

## Effect of Naturopathy Treatment on Polycystic Ovarian Disease in Middle Aged Women

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### Abstract

The study was conducted to determine the effect of Naturopathy Treatment of polycystic ovarian diseased middle aged women. For the purpose of the study 100 middle aged women (28-35 years) suffering from polycystic ovarian disease from New Delhi were selected. The selected subjects underwent Naturopathy Treatment for 12 weeks (2 hours a day for 6 days a week). Various naturopathy treatments like Mud packs, Mud baths, Hot and Cold hip baths were given along with proper check on strict schedule of Diet. Patient was kept on fasting from time to time. Mainly physical factors like Constipation, Mood swings, Sleep pattern, heavy periods, white discharge, Hirsutism, Alopecia were monitored. It was also found that 95% of the subjects have recovered from the problems of constipation, disturbed sleep pattern, Disuria, Loss of Appetite and fertility; 90% of the subjects said they don't feel mood swings, they don't have irregular periods and they don't have anxiety related problem now; 85% of the subjects do not feel pain during periods; 80% of the subjects have recovered from problems of heavy periods and 70% of the subjects have recovered from alopecia.

**KEYWORDS :** Hirsutism, Alopecia, Disuria, White Discharge.

**Introduction:** Polycystic ovarian disease (PCOD) is one of the most common endocrinal disorders among women, affecting 5-10% of women at their reproductive age (Franks, 1995). The disease was first defined in 1935 by Stein and Leventhal based on the observation of a set of symptoms such as amenorrhea, hirsutism and obesity in women whose ovaries were enlarged and contained multiple follicular cysts. It is a disorder in which women do not experience normal release of eggs from the ovaries (ovulation). They have an abnormal production of male hormones and their body is resistant to the effects of the hormone insulin. It is an exceedingly prevalent metabolic disorder and possibly constitutes the most frequently encountered endocrinopathy to affect women. There is considerable heterogeneity of symptoms and signs among women with PCOD, and for an individual these may change over time. Key features include menstrual cycle disturbance, hyperandrogenism (hirsutism, acne and elevated serum testosterone concentration), and obesity. Patients suffering from polycystic ovarian disease (PCOD) have multiple small cysts in their ovaries (the word poly means many). These cysts occur when the regular changes of a normal menstrual cycle are disrupted. The ovary is enlarged; and produces excessive amounts of androgen and estrogenic hormones. Due to its heterogeneous nature both in clinical presentation and laboratory manifestations the definition of the disease has been much debated. At present most accepted Rotterdam polycystic ovary disease diagnostic criteria for the diagnosis of PCOD states 2 of the following 3 features needs to be present to make the diagnosis and to establish diagnosis it is important to exclude other etiologies with similar clinical presentation (congenital adrenal hyperplasia, androgen-secreting tumors, Cushing's disease. There are various factors that results in

Polycystic Ovary Syndrome. The etiology of the disease is multifactorial and involves interactions between “nature” and “nurture.” Major factors are wrong eating habits, bad life style, any medication taken for specific disease for a long time, high level of triglycerides, hormonal imbalance, Obesity etc. Although there are studies which have shown the beneficial effects of various methods or treatments in many of the associated conditions of PCOD, to the best of our knowledge, there are no published studies on naturopathy as a treatment for PCOD to-date. Hence the present study has been planned to study effect of naturopathy treatment on polycystic Ovarian disease in middle aged women.

**Methodology:** A total of 100 middle aged women were selected as subjects who are suffering from PCOD. The selected subjects were in the age group 28-35 years. Each subject selected underwent naturopathy treatment for 12 weeks.

