



A Comprehensive Approach for Managing PCOS through True Yog and Yogic Diet

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ABSTRACT

Polycystic Ovary Syndrome (PCOS) is a prevalent endocrine disorder affecting women after puberty age, characterized by hormonal imbalances, ovarian cysts, and a range of associated symptoms like weight gain, excess hair growth on face, arms, legs and abdomen region. This research paper explores the effectiveness of True Yog practices and a Yogic diet as an alternative and complementary approach to managing PCOS.

The study reviews existing literature on PCOS, which delves into the principles and practices of True (traditional) yog, emphasizing stress reduction, hormonal regulation, and the mind-body connection as key components in PCOS management where conventional medical treatment found limitations. The yogic diet, emphasizing whole, unprocessed, regional and seasonal foods, is discussed for its potential role in weight management and insulin control, which are pivotal aspects of PCOS care.

This study is part of an ongoing longitudinal study. We have selected 20 cases for this paper who represent recovery from their complaints from 3+months onwards. There is adequate evidence that after recovery, if compliance to lifestyle is not adhered to, patients can deteriorate within 3-6 months. We aim to present this supervised, objective data to make our case in this paper.

Empirical evidences presented are Body Composition Monitoring, Sonography, Menstrual Record for a comprehensive review of clinical trials and observational studies that investigate the impact of True Yog and a yogic diet on PCOS symptoms. These studies demonstrate positive outcomes, including dissolve of cyst, ovulation, improved hormonal balance, reduced stress, weight loss, and enhanced overall quality of life.

Additionally, this paper addresses practical considerations such as the choice of specific yogic practices like asan, pranayama (breathing exercises), shuddhikriya etc., techniques tailored to PCOS management under supervision by qualified yog instructors to ensure safety and efficacy. It also highlights the importance of personalized guidance of Yogic Diet which focuses on use of millets and different herbs and kadhas mentioned in Ayurveda for purifying body.

In conclusion, this research paper underscores the potential benefits of integrating True yog (ashtang yog), Shuddhikriya (Hatha Yog) and yogic diet into the management of PCOS. While acknowledging that PCOS is a complex condition with individual variations, this holistic approach offers promising avenues for improving the quality of life for individuals with PCOS.



Introduction:

Polycystic Ovarian Syndrome (PCOS) is characterized by hormonal imbalances, irregular menstrual cycles, and the formation of ovarian cysts, often leading to fertility issues and a range of associated health problems ranging from weight gain to diabetes, thyroid, excess facial hair growth, acne, gall bladder stones, etc.. Conventional medical treatments for PCOS typically involve medication and surgery; however, these approaches often come with side effects and may not address the root causes of the condition.

In pursuit of holistic and sustainable solutions, this research paper explores the potential benefits of integrating True Yog (i.e. Traditional Ashtanga Yog and Hatha Yog) and a Yogic Diet as complementary therapies for managing PCOS. Yog, an ancient practice originating from Bharat (India), offers a holistic approach that combines physical postures (Asans), breath control (pranayam), shuddhikriya, and lifestyle management. These components collectively work to address various aspects of PCOS, such as hormonal balance, stress reduction, and weight management. Additionally, a Yogic Diet, characterized by whole foods, regional and seasonal food, timely eating, avoiding bakery, dairy, carbonated foods or beverages and specific dietary guidelines, complements the practice of Yog by supporting overall health and hormonal regulation.

If one is keen to practice authentic Yog religiously then he/she comes to realise that Yog is system developed for living more than 150 years to understand all its aspects.

Unfortunately due to commercialisation of Yog and extinction of Gurukul tradition we have lost the real therapeutic benefits of Yog and there is evolution of funny Yog forms like Hot Yog, Power Yog, Acro Yog, Yin Yang Yog, Acupressure Yog, Nude Yog, Balloon Yog, Beer Yog, etc.

This research work is done on people suffering only from PCOS. The data shown here is part of an ongoing larger study of over hundreds of patients. We have selected 20 recent cases for this presentation.

