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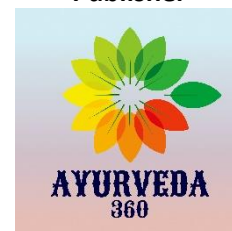
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DOI: [10.63247/3048-7390.vol.2.issue1.8](https://doi.org/10.63247/3048-7390.vol.2.issue1.8)**Healing PCOD With Ayurveda: Aahara And Vihara For Enduring Healthiness**Mishra P.¹, Hadke A.², Tirankar M.P.³

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ABSTRACT


Introduction: Women in modern society often juggle multiple roles, making it essential to maintain optimal health for achieving personal and professional goals. However, the pressures of modern lifestyles have led to an increase in health issues, particularly those affecting the female reproductive system. Polycystic Ovarian Disease (PCOD) is one such prevalent condition, affecting women primarily in their 20s and 30s.

Methods: This review explores the Ayurvedic perspective on PCOD, examining the similarities between PCOD symptoms and traditional Ayurvedic conditions like *Yonivyapad* (gynecological disorders) and *Artavdushti* (menstrual irregularities). It evaluates the holistic management of PCOD through lifestyle modifications, dietary changes, yoga, and meditation, in line with Ayurvedic principles.


Results: According to the World Health Organization (WHO), PCOD affects 8-10% of women globally, with symptoms including irregular menstrual cycles, hirsutism, obesity, and enlarged ovaries with cysts. Studies show that weight loss of 5-10% can help restore regular menstrual cycles and improve ovulation. Incorporating a balanced diet with controlled calorie intake, reduced refined carbohydrates, and increased fiber is crucial for managing PCOD. Additionally, *Pranayama* and meditation have been shown to reduce stress and anxiety, promoting better hormonal balance.

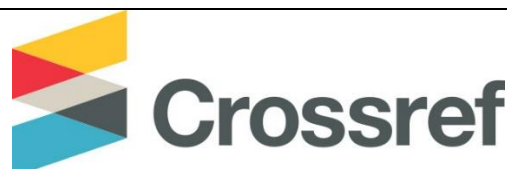
Discussion: Ayurveda categorizes PCOD as a *Doshaj Vyadhi*, resulting from imbalances in the Doshas, Dhatus, and Upadhatus. By integrating Ayurvedic dietary practices, physical activities like yoga, and mental well-being techniques such as meditation, women with PCOD can improve metabolic and reproductive health, enhancing their overall quality of life.

Keywords: PCOD, *Aahara*, *Vihara*, *Yoga*, *Pranayama*, Holistic Management

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INTRODUCTION

Polycystic Ovarian Disease (PCOD) is one of the fastest-growing health concerns among women of reproductive age. Its prevalence in the general population is estimated at approximately 5-10% worldwide.[1] The condition is thought to be inherited as a complex genetic trait, with the association between amenorrhea, bilateral polycystic ovaries, and obesity first described by Stein and Leventhal in 1935.[2]

PCOD is characterized by a combination of hyperandrogenism, chronic anovulation, and polycystic ovaries, often linked to insulin resistance and obesity. The disorder has gained widespread attention due to its high prevalence and potential reproductive, metabolic, and cardiovascular complications. It is also recognized as the leading cause of hyperandrogenism, hirsutism, and anovulatory infertility, particularly in developed countries. Despite its increasing prevalence, the exact cause of PCOD remains unclear, leading to ongoing debates regarding its diagnostic criteria and clinical presentation. Managing PCOD remains complex and challenging for modern gynecologists, particularly given its high prevalence in India (52%). A holistic approach is crucial for its effective management.[3]

Although Ayurveda does not explicitly describe PCOD, its symptoms closely resemble those of conditions such as *Yonivyapad* (gynecological disorders) and *Aartavdushti* (menstrual irregularities). Ayurveda classifies PCOD as a *Rasapradoshaj Vyadhi*, involving imbalances in Dosha, Dhatu, and Upadhatu. Contributing factors include a sedentary lifestyle, poor diet, lack of exercise, and stress. Ayurveda emphasizes lifestyle modifications as the first line of treatment, including dietary changes, physical activity, *Yoga*, and *Meditation*. Ancient Ayurvedic texts also highlight the importance of *Dincharya* (daily routine), *Ritucharya* (seasonal regimen), and *Ritumaticharya* (menstrual care).

