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Role of yoga in polycystic ovarian syndrome

Salunke Ashvini Prakash¹, Yennawar Sandhya M.², Deshmukh Jayashri S.³

1. PG scholar.
2. PG Guide & Associate Professor
3. HOD & Professor

Prasuti tantra & Stree roga Department.

CSMSS Ayurved College Kanchanwadi Aurangabad, Maharashtra

***Corresponding author:**
ashvinisalunke08@gmail.com

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Abstract:

Polycystic ovary syndrome (PCOS) is common endocrine system disorder among women of reproductive age most women with PCOS have many small cyst on their ovaries hence it is called PCOS. The cysts are not harmful but leads to hormone imbalance. One hormone changes triggers another, which changes another forming a various cycle. The incidence of PCOS appears to rising in India day by day it is seen as many as 5% to 10% of women in their reproductive age the incident is increasing may be due to change in life style to more sedentary existence overtime, lack of physical exercise, stress, strain, high caloric food & indiscriminate dietary habit result in metabolic, endocrinal, reproductive disturbances. Therefore women faces various problem related to reproductive disorder like irregular menstrual cycle, ovarian cyst, miscarriage, irritability, abdominal bloating, hair loss, acne, blemishes, hair growth in face, increase weight etc . To overcome through this problem the people are looking forward to *Ayurveda* & allied branches of successful option.

Yoga can play important role in the prevention & management of PCOS. *Yoga* can maintain the Physiology of H-P-O axis. *Yoga* is one of the important refreshing and rejuvenating modalities which can content and even root out stress completely. Since stress is playing important factor in exaggerating PCOS, some of the important *asana* (posture) *Nadishodhan* (anulom), *Bhramri*, *Pranayama*, *Suryanamaskar*, *Bhujangasana*, *Nau-kasana*, *Dhanurasana*, *Padmasana*, *Shavasana*, *Kapalbharti*. *Yoga* help to regulate the endocrine glands in body there by beneficial in balancing of hormones *Yoga* is effective in keeping your ovary & Uterus healthy. *Yoga* is precious gift which can enrich human life.

Introduction:

A woman is symbol of beauty. 'Beauty must not be skin deep, it should be maintained internally also there are many physiological changes take place in women's body which markedly seen in reproductive life. The God has blessed the female with the most valuable gift of motherhood. The preparation of motherhood starts with puberty and end with menopause.

Polycystic ovary Syndrome, widely known as PCOS, is an endocrine system disorder that Affects women in their reproductive years. Where the women experience reproductive, it is characterized by polycystic ovaries, chronic anovulation and hyperandrogenism leading to symptoms of menstrual irregularity, infertility and hirsutism. In *Ayurveda* no direct reference of PCOS is available but it may be correlated with *Aratavakshaya* or with *Pushphaghni Jataharani*. *Ayurveda* advocates that sedentary lifestyle, overweight and increased stress lead to *kapha-vridhi* and *medho-vridhi*, which in turn cause *srotavrodha* or blocking of *Vata* and *pitta* in minute body channel of the body, thereby disturbing the normal physiology. The hypothalamus- pituitary-ovarian axis gets disturbed resulting in the formation of small cyst in spite of formation of a mature ovum & finally leads to amenorrhoea. *Ayurveda* consider involment of four basic etiological factor i.e. unhealthy lifestyle, menstrual disorder, genetic defect, and cytogenic factors in the establishment of female genital disorder (*yoni vyapad*). The symptoms of *Pushphaghni Jataharani* is *Vyarth Pushpa-darshana* (anovular - menstruation), *Shtulaganda pradesha* (cheeks are corpulent) and *Lomayukta*

(hirsutism). According to *Ayurveda*, *Artava kshaya* is a disorder involving *Vata & kapha dosha, Medas Rasa, Artavaha dhatu*. PCOS can be also described with same involment of *Dosha, Dhatu, & Updhatu*.

Kapha Predominance of manifest as increased weight, subfertility, hirsutism, feel of coldness. *Pitta* Predominance of manifests as acne, hair loss, menses with burning problems. *Vata* Predominance manifests with Painful menses, scanty & irregular menstrual bleeding. The pathology is an obstruction (*sanga*) in the pelvic cavity (*Apan Kshetra*) causing disorder in flow of *vata*. This in turn leads to an accumulation of *Kapha* and *Pitta*.

Concept of Yoga:

YOGA means 'Union'.

Union of mind with super natural power having separated from the disharmonious worldly objects. Mind is a battle field of *satva* (the trasquil) *Rajas* (the Passinate) and *Tamas* (the inert) qualities of nature. *Yogik* processes greatly help the development of mental Potentialities and powers. In *Ayurveda charak sharis sthan* Indicate that yoga is highly essential for the human being, so he has indicate that isolation of mind from its object leads to *moksha*, which is ultimate end of human life.