Treatment parameters used are Traditional Yog, Yogic Deep Breathing, Shuddhikriya, Yogic Diet and correction in the lifestyle.

We have recorded Progress cards of each individual with 15 days frequency for the period of 03 month to 01 Year for following details

1. Change in Weight, Fat Percentage, Visceral Fat Percentage and BMI every 15 days.
2. Personal Observations by individuals recorded.

Major outcomes of the study are as follows:

1. Regular periods
2. Pain Free Period in some cases
3. Stopped Facial and Excess Hair growth on body
4. Weight loss made Possible without any side effects.
5. Disfiguring Acne disappeared in all cases
6. Management of Disease become easy. Losing weight means improved body efficiency & thus changes in disease states as well.
7. Some People have reversed Disease as an effect of weight loss.
8. Medication Doses Reduced in some.
9. Difference pre and post results of Sonography and Blood components in few cases



100% Compliance is Needed to get best results.

Authentic practice of Yog Asans and Pranayam is much needed. Diluted practice may not give results as reported in major findings.

However people need to maintain new lifestyle, regular yog practice and good balanced nutrition for the long term.

The basic yogic principles useful in the management of lifestyle disorders are discussed including psychological reconditioning and development of appropriate attitudes; stress management, normalization of metabolism; and relaxation, visualization, and contemplative practices with authentic yog.

By examining scientific studies, clinical trials, and anecdotal evidence, we seek to shed light on the potential effectiveness of these holistic approaches. In our observations we noticed causes behind PCOS:

PCOS is caused due to the cyst forms in ovaries. Now when we observe the anatomy of ovaries then we learn that both ovaries are located just besides the pelvic region. This region is predominantly *apan vata* zone.

There are no bones present in abdominal region except vertebra.

- The long sitting hours, excess fat accumulation in belly region, poor abdominal and pelvic strength puts pressure on ovaries and stops the ovulation of eggs into the fallopian tube which causes the cyst in the ovaries.
- Most women wear tight apparels around this part (most of them wear for fashion and others to hide their belly fat), which restricts the natural expansion and contraction of this part which happens because of breathing, which further leads to disturbed functioning of the ovaries.
- Women working in night shifts are very prone to hormonal imbalance as their natural cycle of sleep gets disturbed. Their metabolism which becomes poor over the period of time accumulates excessive fats around belly region.

Other major reasons are discussed further.

1. Physical Stress:

When we talk about the physical stress then we need to consider the energy utilisation by women for her profession, housemaking and sexual commitments.

- Women who are not sexually active, but are continuously lacking energy due to no physical activity have problems with the menses as body's energy channels are not capable to move Apan Vayu which is responsible for carry out the menses. Over the period of time this disturbs the regular flow of ovulation and cause a cyst. Practise of Asan will help to solve this issue.
- The sexually active women are committed towards the house-chores, professional work and sexual life which drains their energy a lot. When body energy is reduced & not replenished, then it disturbs the functioning of the organs. And the weakest organ can easily undergo the disturbances & change.



2. Stress:

Stress can be categorized as emotional and mental. Emotional stress may lead to overeating, causing excess body fat and disrupting energy flow. Mental stress puts pressure on the endocrine system, leading to hormonal imbalances, disturbed sleep, and anxiety, all of which affect metabolism, excretion, blood circulation, and hormones. Mentally exhausted individuals often experience inadequate sleep, fatigue, lethargy, and occasional body pain.

Ayurveda discusses the concept of "aadhi," which refers to mental issues occurring before "vyadhi," or physical problems. This imbalance in mental health can impact the equilibrium of the three doshas: Kapha, Pitta, and Vata. Stress can disrupt these tridoshas—Kapha, Pitta, and Vata. Specifically, Apan Vata, which primarily resides in the pelvic region and plays a crucial role in ovulation and menstruation, can be affected by these imbalances.