**Training Protocol:** The following items were included in the treatment:

- **Mud pack (30 mins)** : A mud pack on abdomen was given everyday so as to extract heat out of the body and to stimulate the functioning of all the organs.
- **Enema** :Enema with warm water for 1<sup>st</sup> 3 weeks and then with lemon water for next 1 week was given to clear the bowels
- **Vaginal Douche** : Vaginal Douche was given to all subjects with neem or methi seeds decoction in warm water for 11 weeks (5 days in a week), in order to overcome inflammation in cervix.
- **Hot and cold hip baths** : Patient was advised to sit in two tubs alternately in ratio 3mins:1min starting with hot water and ending with cold water for 12 weeks. Patient is advised to drink water and keep a cold wet towel on head and sit in hot water (40-42 degree celcius) for 3 mins. Then a tub with cold water(30-32 degree celcius) is kept aside it. Patient is made to sit in this water for 1 min. This process continues three times and we make sure that temp of water is maintained by keeping a thermometer in it with a presence of attendant.
- Once it was over, a Stomach wrap was tied on the stomach for 40 mins.
- **Diet Changes:** Bananas contain low sodium and high amount of potassium and magnesium. They are good for patients of PCOD .

#### **Treatment from 1<sup>st</sup> Week to 4<sup>th</sup> Week**

- **6:00 am** :1/2 cup fresh apple juice with small amount of ginger juice
- **6:30 am** :1 glass lemon honey water (lukewarm water)
- **7:am to 8:30 am** :Naturopathy Therapies
- **Breakfast (9:00 am):** 5 almonds (soaked overnight), 7 raisins + Sprouts (sprinkled with coriander, cucumber, onion / Vegetable porridge
- **11:30 am** :Fruits / Coconut water
- **Lunch (1:00 pm to 2:00 pm)** :Chapati – Curry / pulses – Curd / buttermilk + Plate full of salad
- **5:00 pm** :Vegetable juice (Specifically bottle guard) / Herbal tea
- **Dinner** :Curry or Soup (coloured vegetables)
- Take a glass of lemon honey water before going to bed

### Treatment from 5<sup>th</sup> Week to 8<sup>th</sup> Week

- **6:00 am** :2 spoons wheatgrass juice with water
- **6:30 am** :½ spoon flexseeds with water
- **7:am to 8:30 am** :Naturopathy Therapies
- **Breakfast (9:00 am)**: 5 almonds (soaked overnight), 7 raisins + Sprouts (sprinkled with coriander, cucumber, onion / Vegetable porridge
- **11:30 am** :Fruits / Coconut water
- **Lunch (1:00 pm to 2:00 pm)** :Chapati – Curry / pulses – Curd / buttermilk + Plate full of salad
- **5:00 pm** :Vegetable juice (Specifically bottle guard) / Herbal tea
- **Dinner** :Sauteed Vegetables (Multicoloured)
- Take a ½ cup chena water before going to bed

### Treatment on 8<sup>th</sup> Week: Body detoxification Diet

- **Monday** : Seasonal Fruits/ Buttermilk/ Nuts/ Salads/ Soups
- **Tuesday** : Only seasonal fruits
- **Wednesday** :Only seasonal fruits
- **Thursday** : Only Fresh fruit or vegetable juices
- **Friday** : Only Fresh fruit or vegetable juices
- **Saturday** : Only seasonal fruits
- **Sunday** : Only Seasonal Fruits/ Buttermilk/ Nuts/ Salads/ Soups nly seasonal fruits

### Treatment from 9<sup>th</sup> Week to 12<sup>th</sup> Week

- **6:00 am** :2 spoons wheatgrass juice with water
- **6:30 am** :½ spoon flexseeds with water
- **7:00 am to 8:30 am** :Naturopathy Therapies
- **Breakfast (9:00 am)**: Any 4 type of fruits
- **11:30 am** :Fruit juice/ Vegetable juice / Coconut water
- **Lunch (1:00 pm to 2:00 pm)** :Chapati – Curry / pulses – Curd / buttermilk + Plate full of salad
- **5:00 pm** :Vegetable juice (Specifically bottle guard) / Herbal tea
- **Dinner** :Sauteed Vegetables (Multi-coloured)
- Take 3 spoons amla juice and 3 spoons aloe-vera juice with 6 spoons honey.

