

ABSTRACT

PCOS (Polycystic ovarian syndrome), a complex syndrome with endocrine and metabolic disorder of chronic anovulation, polycystic ovaries and biochemical and clinical manifestations of hyperandrogenism. Hypothalamic - pituitary adrenal axis impairment, impaired insulin secretion and action, and ovarian dysfunction are the defects involved in pathophysiology of PCOS leads to a metabolic syndrome culminating in serious long-term consequences such as type 2 diabetes mellitus, endometrial hyperplasia and cardiovascular diseases.

OBJECTIVE

An objective of the study is to evaluate the effect of YogaNidra on biochemical changes in Polycystic ovarian syndrome women between the age of 18-35 years.

METHODS

This study was conducted on 40 adult women between the age of 18-35 years not under any medication and fulfilling the Rotterdam criteria and inclusion criteria of this study. The study design is experimental pre post, YogaNidra practiced for 40 minutes 6 days a week up to 90 days; parameters were recorded at the baseline and also at the end of the study.

RESULT

Results of this study showed that a significant reduction ($P < 0.001$) in FBS and PPBS and significant reduction ($P < 0.0001$) in HbA1C, GTT. There was a significant reduction ($P < 0.001$) in cholesterol and triglyceride while a significant reduction ($p < 0.001$) seen among HDL, LDL, VLDL and on the anthropometric measurements significant reduction were seen in BMI ($p < 0.001$), Weight ($p < 0.001$) and WHR ($p < 0.02$).

SBP and DBP showed a significant reduction ($P < 0.0001$) after YogaNidra reveals the parasympathetic domination over sympathetic nervous system.

CONCLUSION

The present study demonstrated the efficacy of YogaNidra on biochemical profiles of PCOS women as an effective non pharmacological intervention in addressing the psychological and physiological concern of PCOS.

Key words: YogaNidra, PCOS, Biochemical Changes, HPA Axis, Stress