3. Sedentary Lifestyle:

Easy access to conveniences has made humans sedentary compared to other animals. Everything is now at our fingertips, reducing physical activity. Packaged, high-calorie foods, alcohol, and tobacco add to this, especially for modern women. Robotics and office jobs increase stress and sitting time.

These factors trigger "Aadhi" (mental) and "Vyadhi" (physical) problems, disrupting dosha balance—Kapha, Pitta, and Vata. Women with PCOS, especially post-pregnancy, show increased Vata Dosha due to:

- Inactivity hindering Apana Vayu removal.
- Insufficient Pranayama.
- Irregular sleep, not within 2-3 hours of sunset.

There's potential for further research into PCOS occurring after conditions like Diabetes and Thyroid, sometimes even following their onset.

In our findings we worked on the cases through:

1. Asan
2. Pranayam
3. Diet
4. Shuddhikriya

1. Asan:

Asan is the process of getting into a specific position, & maintaining that position, which opens the energy channels, improves lymphatic and blood circulation and psychic centres.

Benefits include:

1. Steadiness, increased Prana flow, toxin removal, and improved temperature regulation below sweating threshold.
2. Longer holds promote Vata balance.
3. Asans aid breath control and the parasympathetic nervous system, with certain poses promoting relaxation. Relaxed muscles reduce excess Pitta. Stretching skin and fat, facilitates fat breakdown for energy.



4. Regular practice prevents fat accumulation.
5. Asans clear fat, cholesterol, and toxins from hormone transport channels, improving endocrine system function.
6. Combined with Pranayama, they balance Tridosha, enhance muscle quality and strength, alleviate cramps and menstrual discomfort, and restore reproductive system function.
7. Prolonged holds in asan, improves agility, longevity, constructive metabolism, and stamina.
8. Supervised practice ensures effective asan benefits, engaging multiple body parts.

2. Pranayama:

It is a technique of breath extension and breath retention which increases the pranic capacity.

Deep Breathing - We all are aware that breath consists of 4 parts . they are breathing in slow and deep (puraka), holding your breath as long as you can (antar kumbhaka), breathing out slowly and completely through the mouth in early stages and once proficient can breathe out through the nose (rechaka), & holding your breathing again when lungs are empty (bahir kumbhaka). This is a very simple technique, but starts to grow in therapeutic effects as soon as the single breath starts to cross 60 seconds. As you get to closer to 2 minutes/breath you start developing very good health parameters and your immunity is quite high. When you cross this threshold, then you find your health taking you to realms beyond normal in terms of lots of qualities.

Pranayam involves the maximum expansion & contraction of diaphragm along with the lungs. So the Pranayam done with involvement of diaphragm brings the organs of abdominal region in action which provides improved blood circulation to these parts. We will restrict ourselves to general health, improved immunity and preventing illness as the focus of this article.

As we know our body has control over only two Prans (Pran & Apan) out of the five. The imbalance in these Pran and Upapran causes imbalance in Tridosha (Kapha, Pitta & Vata). So Pranayam will bring balance in Pran and Upapran which further balances the Tridoshas in the body.

3. Diet :

Diet is the important factor when we talk about PCOS. The Diet i.e. Mitaahara is composed of balanced nutrition, timely eating of food, chewing of food, hydration etc. In our research findings we observed that most women suffer PCOS due to fat gained due to following reasons:

1. Eating junk/ fast food often
2. Stressful/ Emotional Eating
3. Munching very often
4. Addicted to sugar, salt and cheese rich food
5. High amount of bakery and dairy products
6. High calorie intake compared with physical activities (calorie expenditure)
7. Poor understanding about thirst and hunger
8. Not chewing food properly
9. Not eating timely
10. Eating leftover/stale food



A poor diet can worsen PCOS through:

1. **Insulin Resistance:** Refined carbs and sugars lead to insulin resistance, increasing androgens (male hormones).
2. **Weight Gain:** Poor diet and inactivity cause obesity, worsening hormonal imbalances.
3. **Inflammation:** Processed foods and trans fats promote inflammation, linked to PCOS.
4. **Hormonal Imbalance:** Non-veg food introduces injectable or regular/animal hormones in women and further imbalances other hormones
5. **Excess Estrogen:** Some foods contain hormone-disrupting chemicals, raising estrogen levels in PCOS.
6. **Nutrient Deficiencies:** Insulin resistance impairs nutrient absorption, exacerbating PCOS symptoms.
7. **Irregular Eating:** Skipping meals and erratic eating disrupt blood sugar and hormones, worsening PCOS.

