

**SEED CYCLING IN MENSTRUAL DISTURBANCES OF VATA, PITTA, AND KAPHA
CONSTITUTIONAL TYPES: AN AYURVEDIC PERSPECTIVE ON THERAPEUTIC
UTILITY, MECHANISM, AND SAFETY PROFILE**Nilisha Tanwar*¹, Dr. Sakshi²¹Senior Secondary Graduate.²M.S. Scholar.***Corresponding Author: Nilisha Tanwar**

Senior Secondary Graduate.

DOI: <https://doi.org/10.5281/zenodo.21154583>**How to cite this Article:** Nilisha Tanwar*¹, Dr. Sakshi². (2026). Seed Cycling in Menstrual Disturbances of Vata, Pitta, and Kapha Constitutional Types: An Ayurvedic Perspective on Therapeutic Utility, Mechanism, and Safety Profile. World Journal of Pharmaceutical and Medical Research, 12(7), 384–386.

This work is licensed under Creative Commons Attribution 4.0 International license.



Article Received on 05/06/2026

Article Revised on 25/06/2026

Article Published on 03/07/2026

ABSTRACT

Menstrual disturbances remain one of the leading causes of outpatient consultation in women of reproductive age. Irregular menstruation, dysmenorrhea, oligomenorrhea, heavy bleeding, and premenstrual symptoms adversely affect physical, psychological, and reproductive health.^[8,9] Ayurveda interprets these disorders through derangement of *Vata*, *Pitta* and *Kapha Dosha*, resulting in dysfunction of *Artava Dhatu*, *Rasa Dhatu* and *Artavavaha Srotas*.^[1-3] In recent years, seed cycling has emerged as a food-based complementary practice aimed at supporting cyclical hormonal balance through scheduled intake of flaxseed, pumpkin seed, sesame seed and sunflower seed during different phases of the menstrual cycle.^[4-7] Though not described by this name in classical Ayurvedic texts, the concept may be correlated with *Ahara Chikitsa*, *Ritucharya*, and phase-specific nutritional support.^[1-3] The present review critically examines seed cycling from Ayurvedic and contemporary viewpoints, with special reference to constitutional types and menstrual disorders. Available evidence indicates that these seeds provide lignans, essential fatty acids, zinc, magnesium, selenium and vitamin E, which may indirectly influence ovulatory health, inflammatory pathways, metabolic status and menstrual regularity. Seed cycling may be useful as an adjunct in *Vataja* cycle irregularity, *Pittaja* painful or heavy menstruation and *Kaphaja* delayed cycles associated with metabolic dysfunction. However, direct clinical evidence remains limited. Proper patient selection, digestive assessment and constitutional evaluation are essential before recommendation. Further controlled studies are needed to validate its role in integrative Ayurvedic gynaecology.

KEYWORDS: Seed cycling, *Artava Dushti*, Menstrual disorders, *Prakriti*, *Ayurveda*, *Ahara Chikitsa*, PCOS.**INTRODUCTION**

Healthy menstruation is considered an important marker of reproductive well-being. Disturbance in menstrual rhythm, duration, quantity, or associated symptoms often indicates underlying systemic imbalance. Present-day factors such as stress, inadequate sleep, poor dietary habits, obesity, endocrine dysfunction, and a sedentary lifestyle have increased the incidence of menstrual complaints.^[8, 9]

Ayurveda recognizes menstruation as a natural monthly expression of balanced physiology. Proper functioning of *Agni*, unobstructed *Srotasa*, balanced *Dosha* and healthy nourishment of *Dhatu* are necessary for normal *Artava*

Pravritti.^[1-3] When these factors are disturbed, conditions resembling dysmenorrhea, irregular cycles, scanty menstruation or excessive bleeding may arise.^[1]

Seed cycling is a contemporary nutritional practice wherein specific seeds are consumed according to menstrual phases. The commonly followed schedule includes flaxseed and pumpkin seed during the first half of the cycle, followed by sesame seed and sunflower seed during the second half. While the concept is modern, the principle of using food substances therapeutically according to bodily needs is deeply rooted in *Ayurveda*.^[1,10]

This review explores the probable mechanism, constitutional relevance and clinical applicability of seed cycling in Ayurvedic gynecology.

