

# Integrating Spirituality, Ayurveda, Tantra, and the Astral Body in the Development of Sanitary Pads

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**Abstract:** This paper explores the integration of spirituality, Ayurveda, tantra, and the astral body into the design of sanitary pads, proposing a holistic approach to menstrual health. Menstruation, traditionally addressed through physical hygiene products, can also be seen as a time of heightened spiritual and emotional sensitivity. By incorporating Ayurvedic herbs, energy practices like reiki, and tantric symbolism into sanitary products, this study suggests a pathway to creating menstrual pads that cater to both physical and spiritual needs. The challenges of infusing textiles with such elements, ensuring affordability, accessibility, and the need for empirical validation, are discussed. The paper calls for further research to develop innovative menstrual hygiene solutions that honour the body, mind, and spirit, providing a more comprehensive approach to women's health.

**Keywords:** Spirituality in Textile, Ayurvedic Menstrual Products, Tantra and Menstrual Health, Astral Body and Sanitary Pads, Holistic Menstrual Care.

## Review Paper

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## INTRODUCTION

Sanitary pads, primarily developed for managing menstrual hygiene, have often been treated as purely utilitarian products, focused on providing physical protection and comfort during menstruation. However, menstruation is much more than a biological function. In many cultures, especially in India, menstruation holds profound cultural, spiritual, and emotional significance. The menstrual cycle is often viewed not only as a physical process but as a reflection of a woman's connection to the cycles of nature, creation, and renewal. This perspective invites the possibility of rethinking menstrual hygiene products, such as sanitary pads, in a more holistic manner that includes emotional, spiritual, and energetic well-being (Lad, 2002).

In India, Ayurveda—a traditional system of medicine dating back thousands of years—provides an extensive understanding of how the menstrual cycle affects the body's doshas (Vata, Pitta, and Kapha) and overall health. According to Ayurveda, menstruation is a time of cleansing and purification, where toxins are released from the body. Menstruation, when viewed from this perspective, requires gentle support from natural and therapeutic materials to align the body's energies and promote balance (Sengupta, 2019).

Incorporating Ayurvedic herbs, known for their soothing and healing properties, into sanitary pads can help women experience more comfort and balance during their cycles.

Additionally, traditional Indian spiritual practices, such as tantra, view menstruation as a time of heightened energy. Tantra, often misunderstood in modern times, involves the harnessing of internal energy for spiritual growth. It recognizes the menstrual cycle as an essential part of a woman's energetic rhythm, linking it to creation and fertility. By incorporating tantric symbols or rituals into the production of sanitary pads, the product can become more than just a hygiene solution—it can also be a source of spiritual protection and empowerment (Avalon, 1999).

The astral body—a concept central to many spiritual traditions—is believed to be an energetic counterpart to the physical body. During menstruation, many women report feeling emotionally and energetically sensitive, which could be linked to the astral body's vulnerability. Choosing natural, unprocessed fibres for sanitary pads can help maintain a healthy flow of energy, supporting the astral body during menstruation (Goswami, 2017). These fibres may also be infused with practices like reiki or energy healing to

provide additional emotional and spiritual support during a woman's cycle.

Through the integration of Ayurveda, spirituality, tantra, and the astral body, sanitary pads can be designed to meet not only physical but also emotional and spiritual needs. This holistic approach has the potential to transform menstrual hygiene products into tools that support a woman's overall well-being during her cycle, bridging the gap between ancient wisdom and modern innovation.

### 1. Spirituality in Textiles

Textiles have long been considered more than just material objects in various cultures; they have been viewed as carriers of spiritual energy and significance. This belief stems from ancient practices where cloth was infused with prayers, mantras, or rituals to enhance its properties, providing protection, healing, or spiritual upliftment to the wearer. The idea of imbuing textiles with spiritual energy is deeply rooted in cultural traditions, where materials such as cloth are believed to interact with the body's energetic fields. By applying these principles to modern sanitary pads, it becomes possible to create products that offer more than just functional benefits; they can also provide spiritual and emotional support, particularly during menstruation, a time traditionally associated with heightened sensitivity in women.

