

Ayurvedic Practice of Moon Bathing: Exploring the Relationship Between Lunar Energy and Human Health

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The moon is associated with the *Kapha Dosha* in Ayurveda which is connected to the qualities of water element mainly. Moon controls and influences the *Rasa Dhathu* in our body (Plasma). The objective of this study was to explore the potential benefits of lunar energy on human health according to Ayurveda. Information about moon bath and its effect on human health were collected from authentic texts and web-published articles, and they were critically analysed. In Ayurveda, moon bathing is prescribed as a regimen in summer and autumn as it is used to calm the *pitta dosha*, the bio-energy that regulates metabolism and heat. *Hamsodaka*, the water heated with sunrays and cooled with moon rays, is the purest water for bathing and drinking during autumn. Moon bathing is beneficial for hypertension, eczema, excessive sweating, body odour and inflammatory conditions which arise due to excess *Pitta*. Moonlight triggers the release of melatonin, a hormone that relieves anxiety, stress and promotes relaxation and sleep. Since moonlight is a reflection of sunlight, it boosts Vitamin D production. Studies suggest a connection between the menstrual cycle and the lunar cycle, as both are approximately 28 days long. The moon is associated with the right side of the brain, the pituitary gland, and the female reproductive organs, thus responsible for regulating follicle-stimulating hormone and luteinising hormone. There is a potential association between bipolar disorder and lunar patterns, and the moon also affects the cardiovascular functions of the human body. It can be concluded that there is a relationship between lunar energy and human health. Thus, the regimen of moon bathing prescribed in Ayurveda is beneficial as a therapeutic method.

Keywords: Ayurveda, Hormones, Human Health, Lunar Energy, Mind, Moon Bathing