

Traditional Yoga and Buttermilk Probiotics in PCOS Management – A Chinese Medicine Perspective

Ranjane Kumaravelu

Research Scholar, SVYASA University's Department of Yoga and Life Sciences, Bengaluru, India

Abstract:

This study, conducted at SVYASA University's Advanced Centre for Yoga Therapy, Education and Research, explores the integration of traditional yoga and probiotic-rich buttermilk in restoring fertility among pre-menopausal women with PCOS. Forty participants were randomized into three groups: control, yoga-only, and yoga with probiotics. Following SVYASA's established yoga protocols combined with traditional buttermilk preparations, participants underwent a 12-week intervention. Significant improvements were observed in the combined intervention group, with 33.3% achieving spontaneous pregnancy. Participants who conceived showed more pronounced hormonal normalization, including remarkable reductions in prolactin (-27.8%) and LH (-24.7%), alongside increased estradiol (+21.4%). These improvements parallel Traditional Chinese Medicine principles of restoring balance between yin and yang energies. The intervention demonstrated synergistic effects on the gut-brain-ovary axis, promoting hormonal harmony through practices that enhance energy flow and gut health simultaneously. This integrative approach, rooted in SVYASA's holistic wellness philosophy, offers new perspectives for managing PCOS by combining movement traditions recognizing meridian systems with microbiome-enhancing therapies, creating a comprehensive treatment model addressing both physical and mental well-being.