One method of integrating spirituality into sanitary pads involves using natural fibres like hand-spun cotton. Cotton, particularly when processed naturally without synthetic chemicals, is often seen as a "purer" material. Hand-spun cotton, free from industrial treatments, allows for the infusion of positive energy through spiritual rituals. These might include the recitation of mantras, chanting, or blessing rituals, which are believed to transfer protective energy into the fibres (Jacob, 2018). Such practices align with ancient beliefs that textiles, when treated with intention, can act as a second skin, harmonizing with the wearer's body and supporting energy flow.

Spirituality in textiles, especially during menstruation, can help balance the emotional and energetic changes that many women experience. As menstruation is considered a period of purification and renewal in several spiritual traditions, sanitary pads that are imbued with spiritual energy could enhance the experience by creating a harmonious connection between the body and spirit. The use of hand-spun cotton, which is crafted in traditional ways, offers a tactile reminder of the connection between nature and the body, helping to ground the wearer during a time of increased emotional and spiritual sensitivity.

For example, in certain Hindu rituals, fabrics are sanctified through the recitation of mantras before

being used in sacred spaces or religious ceremonies (Gupta, 2020). This practice could be adapted for sanitary pads, with the cloth being infused with positive spiritual energy before being woven into the final product. This spiritually enhanced textile would not only provide physical comfort but also offer emotional and spiritual protection. According to Kalsi (2019), textiles imbued with spiritual intention can also help restore balance within the body's chakras, particularly the sacral chakra, which governs reproductive health and creativity.

The principle of using spiritually charged textiles is not limited to a specific culture. Across various indigenous communities, textiles are often regarded as sacred objects. In African traditions, for example, cloth can be blessed to protect against negative forces and enhance the wearer's well-being (Ogundele, 2017). By applying these beliefs to sanitary pads, it becomes possible to create a product that supports women on a holistic level, offering not just physical hygiene but also spiritual and emotional well-being during menstruation.

### 2. Ayurveda in Menstrual Health

Ayurveda, the ancient Indian system of medicine, is rooted in the idea of achieving harmony within the body through the balance of the three doshas: "Vata", "Pitta", and "Kapha". Each individual has a unique constitution made up of these doshas, and menstrual health is seen as a reflection of the body's internal balance. Menstruation, in Ayurvedic philosophy, is considered a natural "detoxification process" that helps cleanse the body of impurities accumulated throughout the month. Thus, it is crucial to support the body during this time with the right materials and practices that align with its natural rhythms (Lad, 2002).

#### Ayurvedic Herbs in Sanitary Pads

The idea of infusing sanitary pads with Ayurvedic herbs offers a holistic approach to menstrual care. Ayurvedic principles emphasize the use of natural, herbal remedies to support the body's functions. Herbs like "Neem" and "Aloe Vera" have been used for centuries in Ayurveda for their healing properties. "Neem" (*Azadirachta indica*) is celebrated for its "antibacterial" and "antifungal" qualities, which make it ideal for preventing infections and promoting hygiene during menstruation. Studies have shown that Neem has "antimicrobial" properties effective against various bacteria, making it a suitable addition to feminine hygiene products (Sharma *et. al.*, 2011). By incorporating Neem into sanitary pads, irritation and inflammation can be reduced, particularly for women prone to infections or skin sensitivity during their period.

Similarly, "Aloe Vera" (*Aloe barbadensis*) is known for its "soothing" and "moisturizing" effects on the skin. Aloe Vera has long been used to treat wounds

and skin irritation due to its anti-inflammatory and healing properties (Surjushe *et al.*, 2008). In menstrual products, Aloe Vera could help soothe the delicate skin in the intimate area, reducing discomfort that may arise from friction or prolonged use of pads. Infusing Aloe Vera directly into the fibres of sanitary pads provides a gentle, natural way to alleviate discomfort during menstruation.

