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## Role of Asanasand pranayama in treating hormonal imbalance

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**Abstract:** *Corpulence and stress are the primary indications in PCOS which are related with insulin obstruction that upset the typical hypothalamo-pituitary-ovarian hub and liable for PCOS side effects. Most ladies with PCOS are additionally overweight or hefty, further improving androgen discharge while hindering digestion and conceptive capacities and perhaps preferring the improvement of the PCOS aggregate. The indications of PCOS consolidate skin break out, reducing of scalp, facial hair development, eccentric periods, desolateness, disturbance, generous kicking the bucket. Women encountering this condition ordinarily have more critical degree of male synthetics and lower progesterone levels. There are various yogasanas which are helpful in this condition.*

**Key Words:** PCOS, Yoga, Hyper androgen, facial hair development, eccentric periods, desolateness.

**Introduction-** Corpulence and stress are the primary indications in PCOS which are related with insulin obstruction that upset the typical hypothalamo-pituitary-ovarian hub and liable for PCOS side effects. Most ladies with PCOS are additionally overweight or hefty, further improving androgen discharge while hindering digestion and conceptive capacities and perhaps preferring the improvement of the PCOS aggregate. As it is realized that PCOS itself isn't an infection while it is amount of issues of chemical which makes moderate to extreme medical problems in ladies body. The exploration in PCOS has prompted a great increment of logical premium in this issue, which ought to be additionally coordinated to work on individualized clinical methodologies and, therefore remedial systems.

For millennia, yoga has been used to heal people. It has provided physical, emotional, and spiritual assistance to mankind from its inception on the Indian subcontinent. Yogic science has benefited people of all ages and genders equally throughout these years and eras. However, there are specific yoga asanas that are especially beneficial to women..

Ladies, as per the Indian folklore and Hinduism, are the wellspring of a wide range of energy. The existence of lady is totally unique as contrast with man. Her chemicals assumes exceptionally huge part for the duration of the life. A lady carries on with different periods of life, from adolescence to pubescence and from parenthood to menopause. Yoga assists you with managing this load of stages, changes and difficulties coming into your life. In PCOS present day clinical science give just suggestive treatment to it which has unacceptable outcomes heaps of incidental effects and exorbitant and when drug not gives albeit indicative help then they go for a medical procedure boring of ovaries. On the other hand, our heavenly old science, yoga practise, treats PCOS without any side effects and at no expense. Yoga is a full practise for a healthy body and mind that can help to eliminate the core cause of PCOS, which is obesity, as well as stress, which is one of the leading causes of fat storage in the body. Yoga is merely one component of a comprehensive PCOS treatment approach. Yoga is a long yet steady naturopathic process.

**Manifestations of PCOS -** The indications of PCOS consolidate skin break out, reducing of scalp, facial hair development, eccentric periods, desolateness, disturbance, generous kicking the bucket. Women encountering this condition ordinarily have more critical degree of male synthetics and lower progesterone levels. If not treated, it could incite certified clinical issues like coronary ailment, diabetes and endometrial sickness. Women with PCOS are twice pretty much as sensible as women without the condition to pass on their kid carelessly. They are in like manner at high peril for unnatural birth cycle, hypertension and gestational diabetes. With real eating routine and exercise, you can manage the PCOS fruitless work, inopportune birth, incidental effects. Yoga is one of the most fantastic ways to deal with oversee PCOS.

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Here are some of the effective yoga asanas for the treatment of polycystic ovarian syndrome.

Master Satchidananda quote “when you accomplish something, would it with 100% of the care. Try not to do it midway. Whatever you do, do it with full fixation. That is Yoga. It isn’t so much that you are simply going into a corner, sitting with the spine erect and afterward doing some japa or some breathing and that is Yoga. My Yoga is everything. All that you do is Yoga. At the point when you begin accomplishing something, do just that— 100%. ‘Yogahakarmasukaushalam,’ the Bhagavad Gita says. That implies flawlessness in all your activities is Yoga.” your every action is Yoga. Adhering to Swami quote one should exercise and practice yoga with utmost gratitude and with full dedication. Dedication and consistency is a key to achieve the full benefits of yoga.

According to Sage Patanjali “Sthirasukhaasanam P.Y.S II, 46”: Postures bring stability of the body and poise of the mind. The “tatah ksiyate prakasa avaranam” sutra speaks about the even more vast potentiality of pranayama, it almost removes everything that comes in the way of self-realization. The Upanishads speak about pranayama as the highest discipline. By practicing it, one practically abolishes every malevolent sense, like illusion, ignorance, yearning, or hallucination. Here are some of the effective yoga asanas for the treatment of polycystic ovarian syndrome.

