



## The Journey of Eve

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Once a girl gets her first period; reaches menarche, she becomes a young lady. Her body changes, the hormones start working and she gets the special powers where she can bear a child in her womb.

Along with the changes in her body and hormones, there are changes in her mental state too. The physical changes are visible while the mental changes go unseen. Most of the girls after menarche undergo a serious change in moods during their premenstrual episodes and are unable to handle it. These young women tend to lose weight, some put on weight.

Similar to body changes, the mental health status includes various illnesses. Not all young women suffer from mental illness but most of them do. Depression, bipolar disorder, anorexia, bulimia, borderline personality disorder and what not, the list keeps increasing. The percentage of young girls subjected to mental illness is much higher in this generation compared to previous generations.

Many ignore the symptoms and the mental illness is ignored at the initial stage. The prognosis is as important as the diagnosis. It is very important to first identify what the person is undergoing, seek for help and get treated as per protocol.

This is during menarche to most women.

During late 20s and mid 30s most women crave for motherhood and try to have a child. 9 months of waves of different emotions calms as the mother sees the baby. But, during the 9 months of roller-coaster of hormonal changes there are changes post deliveries too. People call it, "The motherly instincts.

The greatest change in the women's life is menopause. The stop to periods. It's a painful experience to every woman. The body pain, the random flow, excess hormonal changes, anger, gaining weight, loss of hair and so much more. Every woman suffers from this state

late 40s to 50s and that's the time most women reach high positions in their career, home-makers undergo a huge change in their moods and some are subjected mental illnesses.

Menarche and menopause cause hormonal changes in a woman and its one of the greatest changes in a women's life.

In the Hindu culture, girls during their periods are not allowed near Holy places like temples and spiritual areas of prayer. The custom is followed very strictly up to this age. In India, in the state of Kerala, there is a famous temple called Sabrimala, where the Lord Ayyappan is worshipped by the devotees. This is one of the temples that drive feminists crazy, girls before menarche and women after menopause are allowed to enter this temple which is in the forest between mountains.

One of the problems most women this generation face is PCOS, polycystic ovary syndrome. It is a medical condition where cysts are found in the ovaries. This condition makes the women undergo various hormonal changes in the body. The major symptoms are pelvic pain, hair loss, excess hair in stomach and face acne, reduced breast size and weight gain.

Infertility is another growing concern. This is basically a women not getting pregnant despite having carefully timed unprotected intercourse for a year. The cause of infertility maybe difficult to determine but may include inadequate levels of certain hormones in both men and women and trouble with ovulation in women. There are many treatment choices available like hormonal therapy, fertility drugs, surgery and assisted reproduction using various medical techniques to fertilize an egg.

Menarche to menopause, the journey of a young woman till the age of retirement includes various ups and downs. The hormonal changes, the pain in the pelvic region and breasts during and before periods, the mood swings, the beautiful period of motherhood, the

joyful yet alarmingly painful process of giving birth is an amazing journey.

Many don't know the value of being born as a girl. Everyone sees the negative aspects of it but very few understand the specialty of being a woman. The journey itself is interesting with various aspects, different moods and amazing feelings along with tough experiences.

If you are a woman reading this be proud of who you are, proud of your body and have an amazing life ahead irrespective of your age. Being a descendent of Eve, be proud of yourself.

If you are a man, respect every woman in your life as she is precious and amazing.

I being a 25 year old young woman, I am proud of who I am and I take an oath to love myself no matter what.

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