While diet impacts PCOS, other hormones and lifestyle also play a role. A healthier diet and lifestyle can aid PCOS management, but holistic/medical guidance is essential.

Ancient Indian texts like Bhagavad Gita, Sushruta Samhita, Charak Samhita, Ashtanga Hridaya, and Hatha Yoga Pradipika emphasize "Mitaahara" (right diet) to maintain Tridosha balance. Our findings on the prescribed diet include:

1. We program diets to fill stomachs to 80% while providing essential calories and nutrients.
2. Millets, rich in fiber and nutrition, play a crucial role.
3. Full stomachs reduce the urge to snack.
4. Chewing properly aids primary digestion through saliva.
5. Diets follow the solar cycle, with heavier meals in the morning and lighter ones in the evening.
6. Eliminating direct sugar improves glucose utilization from carbohydrates, using body fat for energy, keeping individuals active.
7. Fasting, like one-day fruit or water fasts, eases digestion and enhances efficiency.
8. Proper water intake helps eliminate toxins.
9. Sleep regulation supports good digestion.
10. Fruits and nuts in the morning provide essential minerals and vitamins with high absorption rates.
11. Most foods are Sattvik or Rajasik.
12. The diet excludes wheat, rice, dairy, and bakery products, except for cow ghee.
13. A pure vegetarian diet is recommended to avoid introducing external hormones and to aid hormonal balance.
14. No protein shakes, powder, or fat loss pills are advised.
15. Natural foods promote successful fat loss.



4. Shuddhikriya

Shuddhikriya, also known as Shatkarma, comprises six internal body cleansing techniques detailed in Hatha Yoga Pradipika. These techniques aim for complete purification of the body and mind:

1. **Kapalabhati:** Cleanses the brain cells by stimulating them.
2. **Neti:** Focuses on the upper nasal tract.
3. **Trataka:** Involves eye exercises.
4. **Nauli:** Targets abdominal muscles and viscera.
5. **Dhouti:** Cleanses the intestines.
6. **Vasti:** Cleans the rectum.

We observed the effects of Kapalabhati practice on 20 PCOS cases over 2-3 months. Improved abdominal strength led to smoother periods and reduced clotting. In two cases, normalized ovulation resulted in natural conception after PCOS. Regularly engaging in Kapalabhati at a pace of 100-180 strokes per minute or at a level that aligns with the individual's capabilities for an extended duration has demonstrated therapeutic advantages for individuals with PCOS. For some cases, we explored additional techniques such as Neti, Dhouti, and Vasti.

Shuddhikriyas, while effective in removing excess toxins and balancing the Tridoshas to rejuvenate the body, work optimally when integrated with yoga practice, a yogic diet, and lifestyle adjustments.

The following graphs illustrate data from 20 female PCOS cases aged 17 to 49. These changes occurred with interventions spanning 30 days to 1 year, including Yog Asans, Pranayam, Yogic Diet, and Shuddhikriya practices.

Studies:

We felt it appropriate to present some glaring facts of the work and results Health Siren is achieving for its clients. We have been managing close to 100+ clients over the past few years. Our close study in these cases is limited to 20 clients who had the following issues listed as problems . they were:

Overweight, lethargy, period issues, mood swings, fluid increase, ovulation issues, cysts, acne, facial hair, hormonal imbalance etc. The causes of PCOS according to WHO are physical & mental stress, anxiety, depression, obesity, disturbed sleep cycle, emotional trauma, hormonal imbalances, etc.