Maharshi patanjali describes *Asthang yoga* as follows.

- 1) *Yama* - Abstention
- 2) *Niyama*- Strict observance
- 3) *Asana* – Easy posture
- 4) *Pranayama*- control Breath
- 5) *Pratyahara*- withdrawal of sense
- 6) *Dharana*- Concentration
- 7) *Dhyana*- Meditation

8) *Samadhi*- Contemplation

According to *Patanjali ashtang yoga* first two that is *Yama, Niyama* are mainly concerned with person's behaviour towards outer world especially with regard to ethics and morality.

Rest are i.e. *Asana, Pranayama, Pratyahara, Dhyana* and *Samadhi* mainly concerned with regulation of activities of mind. These are very useful to correct the various disorder of women life as follows.

1) *Asana (posture)*

- The steady and comfortable Posture brings about better co-ordination of muscular system with nervous system.
- Increase in correcting excessive or insufficient secretion of endocrine gland so that their optimal integration is achieved.
- Hormones go to shake our emotional making their taming produces emotionally balance and mentally poised personality and building a strong will.
- There are many *yoga* postures, which are good for PCOD.

a) To improve blood circulation and also the muscle tone of blood

vessels help in removal of accumulated toxin and metabolic waste from body.

b) To activate the pituitary and thyroid gland hypothalamus, adrenal gland.(Maintain the H-P-O axis)

Hypothalamus (GnRh)



Pituitary → a) Ant- FSH, LH, PROLACT

b) Post- OXYTOCIN

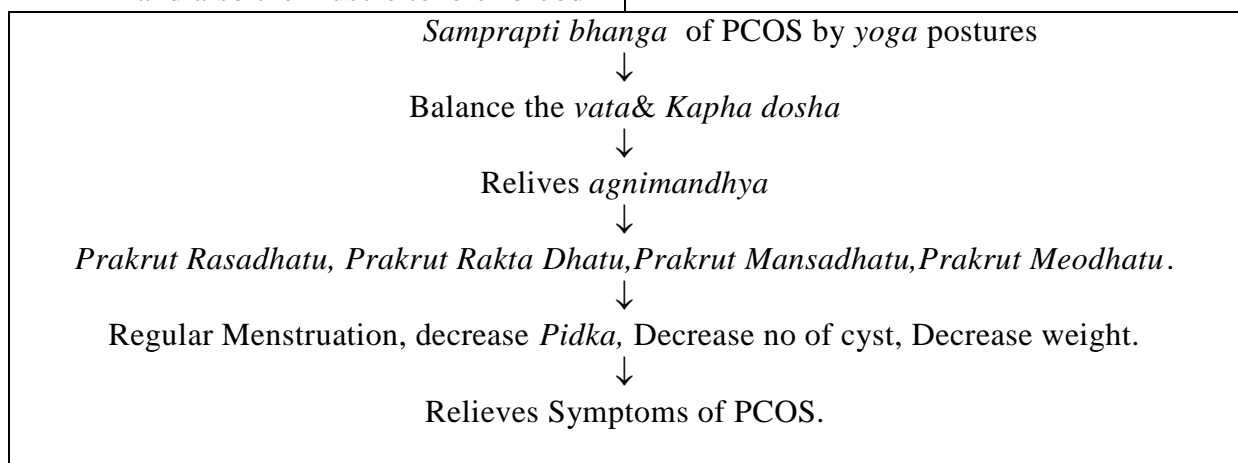


Ovary → OESTROGEN

PROGESTERON

Three Month (daily 10 to 15 minutes) practice noticed that the normal development of secondary sexual character, regularities and correction of PCOD, infertility, removal of inferiority complex, physical and mental stress, unhappiness, which is most important for future a healthy progeny.

Yoga helps to regulate the endocrine glands in the body thereby beneficial in the balancing hormones. *Yoga* helps to balance *tridoshas*.



Some important *Yoga Postures* are given below.

A) Bhadrasana (Butterfly Pose) :

This is an effective *asana* for those who are experiencing PCOD. Butterfly should be practiced coolly and calmly. It helps to open up the pelvic area and Promote relaxation. It beats stress and relieves menstrual discomfort.

B) Surya Namaskar (Sun Salutation):

The twelve *yoga* poses in the sun salutation is good to enhance flexibility in the body as well as effective in controlling hormonal imbalance. *Surya Namaskar* is also helpful in controlling of weight. Sun salutation helps to de- toxify and distress the entire system.