By adopting a lifestyle incorporating *Vatakaphahara* (balancing Vata and Kapha) and *Pitta-vridhikara* (increasing Pitta) dietary and lifestyle practices, PCOD can be effectively managed through Ayurveda, offering a natural and side-effect-free approach.

AIM

To study the importance of *Aahara* (diet) and *Vihara* (lifestyle) in the management of PCOD.

OBJECTIVE

- To explore the Ayurvedic perspective on the menstrual cycle.
- To analyze the causes and development of PCOD.

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- To highlight the significance of diet

(*Aahara*) and lifestyle (*Vihara*) in managing PCOD.

MATERIAL AND METHOD

This study will involve a literature review sourced from:

- Ayurvedic classics.
- Contemporary Medicine textbooks, internet resources, and various journals.

LITERATURE REVIEW

Concept of Menstrual Cycle According to Ayurveda

In Ayurveda, the menstrual cycle is considered a natural and essential process that reflects the balance of the body's energies. A normal menstrual cycle follows a regular and cyclical pattern, occurring approximately once every month. In alignment with the Hindu calendar, one month is divided into two *pakshas* (phases) of 15 days each. A typical menstrual cycle is expected to have a 30-day interval between periods.

For menstrual bleeding to be considered normal in Ayurveda, it should occur at regular intervals of 30 days. The flow should not be thick, sticky, or greasy, and it should not cause discomfort, such as burning sensations or pain. The duration of the flow should last for five days, with the amount of bleeding being neither excessive nor insufficient.[4]

This holistic view emphasizes the balance of physical, emotional, and spiritual factors in maintaining a healthy menstrual cycle.

Cyclical physiological changes in the reproductive organs, specifically the uterus and ovaries, occur due to periodic hormonal fluctuations. According to Ayurvedic texts, the monthly hormonal cycle (*Beej Rakta* or hormones) induces specific transformations, including:

- "*Garbhashaye tarpayati pooryati*" – This indicates that hormones nourish and prepare the endometrial lining in the uterus, making it suitable for potential implantation.
- "*Mansaad beejaye kalpte*" – Refers to the process of folliculogenesis, where hormones guide the maturation of ovarian follicles in preparation for ovulation.

In essence, hormonal fluctuations regulate the development and preparation of the uterine environment for pregnancy, as well as the maturation of eggs within the ovaries.

Review of PCOD

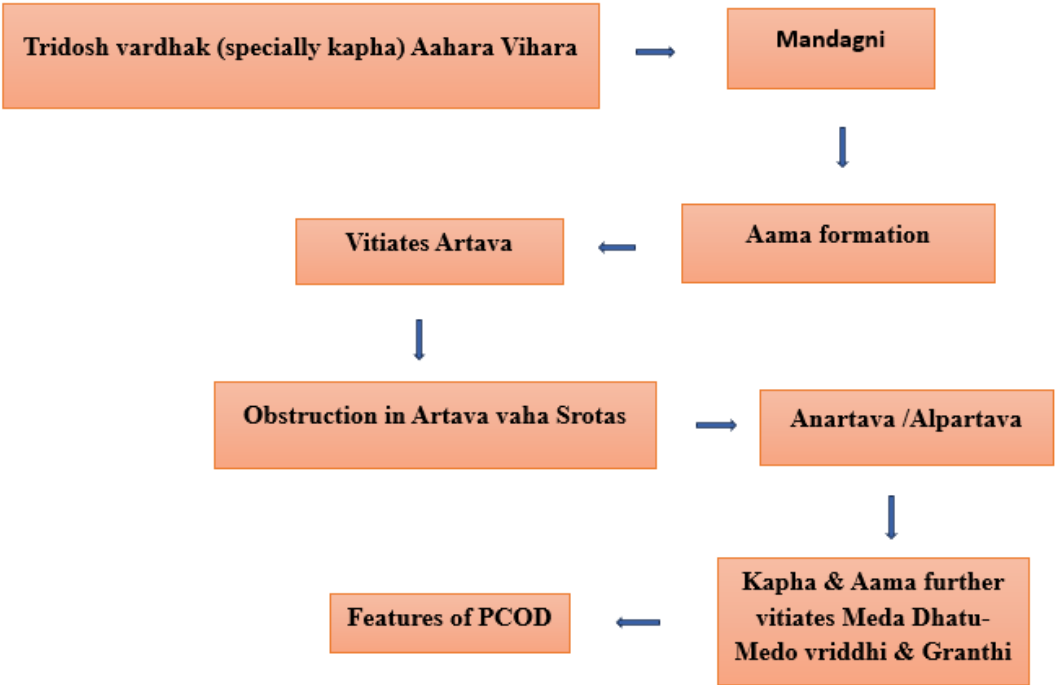
Polycystic Ovarian Disorder (PCOD) is a multisystem endocrine and metabolic condition that primarily affects women, often starting in adolescence shortly after puberty and continuing into the reproductive years. The condition is

