



NEW TREND IN REPRODUCTIVE GIRLS-PCOS, MANAGED THROUGH DIET AND PHYSICAL ACTIVITY

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ABSTRACT

Introduction: Polycystic Ovary Syndrome(PCOS) is a lifestyle disorder which is seen in girls of reproductive age. Absence or irregular periods ,hirsutism ,fertility issues, weight gain are symptoms shown by the individual. Insulin resistance, dyslipidemia, hyperandrogenism are the common feature of PCOS. Alteration happens in secretion of hormone like luteinizing hormone and follicle-stimulating hormone. Sedentary lifestyle and unhealthy eating habits is the primary reasons for the causes of PCOS in girls .Hence lifestyle modification is first step for solving.

Aim of study: Management of PCOS is possible through diet and physical activity

Material and methods: Data from Science direct and Google scholar

Result and Conclusions: Diet therapy and regular physical exercise is the treatment for PCOS management. Blood glucose level and insulin resistance and weight loss can be modified through diet. High fibre, high protein and low carb are the prescribed diet. There is no specific diet for this condition. It also involve the combination of proper mental health.

KEYWORDS: Polycystic Ovary Syndrome, Diet, Physical Activity, Mental Health

INTRODUCTION

Polycystic Ovary Syndrome is a endocrine disease seen in women of reproductive age. Nowadays approximately 10 out of every 100 women has this condition There are several factors affecting such as internal and environmental. Symptoms are divided into 4 types based on phenotypes.

Phenotype A (oligo ovulation/ anovulation(OD)+ hyperandrogenism+ Polycystic ovaries (PCO),
phenotype B (hyperandrogenism+ OD),
Phenotype C (PCO+ hyperandrogenism),
phenotype D (OD+PCO).

Insulin resistance, dyslipidaemia, obesity and an increased risk of type of type 2 disease and cardiovascular disease is the after effects of PCOS.Changes in hormone include elevated insulin levels and androgen levels , align with high levels of luteinizing hormone(LH) and decline levels of follicle-stimulating hormone(FSH).Under certain condition there also exist condition like changes in metabolism like dyslipidaemia, where the level of high-density lipoprotein (HDL) cholesterol is low and triglyceride level is high. Severity of PCOS occur through oxidative stress and chronic inflammation. Treatment involves hormonal medication,anti-androgens,and metformin. However ,long term relief is only done through proper diet and physical activity

DIET MODIFICATION IN PCOS

Diet is the crucial part in PCOS management. Overweight and obesity is seen in 75 out of 100 women of PCOS.Abdominal fat and excessive fat accumulated due to hyperandrogenism lead to chronic disease like cardiovascular, and fatty liver. It's Initial phase is pre-diabetic and diabetes condition. Patients also has abnormal lipid profile. Thus conception difficulties is

observed in these women so healthy food habit and proper physical exercise is essential. Incorporating low-GI food (rice ,wheat, bread)with high intake of fibre(green leafy vegetables and other vegetable and fruits and protein(legumes ,egg, chicken ,curd) with low saturated and trans fat is important.

Often women with polycystic ovary syndrome eat a lot of high content sugary foods and fat foods which exceeding the energy requirement of their body. At the same moment,intake of vegetables, fruits ,pulses are inadequate. Thus leads to lack of energy and undernourishment within the body. Hence person feels fatigue and craving for sweet and oily foods. A diet of appropriate to individuals symptoms and metabolic is best and most effective. Ketogenic diet, low calorie have been tested effective in women ,but no conclusion yet discovered which is better.

SUPPLEMENTATION

Intake of vitamins and minerals is relevant for reducing symptoms of PCOS. Vitamin D ,Omega-3 fatty acids, probiotic ,zinc, magnesium plays crucial role in PCOS condition. Vitamin D aid to regulate hormone imbalance, irregular periods, low mood, and fatigue. Whereas omega-3 fatty acids is an anti- inflammatory agent, and decline testosterone level. Probiotic is essential for gut microbiome, which helps for proper digestion and metabolism of our body. On the other hand zinc helps to give immunity,jmprove regular cycles. Magnesium maintain stress and provide proper sleep, regulate insulin resistance.

PHYSICAL ACTIVITY

Routine physical activity helps to overcome hormonal imbalance, weight loss, anxiety, mood swing .Thus the overall



health status of the individual become better. Combination of both cardio and muscle exercise is essential. It is linked to the restoration of menstrual cycles and ovulation rates in women with PCOS. Over all the mental and physical enhances to a better version.

CONCLUSION

Lifestyle modification in terms of diet, physical exercise and mental health is core solutions of PCOS. Major causes is due to faulty food habits with inclusion of high fat and sugary food, processed foods, and sedentary lifestyle. Most patients are satisfied through medication but the root causes is not truly identified. So educating people about this is a relevant factor.

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