



Review Of Yoga In Polycystic Ovarian Syndrome (Pcos)

¹ DR.Kanchan Madhav Rote, ² DR. Radha H. Phadnis

¹ PG Scholar , ² Associate Professor

Department of Prasuti Tantra Evum Striroga

Hon. Shree Annasaheb Dange Ayurveda Medical College, Ashta, Dist. Sangli, Maharashtra, India.

ABSTRACT :-

Polycystic ovarian disease is a lifestyle disorder that affects millions of women worldwide with no specific etiology and it manifests as group of symptoms making its diagnosis difficult. PCOS is characterized by small cysts in the ovary where the women experience reproductive, hormonal and psychological imbalances which results in obesity, anovulatory cycle associated with Primary or Secondary infertility, hirsutism, irregular menstrual periods, excessive androgen levels, pregnancy related complications. The sedentary lifestyle, dietary variations, lack of exercise and stress are contributory factors. Decoding the exact cause of PCOS remains a challenge for scientists around the world. However, it's understood that PCOS is influenced by a combination of genetics and lifestyle factors. Stress is playing important factor in exaggerating PCOS. Yoga blends restorative gentle Yoga (supported postures), breath work (Pranayam) and meditation techniques combined in such a way that it is an excellent choice of treatment for PCOS. Treatment includes lifestyle modification, weight loss, stress management. Yoga can prove to be effective. Yoga poses stretch the pelvic area and Pranayama, meditation soothe the mind and thus Yoga regulates the endocrine glands in the body thereby beneficial in balancing of hormone levels. Yoga is one of the refreshing and effective for bringing the body into balance state and reducing stress.

Key words: PCOS, Therapeutic Yoga, Pranayam

INTRODUCTION:-

Polycystic Ovarian Syndrome (PCOS) is one of the most common hormonal disorders affecting women of reproductive age. It is a multifactorial endocrine condition that affects the ovaries' ability to function normally, often leading to irregular periods, infertility, acne, weight gain, and excess hair growth.

Poly – many

Cystic – fluid-filled sacs

Ovarian Syndrome – a group of symptoms involving the ovaries

In PCOS, the ovaries may develop many small fluid-filled sacs (follicles) that do not regularly release eggs, leading to anovulation (lack of ovulation).

Key Features of PCOS:

1. Hormonal Imbalance – Especially increased levels of androgens (male hormones)
2. Menstrual Irregularity – Infrequent, delayed, or absent periods
3. Multiple Ovarian Cysts – Seen on ultrasound (in some but not all cases)
4. Metabolic Issues – Like insulin resistance, which may lead to weight gain or diabetes

Rotterdam Criteria for Diagnosis of PCOS (Polycystic Ovarian Syndrome)-The Rotterdam Criteria, established in 2003 by the European Society for Human Reproduction and Embryology (ESHRE) and the American Society for Reproductive Medicine (ASRM), is one of the most widely accepted diagnostic frameworks for PCOS. According to the Rotterdam Criteria, PCOS is diagnosed if at least 2 out of the following 3 criteria are met (after excluding other related disorders):

1. Oligo-ovulation or Anovulation

Infrequent, irregular, or absent ovulation

Usually manifests as irregular menstrual cycles (cycles >35 days or fewer than 8 periods per year)

2. Clinical and/or Biochemical Signs of Hyperandrogenism

Clinical signs: Hirsutism (excess body or facial hair), acne, androgenic alopecia (hair thinning)

Biochemical signs: Elevated levels of androgens in blood tests (e.g., testosterone, DHEAS)

3. Polycystic Ovaries on Ultrasound

Presence of 12 or more follicles in either ovary (each 2–9 mm in diameter)

And/or increased ovarian volume >10 ml

Benefits of Yoga in PCOS (Polycystic Ovarian Syndrome)

Yoga offers a holistic, natural, and side-effect-free way to manage PCOS by addressing both physical and mental health. It targets the root causes such as hormonal imbalance, stress, insulin resistance, and sedentary lifestyle.

