

Relationship Between Lifestyle; Dietary Patterns & Polycystic Ovarian Syndrome (PCOS) – A Unani Contrivance

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Abstract:

According to W.H.O 20% of Females suffer from PCOS Globally; as per Rotterdam's Criteria 11.9% of Indian Women and 25% of Hyderabad's female population are the victim of PCOS.

Polycystic Ovarian Syndrome is associated with the unhealthy lifestyle that can disrupt the Menstrual cycle; cause Anovulation and affect the overall Reproductive health and well-being of a female.

A recent rise in PCOS cases in urban India may be due to Modernization; Stress and Lifestyle changes. Now India has been labelled as the "PCOS Capital of the World". Due to alarming increase in the number of its cases adding Economic health burden of the Country.

Polycystic ovarian Syndrome (PCOS) is a Condition where a hormonal imbalance affects follicular Growth during ovarian cycle causing affected follicles to remain in the ovary.

Patients in the age between 15–45 years are diagnosed with PCOS; presenting other Associated Symptoms including Menstrual Irregularities; Obesity; Ovulation Disturbances etc.

In Conclusion by adopting an appropriate Unani lifestyle Plan and Modifying the Dietary pattern can reduce the risks of PCOS and Ensure better quality of life.

KEYWORDS: Polycystic Ovarian Syndrome; Asbab-e-Sitta Zarooria; Rectification of lifestyle and Diet Modifications.