We attempted to look at all these criteria and this article will present the features of our study and findings.

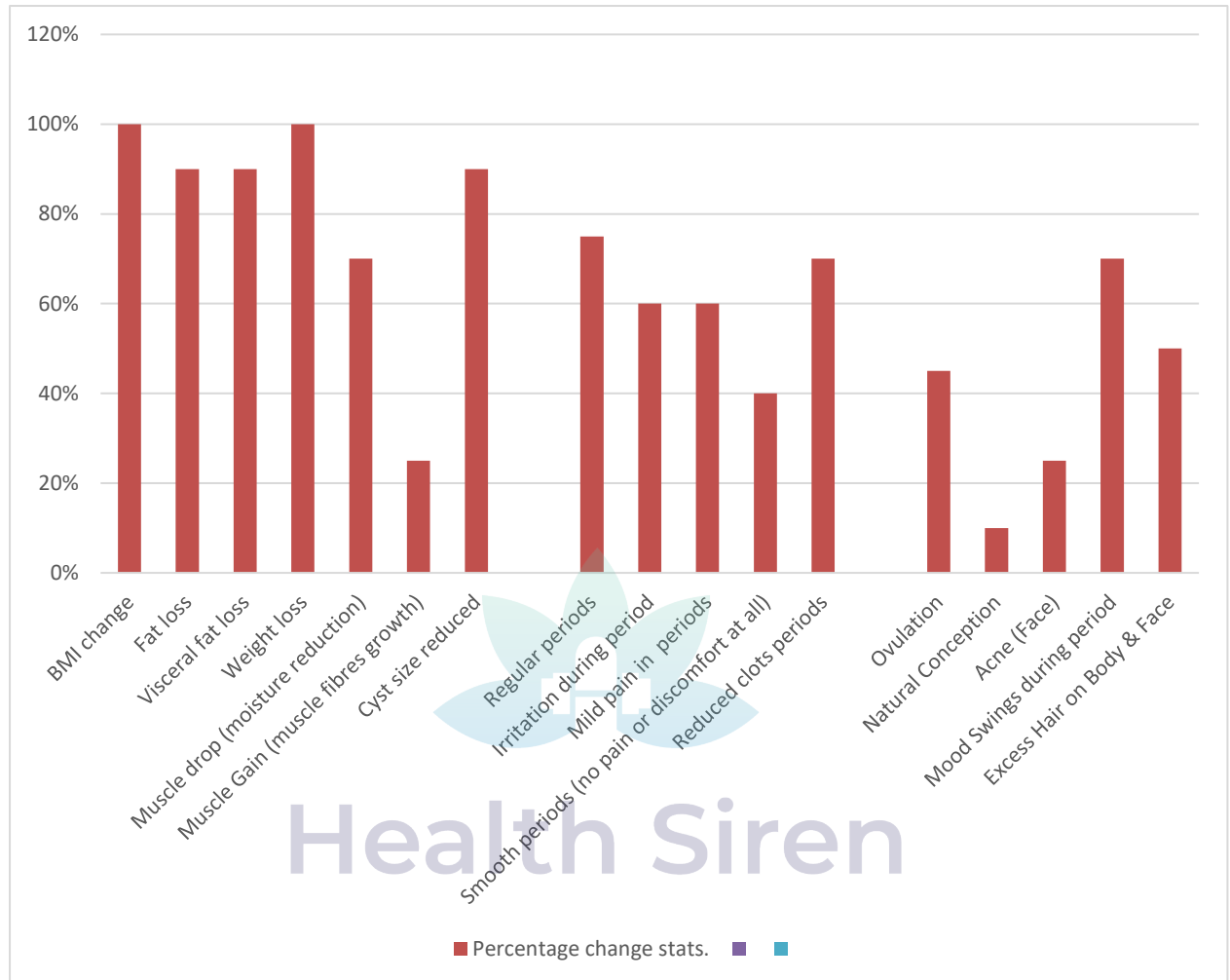
All clients were subjected to intervention with **True Yog (Asans, Pranayama), Scientific Suryanamaskar, Shuddhikriya (Body Cleansing Techniques), Yogic Diet, Lifestyle Changes and some attitudinal shifts** as required. Monitoring was done every fortnight and follow up of clients ranged from 3 months – 1.5 years. The results are fairly astounding to say the least. Clients and prescribers were surprised and shocked at the speed of change and recovery – even though it's generally attributed that natural therapies are slow to bring change.