Mishra P. et al. Healing PCOD with Ayurveda: Aahara and Vihara for Health characterized by the formation of multiple small cysts, usually under 1 cm in size, on one or both ovaries. Although PCOD may begin in the early adolescent years, its symptoms often become more apparent during the reproductive phase, presenting as obesity, infertility, irregular menstrual cycles, and elevated androgen levels,

which lead to symptoms such as hirsutism.

Beyond these immediate symptoms, PCOD can lead to long-term health complications. These include an increased risk of developing type 2 diabetes, hypertension, hyperlipidemia (high cholesterol), and cardiovascular diseases.[5]

Figure 1 showing *samprapti*



Ayurvedic Perspective on PCOD

According to Ayurveda, gynecological conditions are classified under *Yonivyapad* (female reproductive disorders), and various types of *Aartav Dushti* (menstrual disorders) such as *Rakta Pradar* (excessive menstrual bleeding), *Aartav Kshay* (reduced menstruation), and *Aartav Vruddhi*

(increased menstruation) are described. The signs and symptoms of Polycystic Ovarian Disease (PCOD) can be correlated with several *Yonivyapad* conditions, including *Shandhi*, *Pushpaghni*, *Vandhya*, *Arajaska*, or *Vata-Kaphaj Aartav Dushti*, and *Nashtartav*.

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- In *Nashtartav*, menstrual flow is obstructed due to vitiated *Vata* and *Kapha* doshas.
 - In *Vandhya Yoni*, while menstrual flow is normal, anovulatory cycles may occur.
 - In *Shandhi Yoni*, there is primary amenorrhea, and although capable of sexual intercourse, the vaginal canal remains rough.
 - In *Pushpaghni*, menstrual flow is normal, but anovulatory cycles are present. This condition is associated with corpulence and excessive facial hair (hirsutism), potentially due to hyperandrogenism.

In Ayurveda, the causes of PCOD are often attributed to *Mithyachar*, which refers to improper habits and lifestyle choices. These include:

1. **Mithy Aahar** (Improper Diet): The shift from traditional, wholesome Indian food to unhealthy fast food contributes significantly to PCOD. Fast food and processed foods are considered *Tridoshvardhak Aahar* (foods that increase the imbalance of the three doshas—*Vata*, *Pitta*, and *Kapha*), leading to metabolic disturbances that promote conditions like PCOD.
2. **Mithy Vihar** (Improper Lifestyle): Harmful lifestyle practices such as

- staying awake at night (*Ratrijagaran*), excessive stress, unresolved emotions like anger and anxiety, and addictions like smoking and alcohol consumption can disrupt the body's natural rhythm. These factors contribute to lifestyle diseases such as diabetes, obesity, PCOD, and infertility.
3. **Pradushtartav**: This refers to an imbalance or impurity in the *Aartav* (menstrual flow or reproductive hormones). In Ayurvedic terms, it is seen as an *Upadhatu* (secondary tissue), indicating that hormonal disturbances lead to reproductive issues like PCOD.
 4. **Bijdosha**: *Bij* refers to the genetic material (sperm and egg), and *Dosha* refers to imbalances or abnormalities. This concept suggests that PCOD could also be influenced by chromosomal or genetic issues that affect fertility. In Ayurveda, genetic abnormalities are considered a contributing factor for infertility and conditions like PCOD.
 5. **Daivya**: An unknown or divine factor that leads to the manifestation of PCOD.

