

Role of Yoga in the management of polycystic ovary syndrome (PCOS)

Sakineh Taherkhani

Assistant professor in Reproductive Health and Midwifery Department, School of Nursing and Midwifery, Shahroud University of Medical Sciences, Shahroud, Iran. E-mail: sakinehtaherkhani@yahoo.com

Abstract

Background: There is a strong relation between obesity and stress with PCOS. Approximately 50-60 % of women with PCOS are obese. Obesity and stress disturbs hypothalamus-pituitary –ovarian axis leads to insulin resistance, hyperandrogenism and somatic and mental symptoms. Yoga is a suitable way for the healthy body and mind which can control obesity and stress. This study conducted to examine the role of Yoga in the management of PCOS.

Methods: Electronic databases such as Medline, Pub med, Embase, and CINAHL were searched for the following key words: polycystic ovary syndrome (PCOS), management of PCOS and Yoga.

Results: Yoga eases any stress through breathing techniques, Relaxation can work to offset the effects of hormonal imbalance and take care of any negative emotions, irritability and frequent mood swings. Effective stress management, reducing the likelihood of stress eating, increased body awareness, specifically relating to hunger and satiety, and releasing deeply stored stress in the body are reasons that yoga might help the weight loss.

Yoga strengthens the muscles, boosts the health of the pelvic organs such as uterus and ovaries and improves functioning of the endocrine glands. Holding weight-bearing poses builds muscle, increased muscle mass helps to combat insulin resistance. Entering into peaceful state lowers the production of the cortisol hormone and as a result the storatoin of fat.

Discussion and conclusions: Getting rid from obesity and stress has an important role in management of PCOS. Yoga helps in weight reduction and effective stress management which ultimately stabilize the normal function of hypothalamus- pituitary – ovarian axis and cure PCOS. Therefore healthcare providers should educate women with PCOS of Yoga role in management of PCOS.

Keywords: polycystic ovary syndrome (PCOS), Yoga, treatment of PCOS.