

The Role of Yogic Practices in the Menstrual Health and the Management of Menstrual Disorders: A Narrative Review

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Abstract: *If we talk about the term 'polycystic ovary' in polycystic ovarian disease, then 'polycystic' is made up of two words in which 'poly' means more than one and 'cystic' means pouch i.e. polycystic ovarian disease is a problem in which more than one pouch like structures are formed in the ovary. Polycystic ovary is also called menstrual disorder, this problem usually comes to light when an unmarried woman undergoes ultrasonography for menstrual problems or a married woman undergoes ultrasonography to know the reason for her inability to conceive or frequent abortions. Ultrasonography is a disease detection technique in which ultrasound is used to obtain an image or picture of an organ or tissue. In this method, ultrasound waves collide with tissues of different densities in the body, resulting in the production of echoes of different intensities which are recorded and form an image of the tissues.*

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