



Polycystic Ovarian Disease or Polycystic Ovarian Syndrome: How to Identify and Manage - A Review

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ABSTRACT:

PCOD and PCOS is reproductive metabolic disorder with the ovaries, it was originally considered gynaecological disorder, and PCOD is a recognized to be a metabolic syndrome which may include hyperinsulinemia, hyperlipidaemia, diabetes mellitus and possibly cardiac diseases, as well as more conveniently recognised increase in androgen level, cosmetic problem, anovulation, infertility, endometrial cancer, obesity. No exact cause of diseases found but changes in lifestyle, intake over refined food, lack of daily yoga and exercise and also stress level induced in the disease. And sometime sense danger-weather its real or imagined the boy's defence kills into high gear in a rapid, automatic process known as a fight or flight or freeze reaction. There is some yoga; medicine and Ayurvedic treatment induced and regulate the level of Harmonia and ultimately treat are there. Signs of PCOD i.e. obesity, hirsutism, acne

KEYWORDS: Hyperandrogenaemia, hirsutism, PCOD

INTRODUCTION:

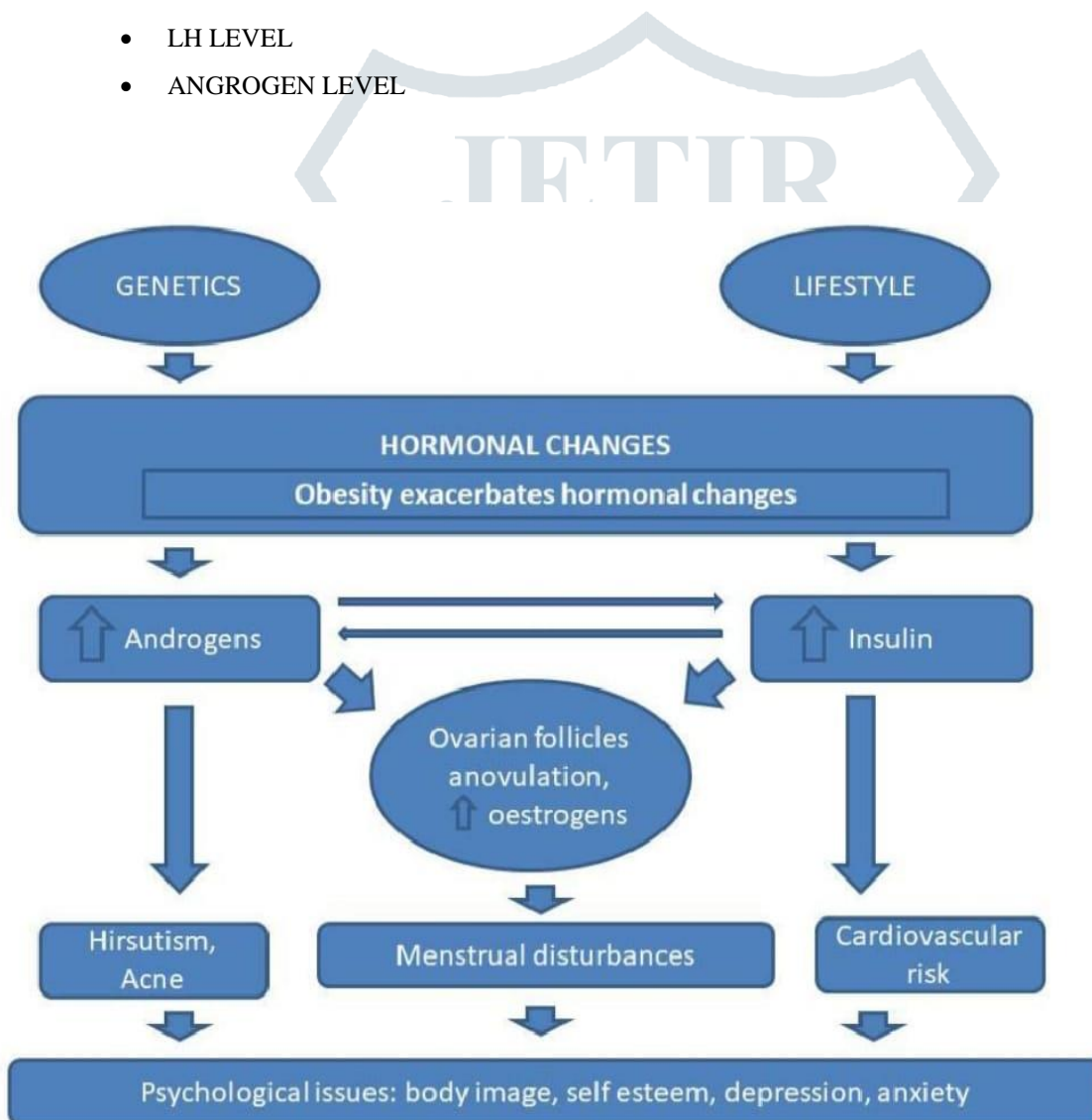
Polycystic ovarian syndrome /disease is a systemic endocrine and metabolic disorder. A pattern of a symptom belonging to a particular disease is defined as a syndrome, ovary of normal woman who is the age of her reproductive years has a volume of around 4-6 ml of each ovary and have a folder structure as a walnut but if a woman is diagnosed with PCOS, her ovaries get enlarged and bulky with having more than 10 ml of volume, thus it starts producing a high quantity of androgens. Normal ovulating ovaries contain fluid-filled sacs called follicles, with variations in size from 1 to 30 millimetres, which depends on the phase of the menstrual cycle. The individual sac or follicle contains a tiny egg, which never matures enough to trigger ovulation. And some time sense danger-weather its real or imagined the boy's defence kills into high gear in a rapid, automatic process known as a fight or flight or freeze reaction.

