



AYURVEDA INTRODUCE YOGASANA THERAPY IN PCOD AND PCOS – REVIEW ARTICLE

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ABSTRACT

PCOD (Polycystic Ovary Disease) and PCOS (Polycystic Ovary Syndrome) are used interchangeably, but PCOS is more commonly used. Both refer to a hormonal disorder that affects women's ovaries, causing irregular periods, hormonal imbalances, and other symptoms. Polycystic ovary syndrome (PCOS) is a hormonal disorder that affects many women worldwide, and incorporating Yogasana's into their routine can be beneficial. Yogasan, an ancient practice that combines physical postures, breath control, and meditation, has been shown to help manage the symptoms of PCOS. Several yoga asanas can specifically target the root causes of PCOS. Poses like Bhujangasana (Cobra pose) and Dhanurasana (Bow pose) can help improve blood circulation to the ovaries and regulate hormonal imbalances.

Paschimottanasana (Seated Forward Bend) and Baddha Konasana (Butterfly pose) can stretch the pelvic muscles, promoting healthy ovarian function. Practicing yoga regularly can also help reduce stress, which is a common trigger for hormonal imbalances associated with PCOS. Asanas such as Shavasana (Corpse pose) and Sukhasana (Easy pose) can calm the mind and relax the body, reducing stress and anxiety.

KEYWORDS: PCOD and PCOS, Stress and Anxiety, Yogasan, Meditation.