

Science of Love

Ok! It's a Valentine day
To some, it's a party day
With precious diamonds, roses, and chocolates,
Some express Love in loads of presents
Some celebrate it in a different way,
Respecting opinions in a human-way
Gifts or no gifts, it does not matter
When both parties agree and understand better!

But what does really 'love' mean?
Is it a mind-game or chemistry within?

In a Love at first sight,
Cortex says it's right
The brain says do act,
And play starts to attract!

Pursue the reward,
Says increased dopamine
But obsession, though bad,
Causes with decreased Serotine!

Increase in testosterone in men & women,
And increase in estrogen in the women,
Thy name is nothing,
But a sexual calling
Psychologists name it 'Limerence'
Primitive infatuation is its essence!

It releases adrenaline,
It releases norepinephrine,
And the heart starts racing,
As if love is a scary thing!

Losing a loved one,
Or disinterest in love,
A depression of some sort
Some define it, a broken heart!

From the Brain to the Stomach,
The vagus runs really quick!
A fight or flight, says stress response,
Vagus nerve stimulates, with a cause!
So, when you think, someone is attractive & hot,
Your stomach does a real quick somersault!

But as oxytocin increases over some time,
Cuddle hormone says, we are fine
Some name it, a healthy 'Attachment',
It is relationship's long lasting engagement!

Ok! It's a Valentine day
To some, it's a party day
But Love also has a meaningful science behind
It is body chemistry and bond of mind!

- **Vinata Kulkarni** (Feb.14, 2019)

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