

ROLE OF YOGABHYASA IN MANAGEMENT OF PCOD (POLYCYCSTIC OVARIAN SYNDROM)

Nishigandha Pradip Jagtap

Assistant Professor *Agadatantra Vyavahara Ayurveda evum vidhi vyadyakam*) Rajendra Gode Ayurved College Hospital and Research Centre, Amravati

Corresponding Author: deepmaladev01@gmail.com

<https://doi.org/10.46607/iamj07p7062023>

(Published Online: September 2023)

Open Access

© International Ayurvedic Medical Journal, India 2023

Article Received: 01/08/2023 - Peer Reviewed: 05/09/2023 - Accepted for Publication: 17/09/2023.



ABSTRACT

Polycystic ovarian syndrome (PCOD) was originally described in 1935 by stein and leventhal as a syndrome manifested my *amenorrhoea*, *hirsutism* and obesity associated with enlarged. This heterogeneous disorder is characterised by excessive androgen production by the ovaries mainly. PCOS is a multifactorial and polygenic condition. Diagnosis is based upon the presence of any two of the following three criteria, *oligo* and / or *anovulation*, *Hyperandrogenism*, *polycystic ovaries* PCOS is characterized by chronic anovulation and hyperandrogenism in the absence of underlying adrenal or pituitary disease. Women with PCOS may complain about variable clinical manifestations loss including *oligomenorrhoea*, *hirsutism*, *acne* and *infertility*. The most preferred and effective method of treatment of PCOS is lifestyle modification. Weight loss is an important treatment strategy. *Yoga* is a complete prescription for the healthy body and mind which can destroy the root cause of PCOS which is obesity and stress, ultimately leads to better quality of life, *Yogasanas* promotes hormonal balance and deep relaxation helping to bring the adrenal and cortisol levels of stressed out PCOS minds and bodies in check. *Yogasanas* stimulates energy systems within the body. *Yogasanas* helps to stimulate the functions of the reproductive organs, relieves menstrual discomfort and normalizes the menstrual cycle, increases blood flow to the reproductive organs and enhances the functions of the ovaries.

Key words: PCOS, Polycystic Ovarian Syndrome, *Yogasana*.

INTRODUCTION

Polycystic ovarian syndrome (PCOD) was originally described in 1935 by Stein and Leventhal as a syndrome manifested by amenorrhoea, hirsutism and obesity associated with enlarged polycystic ovaries. This heterogeneous disorder is characterised by excessive androgen production by the ovaries mainly. PCOS is a multifactorial and polygenic condition. Diagnosis is based upon the presence of any two of the following three criteria, oligo and / or anovulation, *Hyperandrogenism*, *polycystic ovaries* ⁽¹⁾. *Polycystic ovarian Syndrome*, an emerging lifestyle disorder involving multiple systems affects 5-10 % of the women. PCOS is a psychosomatic disorder of uncertain etiology characterized by Obesity, an ovulation associated with Primary or Secondary infertility, hirsutism, abnormal menstrual pattern, increased incidence of pregnancy loss, and pregnancy related complications. So, it is important to provide Psychic and somatic treatment for complete remission of PCOS. Modern medical science has no ailment to cure PCOS, they are only able to provide symptomatic

treatment for it, which has unsatisfactory results lots of effects and costly also. Now on other hand our divine ancient science cures PCOS without any side effects. *Yoga* is a great stress buster stress in women life can even lead to an unwanted weight gain. Entering into peaceful state of mind, production of the stress hormone will lower. *Yoga* basically encourages one step outside of the comfort zone to better understand oneself from a very different perspective, improve better quality of life. It is important* to know that PCOD seen at any age. Nowadays we can see it in younger age more because of our changing lifestyle. Some might not present until after menopause.

Concept of Modern science:

The etiology is multi factorial ⁽³⁾⁽⁴⁾

- 1) Abnormality of HPO axis
- 2) Genetic inheritance
- 3) Hyperinsulinaemia arising from receptor dysfunction.
- 4) Adrenal/ ovarian hyperandrogenaemia

Table 1: Features of PCOS ⁽⁵⁾

Mechanism	Manifestations
Pituitary dysfunction	<ul style="list-style-type: none"> • High serum LH • High serum prolactin
Anovulatory menstrual cycles	<ul style="list-style-type: none"> • Oligomenorrhea • Secondary amenorrhea • Cystic ovaries Infertility
Androgen excess	<ul style="list-style-type: none"> • Hirsutism acne
Obesity	<ul style="list-style-type: none"> • Hyperglycemia • Elevated oestrogens
Insulin resistance	<ul style="list-style-type: none"> • Dyslipidaemia • Hypertension

Risks for PCOS

Women with PCOS are at risk for the following.