Signs & Symptoms [6]

- Menstrual dysfunction: *Oligomenorrhoea* to *Amenorrhoea* followed by prolonged or heavy periods.
- Severe acne.
- Obesity, which increases the risk of *Diabetes Mellitus* and cardiovascular diseases in later life.
- Insulin resistance and hyperinsulinemia.
- Abnormal lipoproteins.
- Hirsutism.
- Hormonal imbalance: Increased *Oestrogen*, *LH* levels, *androgens*, *testosterone*, and *prolactin* sex hormone binding globulin.
- Thyroid enlargement.
- *Acanthosis Nigricans*: Thick, pigmented skin develops over the nape of the neck, inner thighs, and axilla.

- Ultrasonography (USG)
- Hormonal study
- Thyroid function test
- Laparoscopy

Ayurvedic Management Through Aahara and Vihara

Acharya Charak emphasized that wholesome food (*Pathya*) is a key factor in promoting an individual's growth and overall well-being, whereas unwholesome food (*Apathya*) is considered the root cause of many diseases. Classical Ayurvedic texts state: "When a proper diet is followed, there is little need for medicine. But if the diet is ignored, even the most potent medicines may prove ineffective." This underscores the crucial role of diet in maintaining health and preventing illness, emphasizing the need for a focus on dietary practices and regimens.[8]

Investigations [7]

Table 1: Pathya Aahara

Name	Sanskrit Name	Rasa	Veerya	Guna	Vipaka	Doshaghnata	Karma/Rogaghnata
Sponge Gourd	<i>Dhātakī śaṣṭhī</i>	Madhura	Sheeta	Laghu, Snigdha	Madhura	Tridoshaghna	Lekhana, Ruchya
Ridge Gourd	<i>Kaṭutorī</i>	Madhura, Tikta	Sheeta	Laghu Ruksha	Katu	Tridoshaghna	Deepana, Jwarahara, Klamahara
Bottle Gourd	<i>Alābu</i>	Madhur	Sheet	Laghu, Snigdha	Madhura	Tridoshaghna	Mutrala, Aruchihara, Klamahara
Bitter Gourd	<i>Karavel aka</i>	Tikta, Katu	Sheet	Bhedi, Laghu	Katu	Kaphapittaghna, Vatakara	Pramehahara, Jwaarhara, Deepana

Drum Stick	<i>Sigru</i>	<i>Madhur, Katu, Tikta</i>	<i>Ushna</i>	<i>Deepan, Laghu, Teekshna, Ruksha</i>	<i>Katu</i>	<i>Kaphavatahara, Pittakara</i>	<i>Medohara, Shukrala</i>
Green Gram	<i>Mudga</i>	<i>Madhura, Kashaya</i>	<i>Sheeta</i>	<i>Ruksha, Grahi</i>	<i>Katu</i>	<i>Kaphapittahara</i>	<i>Kaphahara, Medohara, Jwaraghna</i>
Horse Gram	<i>Kulatha</i>	<i>Madhur, Kashay</i>	<i>Ushna</i>	<i>Ruksha, Laghu, Ushna</i>	<i>Katu</i>	<i>Vatpittakara</i>	<i>Medovikara, Mutrala</i>

- **Grains:** Consume whole grains such as *Ruksha anna* (coarse grains), *Guru Apararpan*, and grains from the *Shookdhanya Varg* group such as *Yavak* (barley), *Shyamak* (barnyard millet), *Gavedhuk*, *Kodrav* (kodra millet), and *Godhum* (wheat). These grains have lower carbohydrate content and are rich in dietary fiber, which helps maintain a healthy body weight.[10]
- **Protein-Rich Diet:** According to Ayurveda, a protein-rich diet comprising foods from the *Shimbi Dhanya Varga*—such as *Mudga* (green gram), *Mangalyak*, *Adaki* (black gram), *Kulath* (horse gram), and *Masha* (urad dal)—is highly beneficial due to their rich protein content. Research studies have shown that individuals consuming a high-protein diet experience significant reductions in insulin resistance, improved menstrual cycle regularity, better lipid profiles, and noticeable weight loss.[11]
- **Citrus Fruits & Green Leafy Vegetables:** According to *Acharya Bhavprakasha*, the use of citrus fruits such as *Dadim* (pomegranate), *Amalaki* (Indian gooseberry), *Matulung* (citron), and wild berries (*Karkandu*), as well as green leafy vegetables like *Patha*, *Vatsaka*, and *Changeri*, can be beneficial in the management of *Artava Kshaya* (menstrual disorders). Citrus fruits have a low glycemic index, are high in dietary fiber, and are rich in vitamin C. These properties help in maintaining a slow, steady, and controlled increase in blood sugar and insulin levels.[12]
- **Flax Seeds:** Flaxseeds help maintain a balanced hormonal profile in women with PCOD by reducing androgen levels in the body.[13]
- **Seeds:** Include seeds such as *Tila* (sesame), *Atsi* (flaxseeds),