Diagnosis

The diagnosis of PCOS is usually based on the clinical manifestation, ultrasonography and biochemical criteria.

1. Clinical diagnosis

- Symptoms : Irregular menses, Weight gain, Abnormal hair growth, acne etc.
- Confirm by history taking specifically for menstrual pattern, obesity, hirsutism, and breast discharge.

2. Ultrasonography (Abdominal/ Transvaginal)-

There may be 12 or more follicles each of 2- 9 mm in size placed peripherally giving a “Necklace appearance” on ultrasound. The theca cell hyperplasia and stromal hyperplasia account for the increase in the size of ovaries 10 cm³ in volume.

3. Biochemical parameters

- Oestrone level elevated
- LH level raised, FSH level decreases
- FSH:LH decreases, LH:FSH raised
- Testosterone and DHEA-S level raised (Testosterone >2ng/ml, Free T >2.2 pg/ml)
- Prolactin mildly raised in 15% cases
- Fasting insulin is more than 10mIU/l
- Thyroid function test may be abnormal

Benefits of Yoga in PCOS:

1. Balances Hormones -Yoga helps to regulate the endocrine system, including the pituitary, thyroid, and adrenal glands, which play a key role in ovulation and hormone production.Reduces excessive androgens (male hormones), helping in managing acne, hair fall, and facial hair.

2. Improves Menstrual Regularity- Asanas and breathing practices help stimulate ovarian function and improve regularity of periods by supporting proper ovulation.

3. Reduces Stress and Anxiety-Chronic stress increases cortisol, which worsens hormonal imbalance in PCOS.Yoga practices like Pranayama, meditation, and Yoga Nidra calm the nervous system and reduce anxiety and depression.

4. Improves Insulin Sensitivity-PCOS is strongly linked with insulin resistance.

Yoga helps reduce insulin levels and improves glucose metabolism, reducing the risk of type 2 diabetes.

5. Supports Weight Management-Regular yoga improves metabolism, reduces belly fat, and helps maintain a healthy body weight — essential for managing PCOS symptoms.

6. Enhances Fertility-By improving ovarian function and reducing stress, yoga enhances natural fertility and improves chances of conception.

7. Boosts Digestive and Liver Function-Many yoga poses aid digestion and detoxification, helping the body process hormones more efficiently.

8. Improves Sleep and Energy Levels-PCOS often causes fatigue and poor sleep. Yoga promotes better sleep quality and restores physical and mental energy.

YOGA ASANAS FOR PCOS (POLYCYSTIC OVARY SYNDROME)

Certain yoga poses (asanas) are especially beneficial for women with PCOS as they stimulate the reproductive organs, improve hormonal balance, reduce stress, and aid in weight management. A more structured and descriptive list is provided below:

1. Surya Namaskar (Sun Salutation)

- Description: A dynamic sequence of 12 postures performed in a flow, synchronizing breath with movement.
- Benefits: Enhances blood circulation, stimulates abdominal and pelvic organs, balances metabolism, promotes weight loss, and reduces insulin resistance.
- Effect: Acts as a full-body workout, improves reproductive health, and harmonizes hormonal function.

2. Supta Baddha Konasana (Reclining Bound Angle Pose)

- Description: Lie on the back, bring soles of feet together with knees dropping to sides; hands relaxed by the side or on the belly.
- Benefits: Opens the pelvic region and hips, increases circulation to reproductive organs.
- Effect: Reduces menstrual discomfort, relaxes abdominal muscles, and supports ovarian health.

3. Bhujangasana (Cobra Pose)

- Description: Lie on the stomach, place hands under shoulders, and gently lift the chest using back muscles while keeping pelvis grounded.
- Benefits: Stimulates the ovaries, tones the abdominal organs, and improves digestion.
- Effect: Helps regulate hormone levels.