A rigorous compliance was expected and it was clearly evident that compliant clients got the maximum relief and cure. The following are some of the percentage changes that we have



observed and felt each one of you should be aware of the potential of stringent management of such conditions can offer golden results as listed below.

The outstanding results were for:



Cases T -20	Numbers change	Percentage change stats.	Percentage change/ relief
BMI change	20	100%	
Fat loss	18	90%	
Visceral fat loss	18	90%	
Weight loss	20	100%	
Muscle drop (moisture reduction)	14	70%	



Muscle Gain (muscle fibres growth)	5	25%	
Cyst size reduced	18	90%	30 – 90% - in 6 100% -9/18
Regular periods	15	75%	
Irritation during period	12	60%	30 – 90% in 13
Mild pain in periods	12	60%	30 – 90% - in 14
Smooth periods (no pain or discomfort at all)	08	40%	30 – 90% - in 8
Reduced clots periods	14	70%	10- 30% - in 5 30 – 90% - in 9
Ovulation	9	45%	30 – 90% - in 8
Natural Conception	2	10%	Great success
Acne (Face)	4	25%	30 – 70% in 4
Mood Swings during period	14	70%	30 – 90% in 11
Excess Hair on Body & Face	10	50%	30 – 90% in 9

Note that these results are for PCOS clients only with associated complexities of listed symptoms and suffering. The body hair, facial hair and acne are so disfiguring that people normally come for those problems than for complex PCOS issues and find solutions for acne and body hair as well.

Since natural therapies work on bringing harmony to **kapha, pitta and vata** energies and focus on *apana vayu and pran vayu*, changes are bound to occur and hopefully once cured are more of a permanent nature.

It is very heartening to note that these changes have happened from 6-18 months, **completely naturally** without a single medication of any sort. Such is the power of natural healing that potential to move mountains exists in the right hands.

Health Siren is currently considered an **institute of excellence for PCOS management** and a lot of women are finding relief for their suffering. As part of this work there have been 2 conceptions which are being followed up to delivery. We hope they have a healthy pregnancy and delivery. This magic number of 2 out of interested few is a very high percentage number as a success story.



Lost 07kgs



Clean face without scars



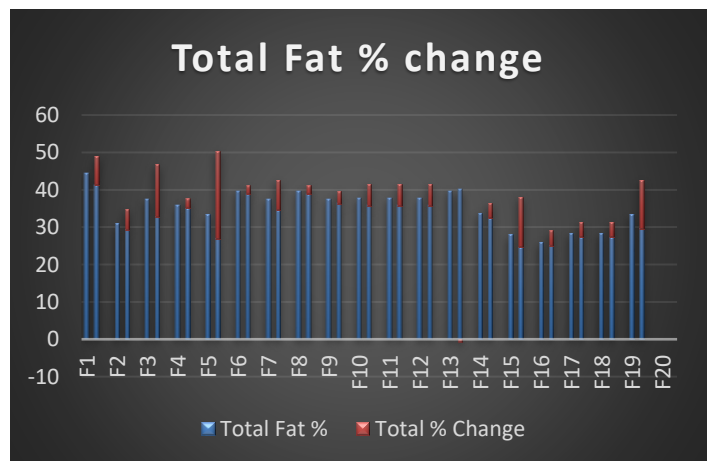
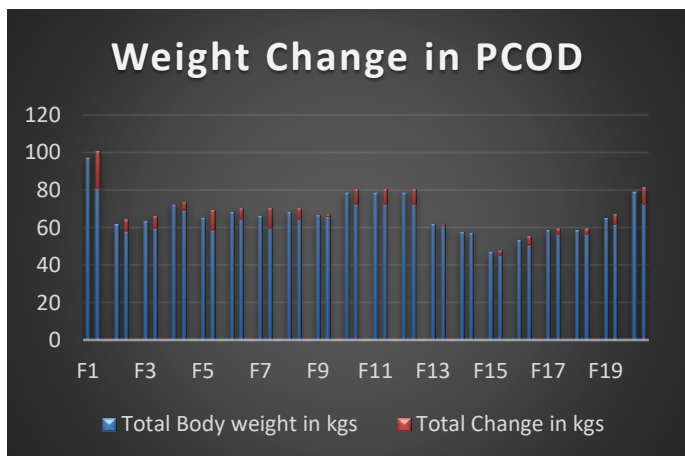
Lost 12kgs

