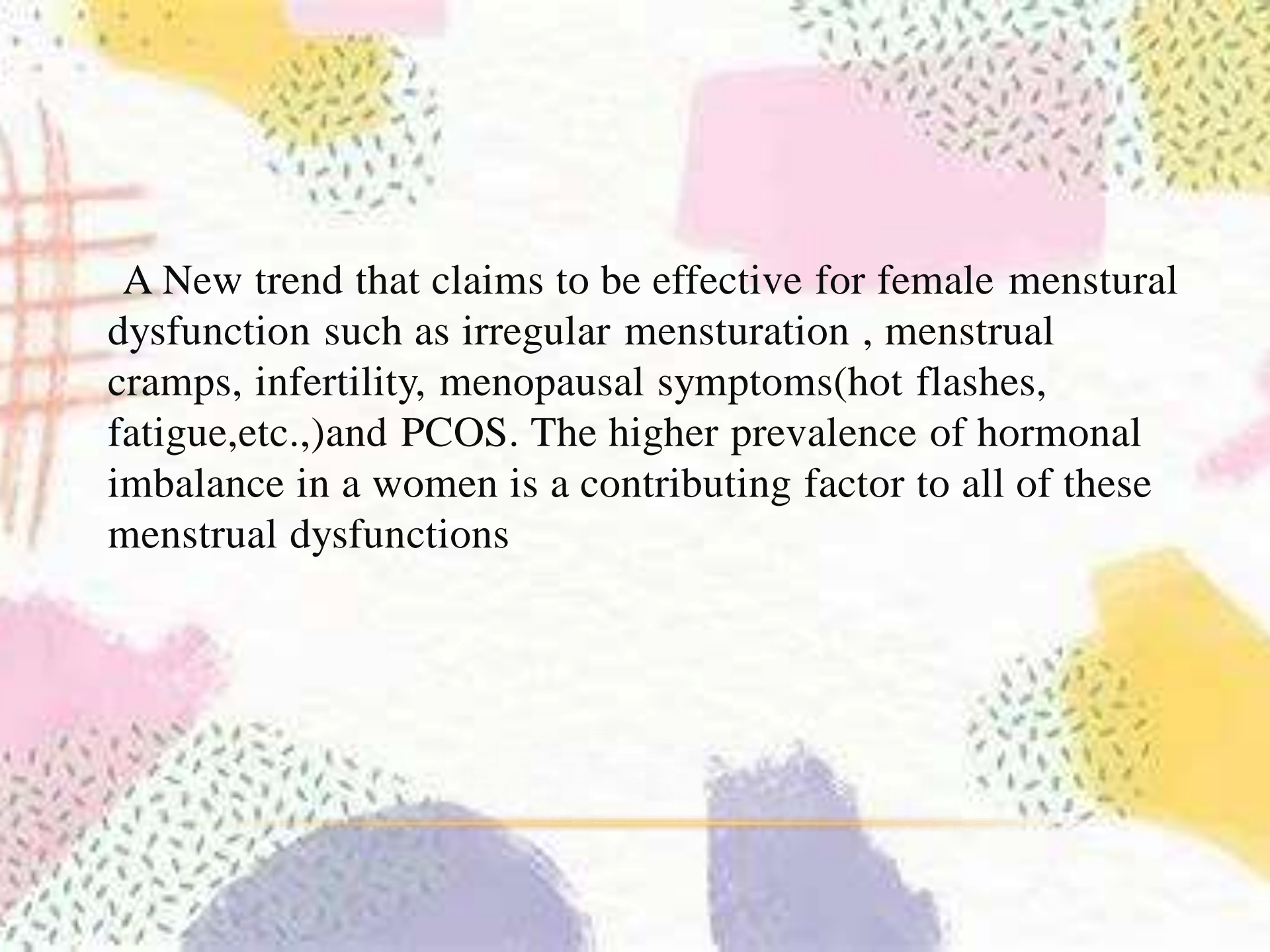


SEED CYCLING



DR.POONGODI.M. BNYS

ASSISTANT PROFESSOR CUM MEDICAL OFFICER
SWAMY VIVEKANANDHA NATUROPATHY AND YOGA
MEDICAL COLLEGE,
SANKARI, SALEM.

The background features a collection of abstract, hand-drawn shapes in various colors including yellow, pink, purple, and orange. Some shapes are filled with a dense, repeating pattern of small, dark, teardrop-like motifs. The overall style is artistic and textured.

A New trend that claims to be effective for female menstrual dysfunction such as irregular menstruation , menstrual cramps, infertility, menopausal symptoms(hot flashes, fatigue,etc.,)and PCOS. The higher prevalence of hormonal imbalance in a women is a contributing factor to all of these menstrual dysfunctions

Menstrual hormones

- Progesterone
- Estrogen
- Leutinizing hormone(LH)
- Follicular stimulating hormone (FSH)



Seeds of seed cycling

The background of the slide features four wooden spoons arranged in a circular pattern, each filled with a different type of seed. The top spoon contains dark brown flax seeds. The right spoon contains small, light-colored sunflower seeds. The bottom spoon contains light-colored pumpkin seeds. The left spoon contains light-colored sesame seeds. The overall image has a soft, warm, and slightly faded aesthetic.

- Flax seeds
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds

It will be consumed during different phases of menstrual cycle to support hormone balance.

FOLLICULAR PHASE



PUMPKIN SEEDS



FLAX SEEDS

Flax seeds

- Natural source of phytoestrogens – support healthy estrogen production & mild estrogenic effect on body
- They include lignans, facilitate estrogen binding for excretion.

A photograph of a white ceramic bowl filled with light green, shelled pumpkin seeds. The seeds are also scattered across a light-colored wooden surface. The background is softly blurred, focusing attention on the seeds.

Pumpkin seeds

- Rich content of zinc & phytoestrogens, prevent estrogen from converting to a dangerous form of testosterone.
- Promotes a normal level of testosterone.
- Flax seeds have estrogenic characteristics , they remove excess estrogen, which supports the maintenance of appropriate estrogen levels.

LEUTAL PHASE



SUNFLOWER SEEDS



SEASME SEEDS

Seasme & Sunflower Seeds

- Both seeds are abundant in vitamin E , zinc ,& selenium- enhances the liver's ability to metabolize estrogen excess& support progestrone production .
- Helps to maintain the normal prostaglandin levels and ease peroid cramps.

HOW & WHEN TO TAKE ????

DAY 1 - 14
(Follicular Phase)



1 Tbsp Flax Seeds Daily



1 Tbsp Pumpkin Seeds Daily

DAY 15 - 28
(Luteal Phase)



1 Tbsp Sunflower Seeds Daily



1 Tbsp Sesame Seeds Daily

Note: It is recommended to consult with a health care professional who can provide personalized guidance based on the individual's need.



Research studies

- The seed cycling result in menstrual regulation , less symptoms of hormonal imbalance and improved reproductive health in general.
- In the literature cited papers, research for the periodic prescription of the seeds needed to elaborate on detail.

References

- Deeptimayee Mahapatra, jwngsar Baro , Mamoni Das .advantages of seed cycling diet in menstrual dysfunctions :a review based explanation;the pharma innovation journal 2023;12(4):931-939.
- Maham Zafar, roshina Rabali, saida Bibi , Ali Jebreen , Muhammad Asif Khan , Rana Muhammad Ali. Seed cycling : approach for PCOS.
<http://doi.org/10.1016/j.foohum.2024.100274>



Thank you