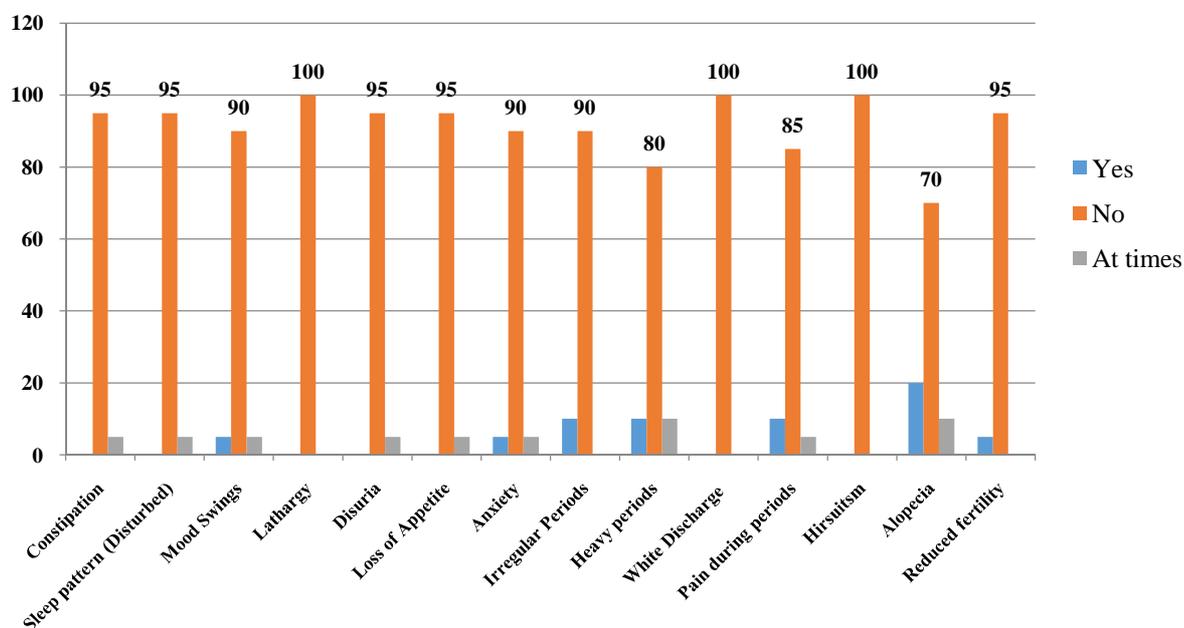
### Some Important Instructions to the subjects

Follow	Avoid
<ul style="list-style-type: none"> <li>• Chew well and eat with a peaceful mind.</li> <li>• Drink at least three litres of water in a day, (300 ml. at 2 hours gap).</li> <li>• Practice exercise in any form.</li> <li>• Fasting one day in a week with only liquids – seasonal fruits and vegetable juices 4 to 6 glasses in a day or with water only.</li> </ul>	<ul style="list-style-type: none"> <li>• Coffee, tea, smoking, tobacco chewing, pan masala, jarda, alcohol, soda etc.</li> <li>• Non vegetarian food, eggs.</li> <li>• Frozen / processed / fast / preserved / refined / coloured / flavoured / Bottled aerated drinks.</li> <li>• White flour (Maida), White sugar etc.</li> <li>• Tea, rice and fried food.</li> <li>• Overeating / untimely eating.</li> <li>• Avoid indulgence in all unnatural</li> </ul>

physical / psychological habits.

This process goes for 12 weeks and following are the observations that can be seen.

### Results & Discussion



The result of the study clearly revealed that the subjects after going 12 weeks of naturopathy treatment have recovered from the PCOD as 100% of the subjects have said that they don't feel lethargic, do not have white vaginal discharge and do not have complaints of Hirsutism after the naturopathy treatment. It was also found that 95% of the subjects have recovered from the problems of constipation, disturbed sleep pattern, Disuria, Loss of Appetite and fertility; 90% of the subjects said they don't feel mood swings, they don't have irregular periods and they don't have anxiety related problem now; 85% of the subjects do not feel pain during periods; 80% of the subjects have recovered from problems of heavy periods and 70% of the subjects have recovered from alopecia.

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