### Herbal Integration for Reproductive Health

In addition to Neem and Aloe Vera, Ayurvedic herbs like “Ashoka” (*Saraca asoca*) and “Shatavari” (*Asparagus racemosus*) can be incorporated into sanitary pads to address the broader spectrum of reproductive health. “Ashoka” is known in Ayurveda as a uterine tonic, often used to support women’s reproductive health by regulating the menstrual cycle and alleviating pain associated with menstruation (Tiwari & Agarwal, 2004). Its anti-inflammatory properties make it a valuable addition to menstrual care products aimed at providing relief from menstrual cramps and bloating.

“Shatavari”, also known as the “queen of herbs” in Ayurveda, is particularly beneficial for women. It is an adaptogenic herb that helps balance hormones, supports reproductive health, and enhances “fertility” (Singh *et al.*, 2007). By embedding Shatavari extracts into the material of sanitary pads, its nourishing properties can be absorbed through the skin, helping to balance hormones during menstruation. This could be particularly beneficial for women suffering from “hormonal imbalances”, “irregular cycles”, or “PMS symptoms”.

### Designing Ayurvedic Sanitary Pads

The integration of these herbs into sanitary pads can be achieved through advanced textile technologies, such as microencapsulation, where the herbal extracts are embedded into the fibres of the pad. These extracts can be gradually released during wear, providing both “hygienic” and “therapeutic” benefits over time. Additionally, the use of “natural fibres” like organic cotton, which aligns with Ayurvedic principles of using pure, unprocessed materials, further enhances the body’s ability to detoxify and heal during menstruation.

Incorporating Ayurvedic herbs into sanitary pads can not only offer relief from physical discomfort but also promote long-term “reproductive health”. By adopting this holistic approach, menstrual care products can evolve beyond basic hygiene to offer “preventive care” that supports a woman’s overall well-being.

### 3. Tantra (Black Magic) and Menstrual Taboos

Tantra is often misunderstood, particularly in its association with black magic or esoteric rituals. This misinterpretation arises from its complex symbolism and use of practices that challenge conventional societal norms. However, tantra is fundamentally about the

balance of energies within the body, particularly the integration of the feminine and masculine forces, or the “Shakti” and “Shiva” energies, which represent creation and destruction, respectively (White, 2000). Menstruation, viewed through the tantric lens, is seen as a time when a woman’s body is particularly attuned to these powerful energies of creation, transformation, and purification.

### Menstruation and Tantric Energy

In many traditional societies, menstruation has been stigmatized and surrounded by taboos, often viewed as a time of impurity (Buckley & Gottlieb, 1988). This negative framing has contributed to the isolation of menstruating women and the avoidance of conversations around menstrual health. However, tantric philosophy offers an alternative perspective, seeing menstruation as a period of heightened spiritual power. In tantra, menstruation is not something to be hidden or considered impure but is instead celebrated as a time when the body’s creative potential is at its peak (Feuerstein, 1998).

The practice of tantra emphasizes that menstruation connects women more deeply with their life force energy, or “Prana” (energy), which circulates through the body. During menstruation, the flow of this energy is believed to intensify, aligning women with the cycles of the moon and nature. Tantric rituals often focus on harnessing this energy to promote physical, emotional, and spiritual healing, making menstruation a time of empowerment rather than shame (Sarawati, 1984).

### Designing Tantric-Inspired Sanitary Pads

Applying tantric principles to the design of sanitary pads can help change the narrative around menstruation, shifting the focus from stigma to empowerment. Sanitary pads can be crafted to align with the energy centres in the body, known as chakras, particularly the sacral chakra, which governs reproductive health and creativity. The sacral chakra, located in the lower abdomen, is associated with the colour orange and the element of water, symbolizing fluidity, emotion, and creative power (Judith, 2004).

### Geometric Tantric Symbols:

Sanitary pads can be designed with geometric tantric symbols, such as the “Sri Yantra” or the “Shatkona”, which represent the union of masculine and feminine energies and the balance of creation and destruction (Khanna, 1999). These symbols can serve as a reminder of the spiritual significance of menstruation and help women connect more deeply with their own bodies during this time.