sunflower seeds, and pumpkin seeds in your diet. These seeds are rich in monounsaturated fatty acids, high-quality vitamins, and essential minerals. They act as powerful antioxidants and help lower blood cholesterol levels. *Sesame* seeds, in particular, have a low glycemic index and are rich in antioxidants, vitamins, and minerals like copper and manganese. These seeds can be used as natural health supplements for managing PCOD (Polycystic Ovarian Disease).[14]

Food to be Avoided:

- **Avoidance of Milk and Dairy Products:** *Acharya Charaka* advised against the consumption of milk and dairy products in conditions arising from over-nutrition (*Santarpanotha Vyadhi*), as these are believed to elevate androgen levels. Examples of such foods include *Takrapinda* (buttermilk) and *Morrrat* (curd-based foods).[15]
- **Restriction of Sweet Substances Containing Trans Fats:** Sweet items, especially those containing unhealthy trans fats, such as *Guda* (jaggery), should be avoided due to their negative metabolic effects.[16]

- **Minimize Processed Foods:**

Processed foods like pasta, bread, muffins, and cakes should be restricted as they contribute to metabolic disturbances.

- **Avoid Canned Juices:** Canned beverages, including sugarcane juice, should be avoided due to their high sugar content and lack of nutritional value.

- **Limit Intake of Carbonated Beverages and Caffeine:** Carbonated drinks and caffeinated products can disrupt metabolic balance and should be avoided.

- **Avoid Junk Food:** Junk food consumption is discouraged as it disrupts carbohydrate metabolism, resulting in the formation of cytotoxic compounds. These compounds may damage ovarian cells, leading to alterations in their normal physiological functions.[17]

Pathya Vihara (Healthy Lifestyle):

Yogic Recalibration:

Yoga is a mind-body-spirit practice that creates harmony between thoughts, body, and the inner self. It uses techniques like physical postures (*Asanas*), breathing exercises (*Pranayama*), and meditation (*Dhyana*) to raise awareness and consciousness. Scientific studies have shown that yoga can help prevent and manage health

Mishra P. et al. Healing PCOD with Ayurveda: Aahara and Vihara for Health issues. It is a safe and effective therapy that can support medical treatment and improve the quality of life for individuals with PCOS (Polycystic Ovary Syndrome).

Acharya Charaka strongly emphasized the importance of regular physical exercise (*Vyayam*) in managing diseases caused by over-nourishment (*Santarpanottha Vyadhi*), stating that one should practice exercise daily (*Vyayam Nitya*).[18]

Asanas:

- **Sarvangasana (Shoulder Stand)** [19]

This pose supports the reproductive system by improving blood flow to the pelvic area, enhancing the function of the ovaries, and strengthening the ligaments around the uterus. It also helps balance mood and brings a sense of calm to the mind.

- **Ardha Matsyendrasana (Half Lord of the Fish's Pose)** [20]

This pose stretches and strengthens the abdominal muscles, stimulates internal organs, and promotes relaxation by relieving stress and tension.

- **Bharadvajasana (Seated Spinal Twist)** [21]

This posture strengthens the muscles and organs of the lumbar region.

- **Prasarita Padottanasana (Wide-Legged Forward Bend)** [22]

This pose stretches and strengthens the lower back and pelvic muscles, promoting better energy flow and blood circulation to the ovaries. It also helps tone the abdominal muscles and relieves fatigue, alleviating symptoms of mild depression.

- **Baddhakonasana (Butterfly Pose)** [23]

This pose improves flexibility and stimulates the reproductive and digestive systems. It is an excellent stretch for relieving stress and fatigue. Practicing it regularly supports the health of the kidneys, bladder, prostate gland, and ovaries.