- Endometrial Cancer
- Hypertension
- Weight gain
- Osteoporosis
- Miscarriage

Modern Treatment

^(6, 7, 8)

Insulin sensitizers, Agents, oral contraceptive pills, Ovulation Induction in Infertile PCOS. Surgical: The

patients who become resisting to medical treatment then Laparoscopic ovarian drilling.

Risks of modern Treatment: Unsatisfactory results, enormous expenses, Disturbs the natural biological system for hormonal production, other systemic disorders occur.

Concept of Ayurveda behind etiopathogenesis of PCOS

Ahara, *Vihar* and *Manasic* factor play important role in manifestation of PCOS. These factors lead to vitiation of *Vata-Kapha Dosha* converted into *Vata-kapha*

Artava Dushti. In *Ayurveda*, there are two types of abnormal dietetic habits *Atisantarapana* which cause infertility and obesity and *Atiapatarapana* which causes *Sukra Mamsa Parikshaya*. *Aahara* with *Madhura*, *Sheeta*, *Snigdha*, *Guru*, *Pichchila* etc. properties are dominant with *Prithvi* and *Jala Mahabhootas* and add to the quantity of *Meda* and *Kapha* of the body. Faulty food habits like *Adyashana* and *Virudhaashana* and popularity of fast foods leads to vitiation of *Jatharagni* and leads to production of *Ama* which starts the pathogenesis of obesity. Lack of exercise, day sleep and overnight work promotes fat deposition ultimately converted in *Vata Kapha Artava Dusti*.

Role of *Yogasana* reducing stress & obesity⁽⁹⁾

Yoga is an ancient discipline designed to bring balance and health to the physical, mental, emotional, and spiritual dimensions of the individual. *Yoga* is a great stress buster stress in women life can even lead to an unwanted weight gain or it will push you towards peaceful state & also decreases the stress hormone cortisol. Cortisol causes the body to store fat. *Yoga* can subside stress through breathing techniques, so it will take you towards relaxation within the body. Relaxation can take care hormonal imbalance convert into balance. Practicing *Surya Namaskar* is the easiest way to be in shape. Practicing *Surya Namaskar* is the easiest way to be in shape. *Yoga* strengthens the muscles, improves hormonal levels and combats insulin resistance.

Yoga along with a healthy diet helps to lose weight. Reasons that *Yoga* might help the weight loss process include:

1. Effective stress management, reducing the likelihood of stress eating.
2. Increased body awareness, specifically relating to hunger and satiety Mindfulness and mindful eating.
3. Regular practicing of *yoga* maintain the level of livelyhood.

Yogasanas in PCOS⁽¹⁰⁾

Following *Yogasanas* are important in PCOS.

Suryanamaskara, *Badhakonasana*, *Bhujangasana*, *Naukasana*, *Dhanurasana*, *Balasana*, *Padmasana*, *Paschimottasana*.

Mode of action *Yogasanas* in PCOS⁽¹¹⁾

1) Role of *Dhunurasana* in PCOS

It helps to stimulate the function of the reproductive organs, relieves menstrual discomfort and normalizes the menstrual cycle. It also helps people with kidney disorders, opens up the chest neck, shoulders.



2) Role of *Balasana* in PCOS

One of the vital *yoga* poses included in PCOS natural treatment is the child's pose that brings about relaxation by soothing the Central Nervous System. It also releases lower back tension, menstrual cramps, and PMS symptoms and normalizes blood flow throughout the body.



3) Role of *Padmasana* in PCOS⁽¹¹⁾

Padmasana is a basic meditation pose that is often included in *Pranayama* breathing exercise. This pose helps to stretch the pelvic region and also helps to correct hormonal imbalance which is vital for PCOS treatment. It helps to reduce menstrual discomfort, control blood pressure, ease childbirth and relax the mind.



4) *Suryanamaskara* - Benefits of *Surya Namaskar* (12)

Improves Blood Circulation of the Body

Due to the active process of inhalation and exhalation, the lungs are constantly ventilated, and the blood remains oxygenated. It's a great way of detoxifying your body and helping it get rid of excess carbon dioxide and other toxic gases.

Your Mantra to Weight loss

When done at a fast pace, it is a great cardiovascular workout that stretches the abdominal muscles while simultaneously helping you reduce excess weight around your stomach. The *Asanas* also result in toning your arms, abs and giving great flexibility to your spine. Moreover, it helps to strengthen your entire skeletal system including your ligaments.

Promotes a Regular Menstrual Cycle

If you're facing the problem of an irregular menstrual cycle, these *Asanas* will help you suppress this irregularity and if practiced daily, it ensures an easy childbirth.

Anti-anxiety and Calming Properties

Surya Namaskar helps to improve memory and the nervous system. Moreover, it stabilizes the activity of the endocrine and thyroid glands, thereby reducing anxiety and inducing the sensation of complete calmness and tranquility.

