

PCOS : A CAUSE FOR COSMETIC ISSUES

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ABSTRACT

Today's women are suffering from superfast life .due to this the women are facing the various lifestyle disorders ,pcos is one of the common hormonal disorder in female ,where lack of exercise and undisciplined food habits are contributing factors for it .Due to this hormonal imbalance ,various cosmetic issues appear in women like acne ,weight gain ,hirsutism ,hair loss ,the cosmetic treatment only give temporary relief in it .According to Ayurveda ,there is strotorodh janya samprapti occurs . The dushya dhatus are predominantly Rasa and Meda .These causes hormonal imbalance and are causative factors for cosmetic issues .

Keywords : *pcos ,strotorodh samprapti ,dushya*

INTRODUCTION

Females are the important pillars of the community with having special characterised body systems .today's women are facing from superfast life.because they have to maintain the balance between the working and family life .it produces lot of stress in them .along with stress ,the unhealthy lifestyle ,fast food ,sleeping habits , lack of exercise ,pollution ,early age of menarche are contributing factors .it has put a direct effect on the reproductive health of the women.and PCOS like diseases prevalent .Hormonal imbalance is main causative factor for the pcos in which women's hormones are out of balance .It is the heterogeneous disorders characterised by excessive androgen production by the ovaries mainly ,which causing enlarged ovaries with small cyst on the outer edge . it is common among the reproductive age .The prevalence of PCOS in India is about 9.13% . As we know that women are more conscious about their figure and beauty .most of the symptoms of pcos are cosmetic issues ,which leading to depression and lack of confidence . They are Obesity ,hair fall, acanthosis nigricans ,Acne ,weight gain, Hirsutism etc . These are due to the insulin resistance formed in pcos.

AIM :

To review the cosmetic issues in the PCOS .

OBJECTIVES:

1 .To review the pathophysiology of pcos according to Ayurvedic and modern view .

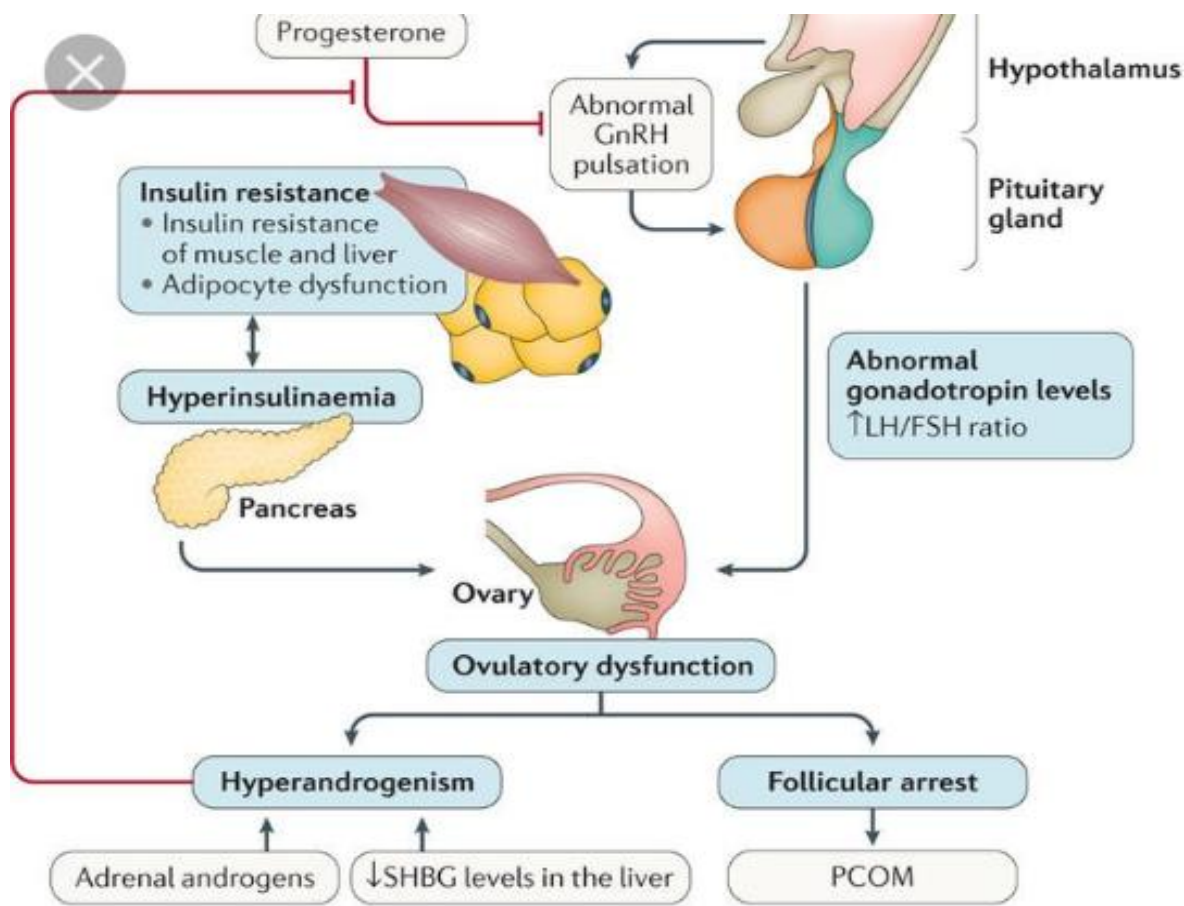
REVIEW OF LITERATURE :

