

“Diet” and “Yoga” are Worthwhile for The Females with Polycystic Ovary Syndrome - a Review Article

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ABSTRACT

This paper will highlight the role of diet and *yoga* in the management of polycystic ovary syndrome. Today's women play equal role in the decisions of socioeconomic and political life. She is multifaceted, dynamic and uniquely influential part of our society and is forever striving for perfection in every aspect of life, which gives rise to anxiety and stress, hampers homeostatic system of the body causing Hormonal imbalance. This hormonal imbalance leads to irregular menses which is commonly found in females of reproductive age. Polycystic ovarian syndrome (PCOS) is the most common endocrine disturbance affecting women between 15 to 30 years of age posing serious challenge to the health system for providing treatment, care and support. Healthy dietary interventions like avoidance of high carbohydrate diet, restricted fat intake, high fibrous diet, avoidance of junk food are very essential things combat weight gain. A 3000 years old tradition, *yoga* is now regarded in the western world as a holistic approach to health and is classified as a form of complementary and alternative medicine. *Yoga*, a form of holistic mind body medicine, is known to reduce stress, anxiety and sympathetic tone.

KEY WORDS: PCOS, Stress, Diet, *Yoga*, *Pranayama*.