Role of *Shavasana* in PCOS

Last but not the least is the corpse pose, which holds an extremely important place in *Yoga*, and no *Yoga* session can come to an end without this ending posture. This relaxing posture is beneficial for polycystic ovary syndrome also because it helps to relax the

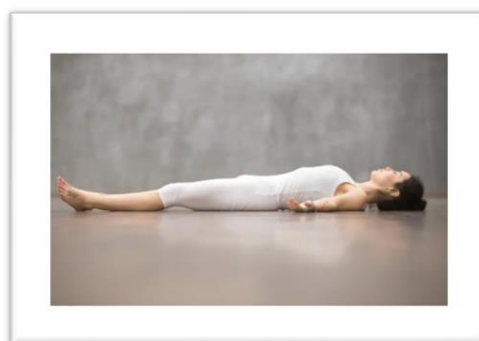
body and mind and relieve stress and tension in an effective manner.



• **Role of *Yogasanas* in PCOS** (13)

These are some ways in which it helps:

1. Builds muscles which combat insulin resistance which is very important to manage PCOS.



2. Increases heart rate, provides a cardiovascular workout and leads to weight loss.
3. Promotes hormonal balance, relaxation and brings adrenal and cortisol levels in control thus healing stress. This can enhance chances of conception too.
4. Has a pain-numbing effect.
5. Solves digestive disorders which prevail in PCOS by improving the functions of the digestive organs.
6. Promotes mental wellbeing thus addressing issues of stress and anxiety.
7. Helps in dealing with stressful situations of everyday life through breathing exercises.

DISCUSSION¹⁴

Regular Practicing of *Yoga* can play a dynamic role in the prevention and management of PCOS. Since *Yoga* works at levels deeper and more intensive than the physical level, *Yoga* can help release stress, which can relieve PCOS symptoms. *Asanas* or *Yoga* postures designed for PCOS. *Yogasana* modifies glandular function so that the endocrine system works at maximum efficacy and accords the hormonal secretions. *Yogasana* brings harmony within the body, mind and emotions to control PCOS naturally. *Yogasana* assists in optimization in lifestyle by enhancing body awareness and self-care. *Yogasana* brings peace and comfort and hence a path to healing painful symptoms of PCOS.

CONCLUSION

Practicing these *Asanas* will become a reason to boost the health of the pelvic organs such as uterus and ovaries and improve functioning of the endocrine glands. Coupled with relaxation techniques, *Yoga* promotes good health.

REFERENCES

1. D.C. DUTTAS textbook of gynaecology including contraception, 6th edition, edited by HIRALAL KONAR, 5th edi 2008, pg number:440-442.
2. Role of Yogasana in prevention of Polycystic Ovarian Syndrome, JAISM, Dr. Srujana Aili Assistant Professor, Dept. of Swasthavrutta, KPSVS Ayurveda Medi-

- cal College, Manvi, Raichur, Karnataka, INDIA, Jan - Feb 2021 | Vol. 6 | Issue 1.
3. Gautam N Allahbadia, Rubina Merchant, Gynecological Endoscopy and Infertility, edition 1st 2006, Chapter 8; p.72
4. Sabaratanam Arulkumaran, Essential of Gynecology, 2nd edition, poly cystic ovarian syndrome chap. 30; p.367
5. D.C. Dutta, Textbook of gynecology, 4th edition 2007, chapter 27; p.422
6. Gautam N Allahbadia, Rubina Merchant, Gynecological Endoscopy and Infertility, edition 1st 2006, Chapter 8; p.73-74 9.
7. Gambineri A, C Pelusi, V Vicennati, U Pagotto, R pasquali. Obesity and the polycystic ovary syndrome. Int J Obesity Related Metabolic Disorder. 26(7) (2002): 883-96. 10.
8. Frank S, Kiddy D Sharp Pet al. Obesity and polycystic ovary syndrome. Ann NY Acad Sci 1991; 626:2016
9. <http://artofliving.org/butter-flypose date 13/6/14>
10. <http://www.healthmevup.com/photogallery-healthliving/polycystic-ovary-syndrome-pcos-yogaposturesforPCOS/19963/5 d>
11. <http://www.yogajournal.composes/987 date 13/6/14>
12. <http://artofliving.org/in-en/yoga-poses date 13/6/14>
13. <http://artofliving.org/in-en/yoga-poses-copse-posesvasasan date 1>
14. <http://artofliving.org/in-en/yoga-poses-padamsadhana date 13/6/1>

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Nishigandha Pradip Jagtap: Role of yogabhyasa in management of pcod (polycystic ovarian syndrome). International Ayurvedic Medical Journal {online} 2023 {cited September 2023} Available from: http://www.iamj.in/posts/images/upload/544_548.pdf