C) Bhujangasana (Cobra pose):

Bhujangasana exerts pressure on the stomach and helps to stimulate ovarian function. it has many advantages like

During *Pranayama* process

Purak (Inhalation of breath)
Kumbhak (Retention of breath)
Rechak (exhalation of breath)

improves digestion, bust stress, good for chest, lungs, and shoulder.

D) Naukasana (Boat Pose):

Naukasana is good in case of PCOS as the boat pose but excess pressure on the abdominal region.

E) Padmasana:

Helps to stretch the pelvic region and good to control hormonal imbalance.

F) Sukhasana:

Improve blood supply to Uterus and Pelvic organ.

H) Chakki chalanasana (moving the grinding wheel):

Help to modify the endocrine glandular function thus enhance the Efficiency of hormonal secretion.

2) Pranayama (Breath):

The vital force of life, is controlled positively by *Pranayama* to ensure homeostasis and wellbeing in humans.

Trains are body to stand in high CO₂ Pressure.

A) Nadisodhan Pranayama:

Nadishodhan Pranayama is also called *Anulom Vilom*, which helps to soothe your mind refresh your brain nerves thereby helpful in de-stressing the body. It brings peace and comfort to your body thus cures the PCOS naturally.

B) Bhamri Pranayama:

It is only *Pranayama* which control all the negative domains such as stress, strain, anxiety, tension, depression etc so, helpful in contending your mood swings.

3) Mudras (finger Posture):

It stabilizes the union of *pran*(inhalation) and *Apan*(exhalation)



Directly action upon *kundalini shakti*



This shines and illuminates the whole body

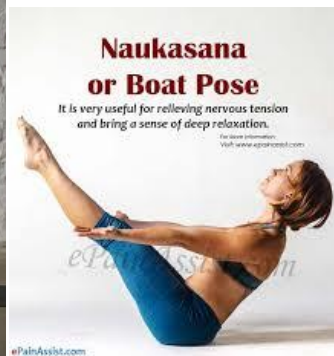
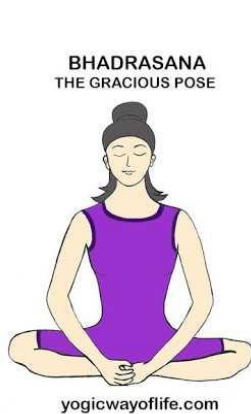


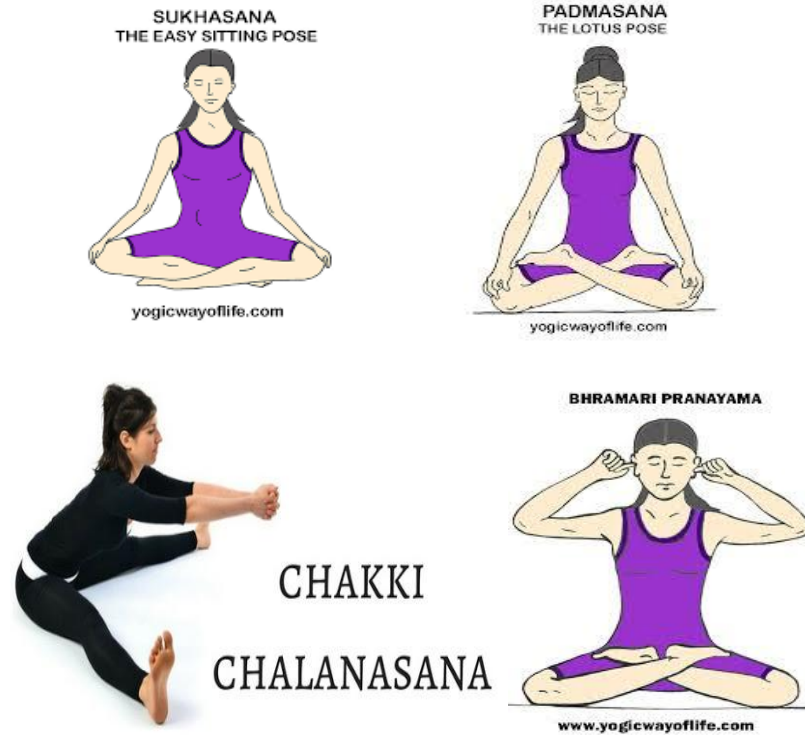
Apart from these days are numerous physiological, cultural and therapeutic benefits of *yogic* exercise, to maintain the health of women.

Conclusion:

Yoga affects every cell of the body. It brings better muscular relaxation, improves strength of the body and increases optimum functioning of all

organ system. *Yoga* can help to Regular menstruation, reduce the body weight & reduce the symptoms of PCOS.





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