4. Dhanurasana (Bow Pose)

- Description: Lie on your stomach, bend the knees and hold ankles with hands, lift chest and thighs off the ground while pulling legs.
- Benefits: Massages the pelvic organs and boosts reproductive system function.
- Effect: Balances menstrual cycles and reduces belly fat.

5. Malasana (Garland Pose)

- Description: Squat with feet flat, hands in prayer position at chest, and elbows pressing into inner thighs.
- Benefits: Opens the hips, stretches lower back and inner thighs.
- Effect: Enhances flexibility in the pelvic region and supports ovulation.

6. Setu Bandhasana (Bridge Pose)

- Description: Lie on back, bend knees and place feet hip-width apart, lift hips while pressing feet into the mat.
- Benefits: Stimulates thyroid and abdominal organs.
- Effect: Helps regulate endocrine function and improves metabolism.

7. Paschimottanasana (Seated Forward Bend)

- Description: Sit with legs extended, inhale to lengthen spine, exhale to bend forward from hips reaching toward feet.
- Benefits: Calms the nervous system, stretches the spine and abdomen.
- Effect: Relieves stress and improves digestion.

8. Ustrasana (Camel Pose)

- Description: Kneel on the floor, place hands on the heels and arch the back while pushing hips forward.
- Benefits: Opens up the chest, stretches the abdominal region.
- Effect: Improves circulation to reproductive organs and regulates hormones.

9. Breathing Techniques (Pranayama) for PCOS:

- Anulom Vilom (Alternate nostril breathing) – Balances hormones and calms the mind.
- Bhramari (Bee breath) – Reduces anxiety and improves focus.
- Kapalabhati (Skull shining breath) – Boosts metabolism and burns belly fat (do under guidance).

Certain yoga poses (asanas) are especially beneficial for women with PCOS, as they help stimulate the reproductive organs, improve hormonal balance, reduce stress, and aid in weight loss.

Here is a list of effective yoga asanas for managing PCOS:

1. Supta Baddha Konasana (Reclining Bound Angle Pose)

- Benefits: Opens the pelvic area, relaxes abdominal muscles, improves blood flow to the ovaries.
- Effect: Reduces menstrual discomfort and promotes hormonal balance.

2. Bhujangasana (Cobra Pose)

- Benefits: Stimulates the ovaries, tones the abdominal organs, and improves digestion.
- Effect: Helps regulate hormone levels.

3. Dhanurasana (Bow Pose)

- Benefits: Massages the pelvic organs and boosts reproductive system function.
- Effect: Balances menstrual cycles and reduces belly fat.

4. Malasana (Garland Pose)

- Benefits: Opens the hips, stretches lower back and inner thighs.
- Effect: Enhances flexibility in the pelvic region and supports ovulation.

5. Setu Bandhasana (Bridge Pose)

- Benefits: Stimulates thyroid and abdominal organs.
- Effect: Helps regulate endocrine function and improves metabolism.

6. Paschimottanasana (Seated Forward Bend)

- Benefits: Calms the nervous system, stretches the spine and abdomen.
- Effect: Relieves stress and improves digestion.

7. Ustrasana (Camel Pose)

- Benefits: Opens up the chest, stretches the abdominal region.
- Effect: Improves circulation to reproductive organs and regulates hormones.

8. Breathing Techniques (Pranayama) for PCOS:

- Anulom Vilom (Alternate nostril breathing) – Balances hormones and calms the mind.
- Bhramari (Bee breath) – Reduces anxiety and improves focus.
- Kapalabhati (Skull shining breath) – Boosts metabolism and burns belly fat (do under guidance).

Meditation for PCOS (Polycystic Ovarian Syndrome)

Meditation is a powerful, natural tool to manage PCOS, especially when stress, anxiety, emotional imbalance, and hormonal irregularities are major contributors. While yoga addresses physical health, meditation calms the mind, balances the nervous system, and indirectly helps in hormonal and metabolic regulation.

