



**ORIGINAL RESEARCH PAPER**

**Medical Science**

**TO STUDY THE ROLE OF LOW CARBOHYDRATE DIET IN POLYCYSTIC OVARIAN SYNDROME**

**KEY WORDS:**

**Dr. Saraswati C. Kanase**

MBBS,DGO

**INTRODUCTION-**

polycystic ovarian syndrome (PCOS) is a common health problem now a days in females of childbearing age. most of the times females are unaware of the conition. PCOS is hormonal disorder causing enlarged ovaries with small cysts on the outer edges. cause of the PCOS is not well understood, but may involve a combination of genetic and environmental factors. now it is also enclosed under group of lifestyle disorders. PCOS presents with menstrual irregularities, excess of hairgrowth on face and other bodt parts, acne ,obesity .

common mode of treatment includesbirth controlling pills to regularise periods,metformin to prevent diabetes, statins to control high cholesterol,hormones to increase fertility and hair removal procedures all these ways are not helping case to resolve but it worsen the situation in many cases.

To have holistic approach to these patients we started managing cases of PCOS with low carbohydrate diet and exercise

**PCOS & Obesity OPD observations.**

- Patients with PCOS most often have high BMI, which is might be because of abnormal carbohydrate metabolism
- While treating these PCOS females appropriate medicinal management is also not giving better results. -It is achieved by specific dietary management and some healthy life style changes.

**AIMS AND OBJECTIVE-**

- To know the severity of PCOS.
- To evaluate diet and regimen.
- To advice low carbohydrate diet.
- To compare the role of diet and regimen in management of PCOS.

**Study Hypothesis-**

Patients those who are following prescribed diet and regimen are likely to have better management of PCOS.

**MATERIALS AND METHODS-**

**Study setting :** Study Conducted at Anantraokanase Homoeopathic Medical college & Hospital, Alephata.

**Duration of the study:** Study carried out between jan2019-july2019.

**MATERIALS:** The experimental population selected from the Patients reporting to college OPD. Survey study was done to select population, with proper consent 134 cases were included in the study. out of this 134female patients ,117 were attended minimum required follow ups to measure the results.

**INCLUSION CRITERIA-**

- Known PCOS cases.
- Those who are in between 13 to 40years age and menstruating.
- May or may not be having positive family history of PCOS.

**EXCLUSION CRITERIA:**

- Patients with pregnancy and lactation.
- Patients with age less than 13 and more than 40.

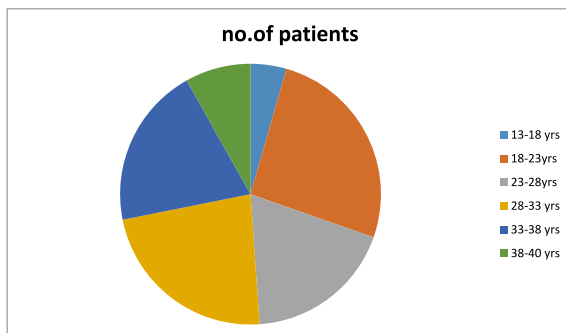
**Sample selection-**the experimental population is randomize.

**Life style modifications :** Patients were counselled about weight loss, dietary management with low carb diet i.e. fish, egg, green leafy veg,cauliflower, broccoli,nuts,cocount oil etc and exercise. this diet and excercise is absolutly customised , each female according to her history, physic, daily activity recieve a module of diet, exercise and stress management techniques.

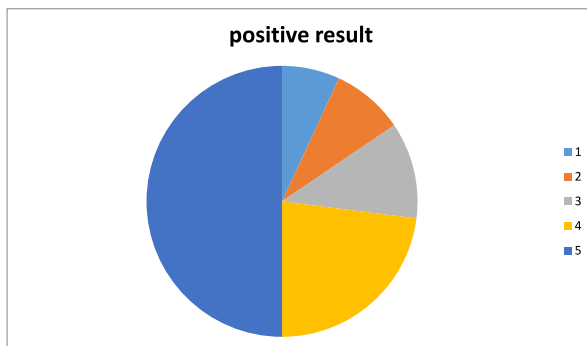
**Assessment of symptoms :**Patients are said to be recovered when weight is reduced, secondary sexual characters such as over hair growth on face is reduced, acne reduced, menstrual irregularities are reversing to normal.

**RESULT-**

After measuring the complaints on measuring scale the positive result is seen in more than 87% cases. assement of patients is with interval of 30 days, minimum five follow ups were considered to measure the result. The measuring scale is considering regularities of periods, obesity, fasting insulin levels, acne, hirsuitism.



**Figure 1 age wise distribution of the patients.**



**CONCLUSION-**

Thus, we reach to the conclusion that PCOS cases most often managed well with low carbohydrate diet and proper exeeercise and lifestyle management.