AIM AND OBJECTIVES

- sensitivity
- 1. Excess calorie intake To examine seed cycling through Ayurvedic principles.
- 2. To understand its possible role in common menstrual disturbances.
- 3. To assess suitability according to *Vata*, *Pitta*, and *Kapha* constitutions.
- 4. To review safety concerns and clinical limitations.

MATERIALS AND METHODS

This article is a conceptual narrative review based on:

- Classical Ayurvedic literature related to *Artava Yonivyapad* and women's health.^[1-3]
- Contemporary nutritional literature on therapeutic properties of seeds.^[4-7]
- Available clinical observations regarding menstrual wellness, metabolic health and hormonal support.^[8,9]
- Comparative analysis through Ayurvedic principles

Ayurvedic Basis of Menstrual Disturbance

Role of *Vata*

Among all *Dosha*, *Apana Vata* plays a primary role in menstruation by governing downward movement, elimination and cyclical regularity. Its aggravation may produce.^[1-3]

- Irregular menstruation
- Delayed cycle
- Painful flow
- Scanty bleeding
- Mood instability

Role of *Pitta*

Pitta regulates transformation, heat and blood quality. Disturbance may manifest as:^[1]

- Heavy menstrual bleeding
- Burning sensation
- Irritability
- Acne around menses
- Inflammatory pelvic discomfort

Role of *Kapha*

Kapha provides stability, lubrication and tissue growth. Vitiating may result in:^[2]

- Delayed menstruation
- Weight gain
- Sluggish metabolism
- Ovarian cystic tendency
- Excess discharge

Conceptual Understanding of Seed Cycling in *Ayurveda*

Seed cycling may be considered under *Ahara Chikitsa*, where food substances possessing specific *Guna*, nutrients, and metabolic actions are employed in a

planned manner.^[1,10] Since reproductive physiology changes across the menstrual cycle, nutritional needs may also vary.

Phase I: Menstrual to Follicular Phase

Flaxseed

Flaxseed is rich in fiber, lignans, and alpha-linolenic acid. It may support estrogen metabolism, bowel regularity and inflammatory balance.^[4]

Ayurvedic view: Mildly unctuous and nourishing; may help *Vata* dryness.

Pumpkin Seed

Pumpkin seeds contain zinc, magnesium and healthy fats. These nutrients are relevant for ovulatory function, stress modulation and muscular relaxation.^[5]

Ayurvedic view: Strength-promoting and tissue supportive.

Phase II: Luteal Phase

Sesame Seed

Sesame is highly valued in Ayurveda for *Balya*, *Brimhana* and *Vatahara* properties. It is rich in calcium, iron and lignans.^[6]

Probable use: Supports tissue nourishment and menstrual weakness.

Sunflower Seed

Sunflower seeds provide vitamin E, selenium and antioxidants.^[7]

Probable use: Helpful in oxidative stress and premenstrual symptoms.

Clinical Utility According to *Prakriti*

1. *Vata Prakriti*

Women with *Vata* predominance often present with irregular timing, pain and low flow.^[1]

Possible Benefits:

- Supports regularity through nourishment
- Reduces dryness and spasmodic discomfort
- Helps stress-related menstrual disturbance

Useful Adjuvants

- Warm meals
- Abhyanga
- Basti-based therapy
- Adequate sleep routine

2. *Pitta Prakriti*

Pitta-dominant women may experience heavy bleeding, irritability and heat-related symptoms.^[1]

Possible Benefits

- Anti-inflammatory nutritional support
- Relief in premenstrual irritability
- Antioxidant assistance

Caution

- Excess sesame or heating combinations should be individualized.
- Useful Adjuvants
- Cooling diet
- Shatavari preparations
- Stress reduction practices