Although the etiopathogenesis of pcos is not clearly understood .It is known to multifactorial disorders with genetics ,endocrine ,and environmental factors having a role to play .

Pathophysiology according to Ayurvedic view :

According to Ayurveda PCOS can correlate with the *kaphaj* disorders .It is basically a disease of *artavavaha strotas*.*Avarana* is the main pathogenesis in it . the hampering dhatus are mainly *rasa* and *meda dhatu* due to the strotorodh which formed by *aam* . It is correlated with the *VANDHYA type of yonivyapad* which is mentioned by *Aacharya sushrut* in which *amenorrhoea* or *oligomenorrhoea* occurs .

Pathophysiology according to modern view :



Other cosmetic issues are

- 1) Hair loss – hair thinning and hair loss due to the hormone imbalance .
- 2) Obesity – the inability of insulin to function normally is the main reason why women with pcos gain weight .

Skin problems -they often face unique challenges with their skin like acne,Acanthosis nigricans ,skin tags and abnormal hair fall .

Types of pcos :²

- 1) Insulin resistant pcos : It is the most common type of pcos .it is caused by smoking ,sugar ,pollution ,and trans fat .due to high insulin ovulation get hampered and trigger the ovaries to create testosterone.
- 2) Inflammatory pcos :Inflammation is caused due to stress,toxins of environment and inflammatory dietary like gluten.Due to inflammation ,ovulation is prevented,and hormones get imbalanced .

- 3) Hidden cause pcos :it is the most simpler type of pcos .once the reason is addressed then it easily resolved.
Causes: thyroid disease,deficiency of iodine ,vegetarian diet and artificial sweeteners .
- 4) Pill induced pcos :It is the second most common pcos .it get developed due to the use of birth control pills which suppress ovulation .

RISKS :⁴

Women who have sister or mother having pcos have a higher risk of developing it than others who donot have this condition .

Complications of pcos are :miscarriage,premature delivery,infertility,type 2diabetes mellitus ,depression ,high blood sugar ,high blood pressure ,and risk of cardiovascular diseaases .

MATERIALS

All related classical texts available in the library of government Ayurved college ,Nanded has been

reviewed.Database available after net surfing was also reviewed as per the title .

DISCUSSION :

As we discussed about the causes of pcos ,the lifestyle in this era is the most contributing factor for it .all the cosmetic issues that seen in the pcos are only due to the hormonal imbalance .according to the *Ayurveda* ,this hormonal imbalance is due to the *strotorodh* . this strotorodh is due to the sleeping at mid-day or eating junk food .*Aam* is the only responsible factor for this *strotorodh* .

Along with medication, the proactive lifestyle choices also important .this includes exercise and daily physical movements .weight gain ,acne like cosmetic issues lowers due to this .cosmetic treatment give only temporary relief in pcos .

CONCLUSION :

Acne,weight gain ,hirsutism ,acanthosis nigricans ,hair fall are the cosmetic issues in the pcos ³.These are due to the harmonal imbalance in it .according to *Ayurveda* ,there is *strotorodh* type of *samprapti Meda and Rasa dhatu* are the *dushya* .It comes unser the *Vandhya* type of *yonivyapad* ,which is mentioned by *Aacharya Susharut* .

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