### Chakra Colours and Natural Dyes:

Incorporating natural dyes in the production of sanitary pads, especially those aligned with the colours of the chakras, can enhance their spiritual resonance. For

example, using orange dye, associated with the sacral chakra, can help stimulate creativity and balance reproductive energies. Natural dyes from herbs like turmeric or marigold, known for their healing properties, can be used to promote both physical comfort and energetic alignment (Aggarwal & Kumar, 2017).

These spiritually infused sanitary pads can also be blessed with positive intentions or mantras, further aligning them with tantric practices. The combination of geometric patterns, chakra colours, and sacred intentions can transform the perception of menstruation from a period of physical discomfort and social taboo to a time of spiritual empowerment and healing.

### **Empowerment through Spiritual Intention**

Tantric rituals encourage women to embrace their menstrual cycles as a natural and powerful expression of their connection to the divine feminine. Menstruation is seen not only as a physical process but as a time of cleansing and renewal, where a woman can align herself with the rhythms of the universe (Feuerstein, 1998). By incorporating tantric designs into sanitary products, these pads can act as tools for spiritual empowerment, helping women reconnect with their inner strength and creativity.

This shift in perception—from menstruation as a time of weakness to a period of heightened spiritual power—can foster a sense of self-empowerment in women. The symbols, colours, and natural materials used in these pads can help break the stigma associated with menstruation, making it a time for women to embrace their natural cycles and connect with their spiritual essence.

By reimagining sanitary pads through the lens of tantra, we can shift the focus from societal taboos to spiritual empowerment. Integrating tantric symbols, chakra colours, and natural dyes into the design of menstrual products not only provides practical solutions for menstrual hygiene but also offers a deeper connection to the spiritual significance of menstruation. This approach transforms menstruation into a period of heightened energy and creative potential, fostering empowerment and healing in women's lives.

### **4. The Astral Body and Energy Flow**

In various spiritual traditions, the “astral body” is considered an energetic counterpart to the physical body, existing in a higher, non-physical plane of reality. This concept is central to systems of thought like yoga, tantra, and even esoteric branches of mysticism. During menstruation, many women report heightened sensitivity on emotional and energetic levels, suggesting that the astral body becomes more permeable or vulnerable during this time (Judith, 2004). The flow of energy, often referred to as “prana” or “chi”, is essential for maintaining both physical and spiritual balance.

Menstruation, a time of natural cleansing and renewal, can disrupt or heighten this energy flow, making it crucial to ensure harmony between the physical and astral bodies (Krishna, 1997).

### **Designing Sanitary Pads with Astral Energy in Mind**

Sanitary pads that consider the energetic and spiritual needs of menstruating women could provide deeper, more holistic support. One key element in this approach is the choice of materials. Natural fibres such as “organic cotton” or “bamboo” allow for a more seamless flow of energy between the physical and astral bodies. Unlike synthetic fibres, which can create blockages or stagnation in energy fields, natural fibres are believed to support the body's inherent energy rhythms, offering comfort not just physically, but energetically (Gandhi, 2011).

Additionally, spiritual practices like “reiki” can be incorporated into the manufacturing of the pads. Reiki is a Japanese form of energy healing where practitioners channel healing energy into objects or individuals. Textiles can be blessed with reiki energy during their creation, instilling them with a calming, balancing frequency that interacts with the astral body during menstruation (Stein, 2013). This practice could be especially beneficial for those who experience mood swings, fatigue, or other emotional disturbances during their menstrual cycle, as the reiki energy helps restore emotional balance and fosters a peaceful state of mind.

### **Incorporating Crystals for Energy Flow**

Crystals, long regarded for their metaphysical properties, can further enhance the connection between the astral and physical bodies. Crystals like “rose quartz”, which is associated with love, compassion, and emotional healing, can be embedded into the fibres of sanitary pads. Rose quartz is believed to emit a gentle, nurturing energy that is particularly effective in balancing the heart chakra, the energetic centre responsible for love and emotional well-being (Hall, 2012). During menstruation, when emotions may be heightened, rose quartz can help stabilize emotional turbulence and create a protective energetic shield around the astral body.