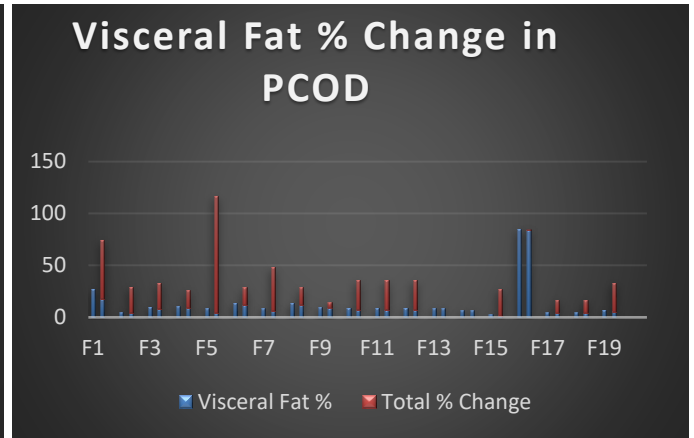
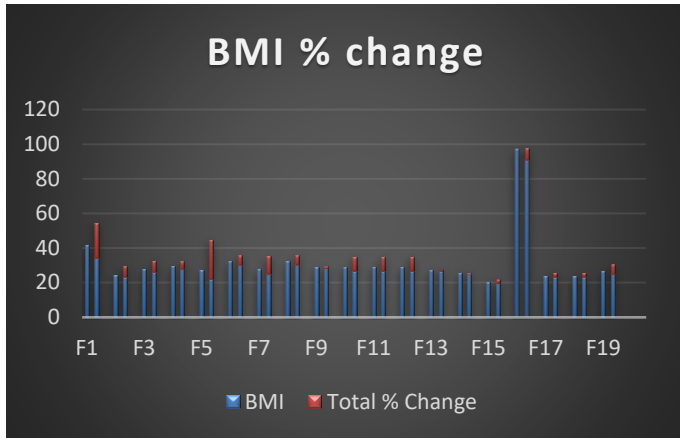


Cyst completely disappear

Health Siren

The graphs given below are representing the changes in different parameter in between starting date and end date. The orange colour representing percentage change of the parameters in given period of time.





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APPENDIX:

Cases	Time taken (in months) for change in						
	Regular Periods	Mild Pain Periods	Smooth Periods	Reduced Clots Periods	Ovulation	Cyst Size changes	Natural Conception
F1	After 04months	After 03 months	-	After 03 months	No track	Size decreased after 03 months	Not gone for conception
F2	After 03months	After 02months	After 04months	After 03months	Normal and Regular	Size decreased after 04 months	Not married yet
F3	After 01 months	Vomiting reduced after 01 month	Not track	No track	close to menopausal phase	Size decreased after 02 months	Not gone for conception
F4	After 03 Months	After 04 months	Not track	After 02Months	close to menopausal phase	Size decreased after 03 months	Not gone for conception
F5	Regular Periods	After 02 Months	Not track	After 01 Month	close to menopausal phase	cyst completely gone after 03 months	Not gone for conception
F6	Periods come close to regular date by 09 days	No	No	No track	No track	Size decreased after 03 months	Not gone for conception
F7	After 02 months	After 02 Months	Not track	After 01 Month	Normal and Regular	cyst completely gone after 03 months	Not gone for conception
F8	Periods come close to regular date by 05 days	After 02months	No	No track	Normal and Regular	size decreased after 05 months	Not gone for conception
F9	After 03months	No compliance	no	No track	No compliance	No compliance	No compliance
F10	After 04months	After 03 months	After 05 months	After 03 months	Normal and Regular	cyst completely gone after 03 months	Not married yet
F11	After 04months	After 03 months	After 05 months	After 03 months	Normal and Regular	cyst completely gone after 03 months	Conceived after 04 months