Investigation and Diagnostic:

- FSH LEVEL
- LH LEVEL
- ANDROGEN LEVEL

FEATURE: However a few common problem that woman diagnosed with PCOD may include

- Stress
- Depression
- Hirsutism
- Irregular menstrual cycle
- Obesity
- High insulin resistance
- Body weight problem
- Fertility
- FSH LEVEL
- FSH LEVEL
- LH LEVEL
- ANGROGEN LEVEL



Complete Hormone Profile (LH, FSH, total testosterone, androstenedione, oestradiol) Estragon and follicular stimulating hormone (FSH) are normal and as result there is an increase in LH:FSH ratio (1.5 to 3 time) (Jacobs et al) and LH surge is absent. It has been reported that 75% of woman with clinical evidence of PCOS have a elevated LH level and 94% has increased LH/FSH ratio.

- Fasting blood insulin level- it is elevated.
- Increase level of very low density lipoprotein (VLDL), decrease level of high density lipoprotein (HDL) or good cholesterol.



- Ultrasound featuring thickened capsule of ovary with numerous small cyst in ovarian cortex. In Europe greater emphasis has been placed in ultrasound diagnosis of polycystic ovary.

Acne: Very common and good indication of hyperandrogenism, present in one third of PCOS women.

Hirsute: Excess terminal body hair in a male distribution pattern commonly seen in upper lip, chin and along with linear alba of lower abdomen, may have acne, male pattern balding, hirsute effects psychological life of woman. The treatment of hirsutism cosmetics, Ayurvedic and yoga also.

Weight gain : by life style modification and physical exercise.

Irregular menstrual: with PCOD high level of androgen and insulin can disrupt your menstrual cycle of ovulation periods. May irregular or stop altogether.

Insulin resistance : PCOD is often associated with profound insulin resistance as well as with defect in insulin secretion. Abnormalities, together with obesity explain the suitability increased prevalence of glucose intolerance in PCOD

TREATMENT:

- 1) AAYURVEDIC
- 2) YOGA ASANA

1) Ayurveda- the ancient science has answer to many diseases including polycystic ovarian syndrome. Ayurveda advocate prevention of disease by following some crude drug.

1) Bhringraj

BHRINGRAJ: - (FALSE DAISY)

Synonym: - kesharanjana

Family: - Asteraceae

Chemical constituents: - wedelolactone, Ecolab saponins, dasyscyphin, ecliptalbine, and eclalbatin.

Bhringraj is herb use in powder form.

Powder form takes 1 tsp 2 times in a day empty stomach.

- Balance all hormone
- It also prevent hair fall
- Helps to maintain good digestion
- Prevent constipation due to Rachana property.

2) ASHWAGANDHA:-



Synonym:- Wataniya somniferous

Family:- Solanaceae

Chemical constituent:- alkaloid, anaferine, steroidal lactone, saponins.

