



PCOD AND THERAPEUTIC YOGA

Yoga

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ABSTRACT

This essay states in detail about PCOD in women. What causes the disorder, what are some of the common symptoms, how to prevent it and how to control it if one has it are the questions that will be addressed in this essay. More and more women are being diagnosed with PCOD in recent times. It can be prevented with the regular practice of a few simple yogasanas. Yoga also helps in keeping the reproductive system healthy in general. A few asanas for the same will be discussed.

KEYWORDS

What is PCOD?

PCOD stands for Polycystic ovarian Disease. This is a condition that occurs in females and is becoming more common in the past few years. PCOD causes multiple cysts in the ovaries, hence the name Polycystic. These cysts are the result of irregular menstrual cycles in a person. They experience imbalances in reproductive and psychological hormones. In PCOD affected people, progesterone levels are lowered. This decline in progesterone levels leads to an increased testosterone production in the body, which is a male reproductive hormone.

PCOD is on the rise these days among young girls. This steady rise can be attributed to various factors like stress, obesity, unhealthy eating habits, anxiety, depression, no exercise, inadequate sleep etc. However, there isn't one specific factor that can be pointed out as the cause of PCOD. It is caused by a combination of hereditary as well as environmental factors. The most common factor linked to the development of PCOD is stress.

Symptoms of PCOD:

- Irregular period
- Ovarian Cyst
- Aches, pimples
- Hair loss
- Abdominal bloating
- Frequent mood swings
- Hair growth on the face and rest of the body.
- Weight gain
- Muscles and bone enlargement
- Blood Pressure and Blood Sugar imbalance.

The Risk Factors of PCOD, if Untreated are as Follow

- Heart attack
- Diabetes
- Strokes
- Anxiety disorder
- Depression
- Uterine cancer

The practice of yoga can positively affect and help in managing PCOD. Unlike most modern medicines, yoga has no side-effects. It is important to remember that Therapeutic Yoga can only give results if practiced regularly in the right manner. Yoga improves sex hormones and regulates menstrual cycles. It helps to open up the hips and pelvic girdle and relax the muscles around it. It works on the muscles of the groin area, the inner thighs and the organs in the abdominal cavity. Yoga restores hormone balance and help to increase blood circulation in the pelvic region. It helps strengthen the core muscles, giving strength to endure childbirth and tackle menstrual discomfort like cramps, stiffness etc. It stimulates the reproductive functions, hence it's great for women suffering from irregular periods, as well as those wanting to bear children. Yogasanas regulate thyroid function. Thyroid is one of the effects of having PCOD along with obesity, weight gain etc.

Specific Asanas to Practice For PCOD

- Baddhakonasana or Butterfly pose



- Bhujangasana or Cobra pose



- Naukasana or Boat pose



- Dhanurasana or Bow pose



- Balasana or Child pose



- Ustrasana or Camel pose



- Padmasana or Lotus pose



- Setu Bandhasana or Bridge pose



- Paschimottasana or Seated Forward Bend pose



- Halasana or Plough posture



- Malasana, or Garland Pose



- Sarvangasana or shoulder stand posture



- Chakrasana or Wheel posture



Surya Namaskara is an integral part of the yogic approach towards PCOD prevention or treatment. Its versatility and application induces a healthy, vigorous and an active lifestyle. It stretches, massages, tones and stimulates all the muscles and vital organs. Thus, practicing Surya Namaskara daily along with the above-mentioned asanas is extremely helpful.

Like yoga, pranayama also helps to create a balance between the levels of different hormones in the body. It brings calmness to the body and relieves it from anxiety, stress and panic that can be caused due to PCOD. Diabetes is a complication of PCOD that can arise in some cases. Kapalabathi pranayama is the best breathing exercise for weight management and diabetes. It enhances the quality and quantity of reproductive cells. Regular practice of pranayama along with yoga is highly recommended for women to either prevent or manage PCOD. If done properly and consistently, cysts in the ovary can be gotten rid of.

Specific Pranayama to Practice Along with Above Yogasanas

- Alternative Nostril Breathing
- Sectional Breathing
- Bhamari
- Kapalabathi

Yoga can greatly reduce the symptoms of PCOD, especially those that affect fertility. It reduces one's dependency on medication for regularization of hormones.

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