**Malasana is a yoga pose : (Garland Pose)-** Malasana is about stretching your thighs and feeling your body’s strength. Begin by standing on the mat with your feet slightly wider than shoulder width. In a squatting position, slowly bend your knees. In Namaskar stance, bring your hands together to unite the palms by gently pressing the inner knees apart with your elbows. Bring your hips down a little while keeping your spine long and your chest wide. The asana is beneficial for releasing tension in the thigh and neck. The hips, groyne, and ankles are also stretched. AdhoMukhaSvanasana (Downward-Facing Dog)

**Badhakonasana : (Butterfly Pose)-** Sit with your spine erect and legs spread straight out. Now bend your knees and bring your feet towards the pelvis. The soles of your feet should touch each other. Grab your feet tightly with your hands. You may place the hands underneath the feet for support. Make an effort to bring the heels as close to the genitals as possible. Take a deep breath in. Breathing out, press the thighs and knees downward towards the floor. Make a gentle effort to keep pressing them downward. Now start flapping both the legs up and down like the wings of a butterfly. Start slow and gradually increase the speed. Keep breathing normally throughout. Fly higher and higher, as fast as you comfortably can. Slow down and then stop. Take a deep breath in and as you exhale, bend forward, keeping the chin up and spine erect. Press your elbows on the thighs or on the knees, pushing the knees and thighs closer to the floor. Feel the stretch in the inner thighs and take long, deep breaths, relaxing the muscles more and more. Take a deep breath in and bring the torso up. As you exhale, gently release the posture. Straighten the legs out in front of you and relax.

**Supta BaddhaKonasana : (Reclined Goddess Pose)-** SuptaBaddhaKonasana is a hip opening and a soothing position. You should be as supported and comfortable as possible in this restorative stance.

Come to your backside. Bend your knees while maintaining your feet’s soles on the floor. Bring the soles of your feet together as you open your knees to either side. In Cobbler’s Pose, the legs will be in the same posture (BaddhaKonasana). Your arms can be in whatever posture that is comfortable for you, such as out in a T shape, overhead, relaxed by your sides, or resting on your thighs. Allow gravity to deepen your stretch by remaining in this position for many minutes. Throughout the position, breathe naturally.

**Ustrasana-** Kneel with your thighs parallel to the ground and your knees and feet hip-distance apart. Extend your big toes straight back into your midline, pressing down with all ten toenails and firming your outer ankles into your midline. Gently release the flesh of your buttocks toward the backs of your knees by spinning your inner thighs back. Your pelvis is in a neutral position, spilling neither forward nor backward, and stacking directly over your knees. Rebound up with your chest after rooting down from the tops of your feet to your knees. Bring your



palms together in front of your sternum and lower your chin toward it.

**Pranayama-** NadiShodhan Pranayama - Nadishodhana is breathing in and breathing out then again through individual nostrils of the nose. It is done couple: first, you breathe in from the left, breathe out from the right, and afterward breathe in from the right, and breathe out from the left, in lethargic consistent cycles. The most immediate association that this pranayam practice has with PCOS is that: it helps in adjusting of the male and female energies in the body (which is the main driver of PCOS). It likewise builds up a harmony between the degrees of various chemicals in the body.

**Bhramari-** PCOS can truly negatively affect your psychological quiet and harmony. One of the most mind-blowing pranayam activities to quiet yourself down even with nervousness and frenzy is to do the Bhramari place the two palms on your ears, close your eyes, draw a full breath, and breathe out leisurely while murmuring as boisterous as possible. On the off chance that putting palms is troublesome, you can close your eyes and ears as displayed in the image above.

**Kapaalbhati-** Kapaalbhati is the best breathing activity for weight the board. Deeply. Kapaalbhati additionally attempts to manage diabetes. Being two huge difficulties related with PCOS, this is a great exercise for ladies to rehearse.

**Results and Discussions-** Weight, hormonal irregularity, emotional wellness issues like wretchedness, tension, stress, and so on are among the most widely recognized purposes behind people to look for treatment with Yoga, Asanas and Pranayama. Yoga urges one to unwind, facilitate the breath and spotlight on the present, moving the equilibrium from the thoughtful sensory system and the flight-or-battle reaction to the parasympathetic framework and the unwinding reaction. It impacts are principally quieting and therapeutic; it brings down breathing and pulse, diminishes circulatory strain, brings down cortisol levels, and expands blood stream to the digestion tracts and crucial organs.

With pointing on comprehensive perspective on smoothness of the mind and make a feeling of prosperity, sensations of unwinding, worked on self-assurance, further developed proficiency, expanded mindfulness, brought down touchiness, and a hopeful point of view, it additionally help us treating the manifestations of PCOS like weight, stress and hormonal irregularity. The customary act of yoga creates adjusted energy which is crucial to the capacity of the safe framework. It improves the body's thoughtful reactions to upsetting boosts and reestablishes autonomic administrative reflex instruments related with pressure. The standard act of Yoga brings about lower uneasiness, pulse, respiratory rate, circulatory strain, and cardiovascular yield in understudies rehearsing yoga and reflection.