(ROOTS USEFUL)

Take 1 tsp power 2time in a day empty stomach with lukewarm water

Take Ashwagandha 30 min after your meal

Treatment on:-

- 1) Asthma
- 2) Mood
- 3) Depression
- 4) Insomnia
- 5) Sleep
- 6) Help in infertility also for male and female
- 7) It is not tasty but effective
- 8) Energy in our body

3) TURMERIC:-



Synonym: - Curcuma domestica

Family: - zingiberaceae

Chemical constituent: - curcumin, curcuminoid, germacrone

- 1) Improve insulin sensitivity Turmeric has shown to improve blood sugar levels, improving insulin sensitivity.
- 2) Powerful anti-inflammatory Turmeric is a strong anti-inflammatory in fact, it's so powerful that it matches the effectiveness of some anti-inflammatory drugs.
- 3) Boosts antioxidants turmeric protects against cardiovascular issues by reducing oxidative.
- 4) stress, apoptosis, and inflammation.
- 5) Lowers risk heart disease.
- 6) Managing hormonal issues.

Take 1 tsp turmeric powder 1 time in a day empty stomach with lukewarm water.

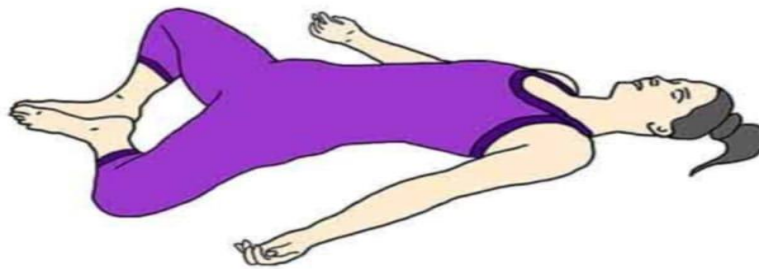
YOGA ASANA-

- Yogic lifestyle, a form holistic mind- body medicine development thousands of years ago, is simple and can be practiced simple training.
- Due to lifestyle changes PCOD is the general disease.
- Yoga play important role in PCOD.
- Stress, tension,

- insulin level stress.
- LH ,FSH control.
- hormone control

1) BADDHA KONASANA:-

SUPTA BADDHA KONASANA RECLINED BOUND ANGLE POSE



- 1) Improve blood circulation
- 2) Relives from menstrual discomfort.
- 3) Stimulates abdominal organs.
- 4) Remove fatigue from walking and standing.

2) SUPTA BADDHA CONASANA:-

BADDHA KONASANA THE BOUND ANGLE POSE



- 1) Improve blood circulation.
- 2) Benefits your pelvic region.
- 3) Relief any type of mild depression.
- 4) Helps tone the nerves and muscles around the joints.
- 5) Purify that chakra of negative, unresolved, sexual, creative relationship issues.

3) UTRASANA:-



- 1) Stretching all muscle
- 2) Utrasana may allow the cervical.

4) SHALABHASANA:-



**SHALABHASANA
THE LOCUST POSE**



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- 1) This poses good breathing exercise for developing abdomen.
- 2) Pelvic organ pain and organs.
- 3) Help you loss of weight.
- 4) Encourages metabolic activity in the body.
- 5) Invigorates the circulation of the body.

5) PRASARITA PADOTTASANA

- 1) This might beneficial in the case of cancer, managing weight, digestive disorder.
- 2) Help manage stress and improve mental well-being.

- 3) It improves the posture.
- 4) It provides rest to the heart.
- 5) It acts as semi inversion.
- 6) Increase leg strength.
- 7) Its beneficial in the case of cancer.
- 8) Hamstring and quadriceps muscle strength.
- 9) Migraine avoid due to this pose.
- 10) Those asana help to enhance concentration, alertness, awareness of body.

6) PAVANMUKTASANA



- 1) It's highly effective in bloating and gas.
- 2) This asana massage the abdominal organs including the ovary and the improve digestion.
- 3) It's also reducing the tension in the lower back.
- 4) Helps massage the abdominal organs.
- 5) It also helps increase peristaltic movements.

CONCLUSION: - PCOD or PCOS is a reproductive disorder in which women's ovary gets enlarged and starts producing an excessive amount of androgen and occurs in various cause of irregular menstrual cycle, increase obesity, hirsutism, and hormone unbalancing. That PCOD due to controlled balanced, exercise, yoga asana, diet, weight reduction all are important. Ayurveda, modern medicine and yoga are useful to get healthy life. The line of treatment of yoga, medicine, proper diet plane, managing stress, depression, anxiety all are possible things control PCOD or PCOS.

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