

Newsletter

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PCOS As Lifestyle Disorder

Polycystic ovarian syndrome is one of the most common endocrine disorder affecting women. Around 73% of women suffering from PCOS experience infertility due to anovulation 90% of PCOS women suffer from obesity, acne vulgaris, menstrual irregularities, hair fall, depression and hirsutism.

The exact cause of PCOS remains unknown to the contemporary science but from Ayurveda's perspective PCOS is more of a lifestyle disorder. Ayurveda explains different causes leading to PCOS. Improper diet such as unhealthy, spicy, excessive sweet, junk and fast food and also improper food timings is an important factor responsible for PCOS. Irratic work schedule, improper sleep, sedentary work, mental stress and lack of physical exercise have altered normal physiology of women.

Ayurveda has its own approach towards this which includes a detailing of correct lifestyle with a practical approach. Personalized medicines & Rasayana therapies, detoxification processes and specialized procedures related to female reproductive system have a very positive impact in correcting various symptoms and complications caused as a result of incorrect lifestyle in PCOS.

-Dr. Vaishali Patil

PCOS - Psychological Effects

PCOS is a medical disorder which affects female reproductive system. It is characterized by multiple cysts in ovaries. Apart from physical symptoms, PCOS causes mental health issues in women. Depression and anxiety are common in such patients, but most often get neglected or remain untreated.

Some symptoms of PCOS like obesity and hirsutism affect woman's physical appearance. These changes affect woman's mental health especially those of young ladies, resulting in social withdrawal and depression. Depression causes changes in lifestyle like altered diet and lack of exercise which again worsens PCOS.

Infertility is the main consequence of PCOS which creates huge stress on women at social level. Women with PCOS also face bipolar disorders, anorexia, sleep disorders which may require medical intervention by psychologists and psychiatrists.

-Dr.Ketaki Jagatap

PCOS – Major Concern for Women's Health In India

Due to changing lifestyle and urbanization, women's health, mainly young women's health concerns are also increasing at an alarming rate in India. In India 1 in every 10 women has polycystic ovary syndrome (PCOS) and it is even more so alarming as out of every 10 women who has PCOS, six are teenage girls. PCOS is diagnosed mostly between 12 to 45 years of age. As PCOS is affecting about 6-10 % women of reproductive age, it is a big concern in view of infertility. Incorrect lifestyle can be pointed out as an important causative factor of PCOS. So care should be taken to keep a watch on obesity, diabetes and other lifestyle diseases which can help to prevent or control PCOS. Treating PCOS and its complications is adding to health care burden. Unfortunately, PCOS cannot be cured by conventional treatment but managed to a large extent by controlling symptoms. Research shows that lifestyle modification helps to a great extent in managing PCOS. Various treatment plans and lifestyle modification according to Ayurveda have great results in treating PCOS. At Dyumna Women's clinic, Pune, we have personalized treatment plans for PCOS including Rasayana treatments, special procedures and lifestyle modifications showing corrections at various levels such as the menstrual pattern, ovulation and body metabolism.

-Dr. Pravin Gund

PCOS - Causes

PCOS is the most common endocrine abnormality among women of reproductive age with exact cause unknown. Genes, insulin resistance, and lifestyle disorders have all been linked to causes of PCOS.

1. Genes - PCOS seems to run in families

2. Insulin Resistance - Insulin is a hormone produced by the pancreas. It helps the body to use sugar from foods for energy. When body cells are not able to utilize insulin properly, the demand for insulin increases. The pancreas makes more insulin. Extra insulin initiates the ovaries to produce more androgens. Up to 70 percent of women with PCOS have insulin resistance. Obesity is a major cause of insulin resistance.

Newsletter

3. Lifestyle Disorders

- a. Poor dietary choice.
- b. Physical inactivity, sedentary lifestyle.
- c. Improper sleeping habits.

These factors lead to obesity.

4. Ayurveda's approach towards causes of PCOS is mainly directed towards incorrect lifestyle leading to dysfunction in body metabolism at minute levels. 'Rajaswala Paricharya' is the regimen to be followed during menses. It has been explained in Ayurveda. This includes suggestions like avoiding activities such as vigorous physical exercise during menses, certain dietary regulations and more. Evading these norms has also been seen to be leading to PCOS

5. Some evidences of infections and toxins as causative factors are also found.

-Dr. Smita Atkalikar

Our approach in PCOS

At Dyumna Women's clinic we have designed our treatment protocol for PCOS which emphasises on the need of addressing the changing lifestyle. Personalised medicines and Rasayana therapy are planned for each patient.

Along with this, special procedures like Yoni dhawan, Yoni pichu, Uttarbasti, Virechana, Yog Basti have been recorded to display positive results in treating PCOS. These procedures have their own roles in treating PCOS in different aspects such as regularizing menstrual cycles, correcting ovulation process, regulating hormonal levels, reducing inflammation, helping in weight reduction, helping to achieve normal metabolism of the body and preventing possible complications of PCOS like type 2 diabetes, lipid imbalance, infertility etc.

- 1) Yoni dhawan-Yoni dhawan is a procedure where in vaginal canal is rinsed by medicated decoctions.
- 2) Yoni Pichu-It is a treatment where sterile medicated tampon soaked in medicated oil or ghee is kept in vagina for a specific period of time.
- 3) Uttarbasti-This is highly specialised procedure wherein medicines are administered in the uterus through vaginal route .
- 4) Virechana-Virechana is one of the panchakarma therapies wherein purgation is induced by drugs and it specifically aims at the elimination of toxins in the body.

5) Basti-Basti again is a Panchakarma therapy which includes installation of medicines via anal route.

- Dr. Deepali Pawar

Case Study- PCOS

Polycystic Ovary syndrome (PCOS) is a very common condition affecting 5% to 10% of women in the age group 12-45 years. In PCOS woman's have hormonal imbalance. It can cause problems with menstrual periods and make it difficult for her to conceive. The principal features include no ovulation, irregular periods, acne and hirsutism. If not treated it can lead to insulin resistant diabetes, heart disease, obesity.

At Dyumna women's clinic we have successfully treated many patients suffering from PCOS. Line of treatment includes personalized medicine, Rasayana therapies, special procedures and lifestyle modifications.

Sharing here one of the such case study.

A 23 years old girl came to Dyumna Women's clinic in 2013, having complaint regarding irregular menstrual cycle. Investigations confirmed the diagnosis of PCOS. Treatment was planned according to Dyumna Women's Clinic's protocol. Patient came for follow up regularly. After 4 months of starting the treatment, patients had regular menses. Sonography repeated after 8 months of initiation of treatments showed no cyst in the ovaries. As anovulation is one of the important disorder caused due to PCOS, considering her age, ovulation study was performed in spite of patient being unmarried. Two consistent studies showed anovulatory cycles. Further ovulation study was performed after treatment for 3 months which showed corrected ovulation cycle. Treatment was stopped after 3 more months.

She got married in 2015 November. Patient came for preconception counselling. On the background of previous history ovulation study was performed and was found to be absolutely normal.

Patient soon conceived without any difficulty. Also importantly her pregnancy and delivery were smooth processes without a single complication. and carried pregnancy without any complication whereas complication like miscarriage, premature birth, gestational diabetes mellitus, pregnancy induced hypertension are highly possible complication of pregnancy.

-Dr. Shachi Desai

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