

Effect of Yoga on PCOS

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Abstract: *An developing lifestyle disorder is polycystic ovarian syndrome (PCOS). A hormonal condition affecting women of reproductive age is PCOS. Menstrual cycles in women with PCOS may be irregular, lengthy, or include an overabundance of male hormones (androgens). The ovaries may produce multiple little fluid-filled sacs (follicles) but not consistently release eggs. PCOS affects seven to ten percent of women and includes several systems. PCOS is a psychological condition with an unknown aetiology that is marked by obesity, anovulation linked to primary or secondary infertility, hirsutism, an irregular menstrual cycle, a higher rate of miscarriage, and problems from pregnancy. As a result, it's crucial to offer both psychic and physical treatment for total PCOS remission. Contemporary medicine is unable to treat PCOS as a disease; instead, they can only relieve its symptoms, which has unfavourable outcomes, numerous side effects, and is also expensive. If medication does not provide symptomatic relief, however, patients are then taken for ovarian drilling surgery. Ayurveda takes a comprehensive approach and considers all elements that determine health, whether they are primary or secondary. Yoga is a complete remedy for a healthy body and mind that can eradicate PCOS's primary causes, stress and obesity. leads to an improvement in life quality. Daily practise of yoga for 30 minutes, meditation, and asanas aids in stress reduction and weight loss, which stabilises the hypothalamic-pituitary-ovarian axis' regular function and treats PCOS. Yoga practise for the treatment of PCOS, a psychosomatic disorder.*

Keywords: Ayurveda, PCOS, Yoga, Ovulation

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