3. Kapha Prakriti

Kapha imbalance commonly correlates with obesity, delayed cycles and PCOS-like presentation.^[8,9]

Possible Benefits

- Fiber may improve satiety
- Micronutrients may support ovulatory health
- Helpful as part of metabolic correction plan

Useful Adjuvants

- Regular exercise
- Udvartana
- Light and warm diet
- Kapha-reducing lifestyle

Safety Profile and Adverse Effects

Seed cycling is generally well tolerated when used in moderation. However, some individuals may experience:

- Abdominal bloating
- Flatulence
- Loose stools or constipation
- Heaviness in weak digestion
- Allergy, particularly sesame with overuse^[4-7]

DISCUSSION

The popularity of seed cycling reflects growing interest in non-pharmacological menstrual support. Though claims of direct hormone balancing require stronger evidence, the nutritional profile of these seeds may positively influence several pathways relevant to menstrual health, including inflammation, micronutrient deficiency, bowel function and metabolic status.^[4-9]

From an Ayurvedic standpoint, its success likely depends less on a universal schedule and more on individualized application. Digestive strength (*Agni*), constitutional type (*Prakriti*), *Doshic* predominance, season and associated pathology should guide use.^[1-3] Thus, seed cycling may be better understood as a supportive dietary protocol rather than a definitive treatment modality.

CONCLUSION

Seed cycling represents a practical and potentially beneficial adjunct for selected menstrual disturbances when integrated with Ayurvedic principles. It may offer supportive value in *Vata*-related irregularity, *Pitta*-associated inflammatory symptoms and *Kapha*-linked delayed cycles with metabolic involvement. However, it should not replace classical diagnosis and personalized treatment. More rigorous clinical studies incorporating *Prakriti* assessment and objective outcome measures are required to establish evidence-based recommendations.

REFERENCES

1. Agnivesha, Charaka, Dridhabala. *Charaka Samhita*. Edited by Yadavji Trikamji Acharya. Reprint ed. Varanasi: Chaukhambha Surbharati Prakashan; 2020. *Sharira Sthana*, Chapter 2, Verse 5-7: Page no. 304-306.
2. Sushruta. *Sushruta Samhita*. Edited by Yadavji Trikamji Acharya. Reprint ed. Varanasi: Chaukhambha Orientalia; 2021; *Sharira Sthana*, Chapter 2, Verse 18-20: Page no. 344-346.
3. Vagbhata. *Ashtanga Hridaya*. Edited by Harishastri Paradkar. Reprint ed. Varanasi: Chaukhambha Krishnadas Academy; 2020; *Sharira Sthana*, Chapter 1, Verse 24-26: Page no. 386-388.
4. Goyal A, Sharma V, Upadhyay N, Gill S, Sihag M. Flax and flaxseed oil: an ancient medicine and modern functional food. *J Food Sci Technol.*, 2014; 51(9): 1633-53.
5. Stevenson DG, Eller FJ, Wang L, Jane JL, Wang T, Inglett GE. Oil and tocopherol content and composition of pumpkin seed oil in 12 cultivars. *J Agric Food Chem.*, 2007; 55(10): 4005-13.
6. Pathak N, Rai AK, Kumari R, Bhat KV. Value addition in sesame: a perspective on bioactive components for enhancing utility and profitability. *Pharmacogn Rev.*, 2014; 8(16): 147-55.
7. Nandha R, Singh H. Role of sunflower seeds and vitamin E in women's health: a nutritional review. *Int J Food Nutr Sci.*, 2018; 7(3): 45-9.
8. Berek JS. *Berek and Novak's Gynecology*. 16th ed. Philadelphia: Wolters Kluwer, 2019.
9. Fritz MA, Speroff L. *Clinical Gynecologic Endocrinology and Infertility*. 8th ed. Philadelphia: Lippincott Williams & Wilkins, 2011.
10. Sharma PV. *Dravyaguna Vijnana*. Vol. 2. Varanasi: Chaukhambha Bharati Academy, 2013; Chapter on *Tila*, page no. 758-760.