Pranayama for PCOS (Polycystic Ovarian Syndrome):

From an Ayurvedic viewpoint, the balance of doshas—especially *Vata* and *Kapha*—plays a vital role in the healthy functioning of the reproductive system. Certain pranayama techniques, when practiced with gentle awareness and without force, can aid in pacifying aggravated doshas, enhancing *Agni* (digestive and metabolic fire), and supporting *Shukra Dhatu* (reproductive

Mishra P. et al. Healing PCOD with Ayurveda: Aahara and Vihara for Health tissue), thereby helping manage PCOS and associated fertility concerns.

1. **Kapalbhati Pranayama (Shodhaka Pranayama – The Cleansing Breath)** [24]

Kapalbhati is a *Shodhana Kriya* (cleansing practice) that helps in the removal of *Ama* (toxins) and purifies the *Nadis* (energy channels). It invigorates the abdominal region, strengthens *Apana Vayu*, and helps in reducing excess *Kapha* from the lower abdomen. Practiced with mindfulness, it aids in toning abdominal muscles, supporting hormonal balance, and facilitating a healthier reproductive cycle.

2. **Ujjayi Pranayama (The Victorious Breath or Ocean Breath)** [25]

Ujjayi breath, often called the "Victorious Breath," cultivates inner stillness and enhances *Prana Shakti* (vital energy). The soft, ocean-like sound generated during this pranayama helps calm the mind (*Manas*), reduce stress (*Rajasic tendencies*), and harmonize the *Vata* dosha, which is often disturbed in PCOS. It is particularly beneficial when integrated with *Asana* practice, aligning breath with movement and

restoring rhythm to the body's natural cycles.

3. **Anuloma-Viloma Pranayama (Alternate Nostril Breathing)** [26]

Practicing *Anuloma-Viloma* Pranayama helps reduce mental stress and anxiety. It promotes deeper contemplation, enhances the ability to meditate for extended periods, and calms the mind. It is effective in overcoming feelings of depression and fostering inner peace and positivity.

Meditation and Relaxation Exercises for PCOS:

- Nispanabhava (Unmoving Observation) [27]
- Shavasana (Corpse Pose)

These relaxation techniques are particularly helpful in managing stress-related issues and promoting a calm, peaceful mind—both of which are important in supporting overall well-being for individuals with PCOS.

DISCUSSION

Polycystic Ovarian Disease (PCOD) is a complex metabolic and endocrine disorder that affects many women of reproductive age, leading to a variety of symptoms such as irregular menstrual cycles, infertility, obesity, and excess androgen production, resulting in hirsutism. From an Ayurvedic perspective,

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the root cause of PCOD lies in the imbalance of the body's fundamental energies or *Doshas*, specifically *Vata*, *Pitta*, and *Kapha*, which influence the metabolic and reproductive systems. The Ayurvedic understanding of PCOD integrates both internal and external factors contributing to the disease's manifestation.

One of the core concepts in Ayurveda is the formation of *Aama* (toxins), which arises due to improper dietary habits (*Mithya Aahara*) and lifestyle choices (*Mithya Vihara*). *Aama* is considered to be the fundamental cause of disease in Ayurveda, leading to metabolic and functional disturbances. When the body's digestive fire (*Agni*) is weak, it fails to process food effectively, leading to the accumulation of toxins. These toxins circulate throughout the body, particularly affecting the *Rasadhatu* (the plasma or the body's metabolic system), which in turn disrupts the *Artava Upadhatu Dushti* (disturbance in the menstrual and reproductive tissues).

The accumulation of *Aama* can disrupt hormonal balance by affecting the metabolic pathways responsible for regulating ovulation and fertility. Specifically, the imbalance of *Vata* and *Kapha* doshas in PCOD can lead to irregularities in the menstrual cycle and ovulatory dysfunction. The Ayurvedic

concept of *Rasavaha Srotas* (channels for transporting the metabolic waste) becomes relevant in PCOD, where the impaired flow of nutrients and waste products leads to stagnation in the reproductive system, manifesting as cyst formation and failure of regular ovulation. Furthermore, this imbalance can lead to *Kaphaja* dominance, which contributes to symptoms like obesity, weight gain, and sluggish metabolism that are commonly seen in women with PCOD.