F12	After 02 months	After 01 Month	After 03 months	After 03 months	Normal and Regular	cyst completely gone after 04 months	Not gone for conception
F13	Periods were 10 day delays every time	No issues	After 03 months	After 02Months	Not normal	size decreased after 02 months	Not conceived due to overage
F14	After 03 Months	After 05 months	No	After 04 months	Not normal	Size decreased after 03 months	Not gone for conception
F15	After 03 months	After 01 month	After 01 month	After 01 Month	Normal and Regular	cyst completely gone after 04 months	Not married yet
F16	After 03 Months	After 04 months	After 02 months	after 03 months	Normal and Regular	cyst completely gone after 05 months	Conceived Naturally
F17	Irregular	Painful	No	No track	No track	No compliance	No compliance
F18	Irregular	After 02 Months	No	No	No track	No compliance	no
F19	After 03 Months	After 02 Months	After 02 months	After 02 months	Normal and Regular	cyst completely gone after 03 months	Not gone for conception
F20	After 05 months	After 04 months	No	After 03 months	Normal and Regular	cyst completely gone after 06 months	Not gone for conception



F10	Not married yet	Acne reduced after 03 months	reduced after 03 months	Reduced after 02 months	Reduced after 05 months	completely stopped after 05 months	completely stopped after 05 months	good compliance and following the program
F11	Conceived after 04 months	Acne reduced after 02 months	reduced after 03 months	Reduced after 02 months	Reduced after 01 months	completely stopped after 04 months	completely stopped after 04 months	good compliance and following the program
F12	Not gone for conception	No acne issue	No excess hair growth	Reduced after 02 months	Not gone yet	No issue	No issue	Good compliance for Yog & Poor compliance for Diet
F13	Not conceived due to overage	No acne issue	No excess hair growth	Reduced after 01 month	Reduced After 01 months	reduced after 02 months	Reduced After 03 months	Gall Bladder removed in this case so fat loss was very difficult
F14	Not gone for conception	No acne issue	reduced after 03 months	reduced after 04 months	reduced after 03months	Reduced After 02 months	reduced after 03 months	given good compliance for Yog but poor compliance to Diet
F15	Not married yet	Acne reduced after 02 months	reduced after 01 month	no history	Reduced After 01 months	Reduced After 01 months	Reduced After 01 months	This case is very young and just start of Cyst. So its very easily cleared
F16	Conceived Naturally	No acne issue	No excess hair growth	no history	reduced after 03months	Reduced After 03 months	Reduced After 03 months	This is a outstation patient who given Diet compliance for 03 month and Yog for 06 months
F17	No compliance	No compliance	No compliance	No compliance	No compliance	No compliance	No compliance	This case not regular with Yog and Diet



F18	no	No compliance	No compliance	No compliance	No compliance	No compliance	No compliance	This is a outstation patient who not given Diet compliance for 03 month and Yog for 03 months
F19	Not gone for conception	No history	No issue	After 01 Month	After 02 months	No History	No History	This case suffering with Type 1 Diabetes and Thyroid as well. Very Good Compliance for Diet
F20	Not gone for conception	No history	No issue	Reduced after 03 months	reduced after 03 months	reduced after 04months	Reduced after 02 months	this outstation patient given good compliance for Yog but poor compliance for diet.