The incorporation of such crystals aligns with the principle that energy interacts with matter, and by infusing textiles with energy-balancing elements, women can experience not only physical comfort but also spiritual and emotional protection. Pads embedded with rose quartz or similar stones can function as more than just a hygiene product—they become a tool for nurturing one's emotional and spiritual health during menstruation.

### **Benefits of Reiki and Crystal-Infused Pads**

Incorporating reiki and crystals into the design of sanitary pads offers various potential benefits. First,



these pads would serve as a form of “spiritual self-care”, helping women remain energetically balanced during a time that can often feel destabilizing. Second, the combination of reiki energy and natural materials like cotton or bamboo enhances the free flow of prana, which supports the body’s overall energy balance (Chopra, 1990). Lastly, reiki-infused sanitary pads, especially those enhanced with crystals, could contribute to emotional resilience, providing peace, calmness, and protection for both the physical and astral bodies (Rand, 2001).

### Challenges and Future Research

While integrating spirituality, Ayurveda, tantra, and the astral body into menstrual hygiene products presents exciting possibilities, there are several significant challenges to be addressed. These challenges encompass the practical, economic, and scientific aspects of developing products that are not only effective but also aligned with spiritual and holistic health principles.

### Practical Difficulties in Infusing Textiles with Herbs and Energy Practices

Infusing textiles with Ayurvedic herbs or energy practices presents unique challenges. Herbs like “Neem” and “Aloe Vera”, although beneficial, require specialized processing to ensure that they retain their medicinal properties during manufacturing. Incorporating these herbs into sanitary pads, which are designed for short-term use, further complicates the task of maintaining their efficacy. Research shows that extracting and stabilizing plant-based compounds for textile applications is possible, but it requires advanced technologies that can preserve bioactive compounds over time (Sharma & Thakur, 2020).

Additionally, integrating spiritual practices like reiki or crystal energy into textiles is still an emerging field. While anecdotal evidence suggests that energy-infused objects, such as textiles, can provide emotional and psychological benefits (Goswami, 2017), there is little empirical research on how energy practices can be standardized or consistently applied to commercial products. Moreover, these spiritual practices tend to be individualized, which raises questions about their universal applicability in products designed for mass consumption.

### Example:

Developing a standardized method for incorporating reiki or crystal energy into sanitary pads would require collaboration between textile manufacturers and practitioners of these spiritual modalities. This may involve embedding natural crystals into the fibres or employing reiki practitioners during the manufacturing process to infuse the products with healing energy. However, there is little existing research on whether such approaches can consistently offer the

same benefits across large-scale production (Stein, 2020).

### Affordability and Accessibility

Another major challenge lies in making these holistic sanitary pads affordable and accessible to women from all socioeconomic backgrounds. Currently, the market for organic or alternative menstrual hygiene products is often more expensive than conventional products, making them inaccessible to low-income women. For example, organic sanitary pads that use natural fibres like cotton or bamboo can cost two to three times more than synthetic ones (Garcia, 2021).

If Ayurvedic herbs and energy practices are incorporated into the design of sanitary pads, the cost of production could rise significantly due to the additional materials and labour required for creating such specialized products. The sustainability of natural ingredients and energy-based practices also raises concerns about scalability. Mass-producing spiritually-infused sanitary products may lead to a depletion of the natural resources used, which could further drive-up costs, making them a luxury item rather than a widely accessible necessity.

### Example:

To address the issue of affordability, collaborations between non-profit organizations, government agencies, and manufacturers could lead to subsidized production or distribution of these holistic sanitary pads in rural or economically disadvantaged areas. Initiatives like the Menstrual Health Alliance India have shown the potential for such collaborations to bridge the gap between innovation and accessibility (Jasrotia, 2019).