Conclusion of Yoga in PCOS (Polycystic Ovarian Syndrome)

Yoga offers a holistic and effective approach to managing PCOS by targeting both physical symptoms and the underlying causes, such as stress, hormonal imbalance, and insulin resistance. Through a combination of asanas (postures), pranayama (breathing techniques), and meditation, yoga helps restore the natural rhythm of the body and mind.

Regular practice of yoga:

- Regulates menstrual cycles
- Improves ovulation and fertility
- Reduces anxiety and depression
- Supports weight loss and metabolism
- Enhances overall hormonal and emotional balance

In contrast to medication alone, yoga addresses the root causes of PCOS and promotes long-term wellness without side effects.

References:

1. D.C. Dutta Textbook of Gynaecology Fourth edition 2007 chapter 27 page 421.
2. C.L. Harrison, C.B. Lombard, L.J. Moran, H.J. Teede. Exercise therapy in polycystic ovarian syndrome: A systemic review. Human Reproduction Update, 2011; 17(2): 171-183.
3. Basu et al. 2018 Possible Link between Stress Related Factors and altered Body Composition in Women with Polycystic Ovarian Syndrome. Jan 2018. Journal of Human Reproductive Science 11 (1):10.
4. D.C. Dutta, Text book of gynecology, 4th edition 2007, chapter 27; p.422
5. D.C. Dutta, Text book of gynecology, 4th edition 2007, chapter 27; p.422
6. Pallov Sen Gupta. Health impacts of Yoga and pranayam: A state of art review. International Journal of Preventive Medicine, 2012; 3(7): 444-458.
7. Hemant Bhargava Yoga For Polycystic Ovarian Syndrome- Alternative and Complementary Therapies April 2023, 19(2)101-106
8. <http://healthmedup/topic/Yoga> date 13/6/14
9. Nidhi R. Effect of a Yoga program on glucose metabolism and blood lipid levels in adolescent girls with polycystic ovary syndrome. International Journal Gynecology and Obstetrics, 2012; 118(1): 37-41.
10. Kaduskar P, Suryanamashkar Yoga: An Endocrine Therapy. Indian Journal of Endocrinology and Metabolism, 2015; 19(3): 437-438
11. Malhotra V, Singh S, Tandon OP, Sharma SB: The beneficial effect of Yoga in Diabetes. Nepal Medical College Journal, 2005; 7(2): 145-147.
12. Sarveshkumar Agrawal. Swasthavritta Vigyan. Chaukhamba Orientalia; Varanasi (UP), edition 2015 pg no.368.
13. [hyugalife.com/blog/23- Yoga- poses –asanas –for PCOS](http://hyugalife.com/blog/23-Yoga-poses-asanas-for-PCOS)
14. [hyugalife.com/blog/23- Yoga- poses –asanas –for PCOS.](http://hyugalife.com/blog/23-Yoga-poses-asanas-for-PCOS)
15. [https://myyogateacher.com/utthitha parshvakonasana](https://myyogateacher.com/utthitha-parshvakonasana)
16. [hyugalife.com/blog/23- Yoga- poses –asanas –for PCOS.](http://hyugalife.com/blog/23-Yoga-poses-asanas-for-PCOS)
17. [https://en.wikipedia.org.> wiki> sarvangasana](https://en.wikipedia.org/wiki/sarvangasana)
20. [hyugalife.com/blog/23- Yoga- poses –asanas –for PCOS](http://hyugalife.com/blog/23-Yoga-poses-asanas-for-PCOS)
18. [https://www.artofliving.org.>in-en>Yoga>yogaposes](https://www.artofliving.org/in-en/Yoga/yogaposes)
19. Siddapa Nagaratti, H.S.Vediraj :A Comprehensive Review of Paschimottanasana: Benefits, Variation and Scientific evidence: International Journal of Science and Research 2023;12(10);460-464.
20. [https://www.artofliving.org.>in-en>Yoga>yogaposes](https://www.artofliving.org/in-en/Yoga/yogaposes)