The presence of symptoms like excessive facial hair (*hirsutism*) in PCOD further exemplifies the involvement of *Aama* accumulation in the *Asthi Dhatu* (bone tissue). Ayurveda views hair growth as a byproduct of *Asthi Dhatu*, and the development of excess hair in a typically male-pattern distribution is often linked to an imbalance in the bone tissue, which indicates a deeper disturbance in the body's tissues caused by *Aama*. This imbalance leads to excess androgen production, which is seen in PCOD.

In Ayurvedic management, addressing the root causes of *Aama* accumulation is crucial. This involves the correction of *Agni* (digestive fire) and the clearing of *Aama* through dietary and lifestyle modifications. Specific *Aahara* (diet) and *Vihara* (lifestyle) adjustments are emphasized, alongside therapies that balance the *Vata* and *Kapha* doshas and

Mishra P. et al. Healing PCOD with Ayurveda: Aahara and Vihara for Health rejuvenate the *Rasadhatu*. For instance, a diet rich in fiber, protein, and essential fatty acids while minimizing the intake of processed foods, refined sugars, and unhealthy fats, helps in balancing the metabolic function. Foods like whole grains, legumes, and vegetables, particularly those with a bitter or astringent taste, are known to help in reducing *Kapha* and *Pitta* imbalances, thereby assisting in managing the symptoms of PCOD.

Additionally, Ayurveda places significant importance on the mental and emotional balance in managing PCOD. Stress is a major contributor to hormonal imbalance, and *Pranayama* and *Yoga* are highly effective in reducing stress, improving hormonal function, and enhancing reproductive health. *Pranayama*, particularly practices like *Kapalbhati* and *Ujjayi*, help in reducing excess *Vata* and *Kapha* by promoting the smooth flow of energy through the body, improving digestion, and supporting detoxification. *Yoga Asanas*, such as *Sarvangasana* (Shoulder Stand) and *Baddhakonasana* (Butterfly Pose), improve blood circulation to the pelvic region, enhancing ovarian function and supporting the overall health of the reproductive system.

Moreover, Ayurveda advocates for the regular practice of a holistic daily

routine (*Dincharya*) and seasonal regimen (*Ritucharya*) to maintain balance and prevent disease. Proper sleep, stress management, and timely meals are essential to restore *Agni* and avoid the formation of *Aama*. Meditation and relaxation exercises, such as *Shavasana* (Corpse Pose) and *Nispandabhava* (Unmoving Observation), are equally important in managing emotional well-being, which plays a significant role in the pathophysiology of PCOD. Stress reduction techniques can significantly impact the overall hormonal balance, reducing the elevated levels of androgens and improving the menstrual cycle regularity.

From an Ayurvedic perspective, it is not enough to only treat the physical symptoms of PCOD; the mental, emotional, and spiritual aspects must also be addressed. By achieving harmony between the body, mind, and spirit, Ayurveda provides a comprehensive and holistic approach to managing PCOD, not just by alleviating symptoms but also by addressing the underlying causes. This multi-dimensional approach helps to restore the body's natural rhythms and ensures that long-term health and fertility are maintained.

CONCLUSION

Polycystic Ovarian Disease (PCOD) is a common health concern among

Mishra P. et al. Healing PCOD with Ayurveda: Aahara and Vihara for Health women of reproductive age, primarily resulting from hormonal imbalances linked to poor dietary habits, sedentary lifestyles, and chronic stress. Women with PCOD frequently experience insulin resistance, obesity, and elevated androgen levels. Among the most effective preventive and therapeutic strategies is weight management, which can be successfully achieved through holistic lifestyle modifications.

The Ayurvedic approach, including a balanced and wholesome diet (*Pathya Aahara*) combined with specific *Yogic*

practices, plays a crucial role in promoting overall health and supporting endocrine function. *Pranayama* (breathing techniques) has proven to be particularly effective in alleviating mental stress, a key contributor to PCOD, thereby improving the body's ability to manage this complex condition.

By incorporating these lifestyle interventions, not only can symptoms of PCOD be managed, but fertility can also be improved, and the overall quality of life for women living with PCOD can be significantly enhanced.

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