### Standardization and Scientific Validation

A significant barrier to the widespread adoption of spiritually-infused menstrual hygiene products is the lack of scientific research validating their efficacy. While Ayurveda and spiritual practices like tantra and reiki are widely respected in holistic health circles, their integration into products like sanitary pads requires robust empirical evidence. For instance, Ayurveda recommends different herbs and treatments based on a woman’s dosha (body constitution), which could mean that a “one-size-fits-all” approach may not work for every user. Clinical trials would be needed to determine which Ayurvedic herbs, and in what quantities, can be most effective for menstrual health when used in sanitary pads (Lad, 2002).

Moreover, empirical studies on how spiritual energy practices such as reiki or crystal energy affect menstrual health are scarce. Existing studies primarily focus on subjective well-being rather than measurable physical outcomes (Miles & True, 2003). There is a need for rigorous trials to test whether energy-infused sanitary

products offer tangible benefits compared to regular products, particularly regarding pain relief, emotional regulation, and spiritual well-being.

#### Example:

Future research could involve randomized controlled trials comparing Ayurvedic-infused sanitary pads with regular pads in terms of user satisfaction, comfort, and health outcomes. Furthermore, studies could measure the potential emotional and spiritual benefits of using pads infused with tantric symbols or reiki energy, exploring whether these products can enhance emotional well-being during menstruation.

#### Ethical and Cultural Sensitivities

Another challenge involves navigating ethical and cultural sensitivities surrounding menstrual health and spirituality. In many cultures, menstruation is still considered taboo, and integrating spiritual or tantric elements into sanitary pads might be met with resistance or misunderstanding. For instance, tantric symbols, though associated with balance and energy in some traditions, might be misinterpreted as occult or black magic practices in others. Education and outreach would be essential to help potential consumers understand the spiritual intentions behind such products.

#### Example:

A culturally sensitive marketing strategy would need to be developed to introduce these spiritually infused products to diverse audiences. Collaborating with local religious or community leaders could help to dispel misconceptions and promote the benefits of spiritually aligned menstrual hygiene products in a respectful and inclusive manner (White, 2017).

While the idea of integrating spirituality, Ayurveda, tantra, and the astral body into menstrual hygiene products is promising, several challenges must be addressed before these products can be widely adopted. The practicalities of infusing textiles with herbs and spiritual energy, along with concerns about affordability, accessibility, and standardization, all require further exploration. Future research must focus on validating the health benefits of such products through empirical studies while ensuring that they remain affordable and accessible to women across all socioeconomic backgrounds. By addressing these challenges, we can develop innovative and holistic menstrual hygiene solutions that honour both the body and the spirit.

## CONCLUSION

This paper has explored the potential for integrating spirituality, Ayurveda, tantra, and the astral body into the design of sanitary pads, offering a holistic approach to menstrual care. Menstruation, traditionally viewed through a purely physical lens, can be redefined

as a multidimensional experience that impacts not only physical health but also emotional and spiritual well-being. By drawing upon ancient Indian traditions like Ayurveda, which emphasizes balance and natural remedies, and spiritual practices like tantra, which celebrate the body's energy cycles, it is possible to create menstrual hygiene products that cater to the holistic needs of women.

The challenges of infusing textiles with Ayurvedic herbs, spiritual energy, and tantric symbolism, while ensuring affordability and accessibility, present significant hurdles. However, with advancements in textile technology and greater attention to sustainability and holistic health, these products could offer an alternative to conventional menstrual care. Future research is essential to validate the physical and emotional benefits of such products, addressing gaps in scientific evidence while preserving their cultural and spiritual integrity.

Ultimately, integrating these ancient wisdoms into modern menstrual products offers an opportunity to empower women not only by managing their menstrual health but also by honouring their spiritual and emotional experiences. With further innovation and thoughtful design, sanitary pads can evolve into tools that support the well-being of women on multiple levels—physical, emotional, and spiritual—thereby offering a more holistic and meaningful approach to menstrual care.

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