Steady yoga practice further develops sorrow and can prompt critical expansions in serotonin levels combined with diminishes in the degrees of monamine oxidase, a catalyst that separates synapses and cortisol. A scope of remedial methodologies is accessible for the administration of burdensome issues, yet numerous patients go to integral treatments because of the antagonistic impacts of drug, absence of reaction or essentially inclination for the corresponding methodology. All yoga stances portrayed above show the expected helpful impacts of yoga intercessions on melancholy, stress, and tension, which all reason the seriousness of PCOS impact on ladies.

Yoga builds blood stream and levels of hemoglobin and red platelets which takes into account more oxygen to arrive at the body cells, upgrading their capacity and diminishing pressure and further developing digestion. Numerous yoga asanas and stances brings down the resting pulse, expands perseverance, and can work on the greatest take-up and use of oxygen during exercise.

Yoga, breathing activities, and reflection can decrease pressure, advance mending, and improve personal satisfaction for patients with malignancy. With development of stress chemicals, stoutness and sleep deprivation with PCOS, consequently it is particularly significant for individuals with PCOS to diminish and oversee pressure viably. Yoga and its stances recommend that it can deliver an animating outcome on mental and actual energy that



further develops wellness and diminishes undesirable chemicals. Moreover, while rehearsing yoga, a central accentuation is set on tolerating one's second to-second encounters making care and not constraining the body past its agreeable cutoff points. Having this solid feeling of acknowledgment is particularly significant for people managing hazardous sickness as it diminishes the pressure one encounters from disagreeable symptomology. The stances exactly address the strain, holding, and blockage of energy in a specific joint or organ. As this strain is delivered, energy streams all the more promptly all through the body and permits patients to encounter a feeling of expanded prosperity and strength just as an equilibrium of brain, body and soul. The critical constructive outcomes of yoga in decreasing pressure, nervousness, and melancholy have been affirmed.

**Conclusions-** Indeed, even in the advanced occasions, treatment for PCOS includes generally pharmacological mediations; nonetheless, mind-body intercessions are turning out to be progressively well known as a way to diminish pressure in people, coming about the beneficial outcomes on PCOS side effects. Yoga, a type of brain body work out, has turned into an inexorably broad treatment used to keep up with chemicals, stress, wellbeing, and mitigate a scope of medical issues and sicknesses. Yoga ought to be considered as a corresponding treatment or elective technique for clinical treatment in the treatment of PCOS whose primary indications are pressure, uneasiness, sadness and other mind-set issues as it has been displayed to make a more noteworthy feeling of prosperity, increment sensations of unwinding, work on self-assurance and self-perception, further develop proficiency, better relational connections, increment mindfulness, lower peevishness, and support a hopeful point of view.

As it is normal conviction that advanced medication has the capacity as a rule to mend actual sicknesses and lighten mental issues, it is contended that an absolutely clinical methodology is undeniably less viable in recuperating the PCOS and its connected problems in ladies body. The discipline of yoga offers people an immortal and all encompassing model of wellbeing and mending and in spite of the fact that it may not bring about the total disposal of actual sicknesses or potentially unfriendly conditions from the body it offers a comprehensive way of recuperating.

The normal act of yoga can demonstrate exceptionally valuable for ladies. Yoga can give endless advantages to ladies like working on conceptive framework, helping in regular labor, giving total exercise to the body. Youthfulness shapes the whole lifetime of young ladies as they will in general go through significant changes in body and psyche. This time of unexpected change is an optimal chance to start the act of Yogasanas, particularly with a mix of Pranayama and contemplation. It won't just assist with fostering a solid and normal period, however will likewise assist with managing the mental changes, interest and dread that they might insight because of actual lopsidedness. Customary act of yoga associates in creating strong strength, evades corpulence, help the improvement of the regenerative organs, and equilibrium chemicals. Middle-age for ladies accompanies its own arrangement of intricacies. The advantages of yoga during this time are generous. It assumes the part of a "healer" for another arrangement of actual changes in a lady. Customary practice will assist with keeping up with physical, mental, and enthusiastic wellbeing. In particular, rehearsing Yoga, Pranayam and Meditation, during the menopausal stage assists with adjusting chemicals, monitor weight, stay away from unexpected problems like thyroid, and keep a sound stomach related framework.

An every day Yoga Routine can be altered and adjusted to suit a lady's changing necessities in each period of life, assisting her with accomplishing significant serenity and real balance. Yoga course shows an assortment of yoga schedules, which can be drilled in the solace of your home or even at your work environment.

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