



## **EFFECT OF NATUROPATHIC DIET ON OBESE PCOS - A CASE STUDY**

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### **ABSTRACT:**

Poly cystic ovarian syndrome is common endocrinal disorder effecting in reproductive age grouped women present with obesity amenorrhea, hyperandrogenism, cysts in ovary, infertility. According to WHO globally 3.4% are affected with PCOS. Changes in the life style and low-calorie diet can reduce the conditions effectively. Present case study was a 29-year-old female, was consulted at Nature cure hospital with chief complaints of gradual increasing in weight, irregular menstrual cycles since one-year, unwanted hair growth, anxious to conceive having of married life of 4 years she was diagnosed poly cystic ovarian syndrome with increased ovarian volume of 12 cc bilaterally. Her anthropometric measurements recorded initially as Ht 5ft 1", weight 74.2kgs, BMI 31.0kg/m<sup>2</sup>, waist/hip ratio 0.98. Case was intervened with Naturopathic diet consists of eliminative, soothing, constructive diet for 6 months by monitoring nutritional status. After the period of intervention, the changes observed as reduction in wt 63kgs, w/h ratio 0.82, BMI 26 Kg/m<sup>2</sup>, excess hair growth, regular menstrual cycles. abdominal scanning impression was normal study. After one month the patient was conceived. The study reveals that observing naturopathic diet can normalize the conditions of PCOS and more effective in treatment of infertility.

**Key words:** Anthropometric measurements, Naturopathic diet, infertility.

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## INTRODUCTION:

Globally about 3-4% of reproductive age grouped women are affecting with Polycystic ovarian syndrome. It is an endocrinal hormonal disorder observed with the signs and symptoms of gradual increasing in weight, irregular menstrual cycles, an ovulation, hair loss, acanthus, hirsutism poly cysts in the ovaries, biochemically raised levels of FSH, LH, and Testosterone <sup>1</sup>

If the conditions are neglected it may risk to Obesity, Diabetes, myocardial infarction, dyslipidemia, hypertension, anxiety, depression, infertility, carcinoma<sup>2</sup>. Due to uncertain etiology the studies have shown that reduction in the weight, life style changes can reverse the condition <sup>3</sup>

By following the diet specially, a low-calorie nutritional diet can help in reducing the weight more effectively. The present case was studied to assess the Naturopathic diet intervention on Pcos. According to Naturopathy diet classified into eliminative diet, soothing diet, constructive diet The eliminative diet consists of liquids like fruit juices, coconut water etc, soothing diet is with soups, porridges, malts etc, constructive diet is freshly prepared cooked rice, dhal, vegetables, curd, etc schematic implementation of the diet in the present case has shown a progressive changes

Heart: - S<sub>1</sub> and S<sub>2</sub> heard normally

lungs: - lungs are clinically clear

in reduction in weight, regular menstrual cycles, changes in consequences occur in PCOS.

## CASE REPORT:

A 29-year-old married female has consulted for nature cure treatment referred by a gynecologist on 10<sup>th</sup> July 2020. Her chief complaints were gradual increasing in weight, irregular menstrual cycles since one-year, unwanted hair growth, anxious to conceive with married life of 4 years. she was diagnosed poly cystic ovarian syndrome with increased ovarian volume of 12 cc bilaterally. she was on hormonal therapy for her complaints. With this she started increasing in her weight and menstruating with hormonal pill only. Hence, she opted for Nature cure treatment. Primarily counselling was given about naturopathic interventions and diet. A written consent was taken from her.

Initially a detail personal history was taken includes her anthropometric measurements, recorded as

Height -5 feet 1 inch

weight -74.2kgs

BMI -31.0kg/m<sup>2</sup>

waist/hip ratio- 0.98

Bp -110/70 mmhg

pulse rate- 74/minute

## Systemic examination -

Abdomen: - soft with no organomegaly

**General examination:** - Hyper pigmentation was noted around the neck, mild hirsutism

**Table no: 1 Diet history**

6:30 am	2 glasses of plain water
6:45 – 7 am	1 Cup of Coffee
8:30 am – 9:30 am	Breakfast 4 Idly/2 Dosa /3 Vada/ with coconut chutney or ground nut chutney /Chapathi with curry / Poha/ 4 slices of Brown bread with Sauce or jam / Ots Porridge etc
11 am	Any fruit if available
1 pm – 1.30 pm	Lunch: - 200- 250 gms cooked Rice, 30gmsVegetable Curry, Dhal 200gms, 25 – 30 gms of Vegetable Chutney, Pickle, 200ml Buttermilk/Curd 20-30 gms
4 pm– 6 pm	Any snacks like Chat/ Bajji etc
8 pm -9 pm	200gms of Rice, 30 gms Curry, 10 ml Rasam, 20 gms Curd

she was consuming approximately about 2100 kilo calories per day with desk activity.

Based on her personal history and diet pattern it was observed that she was consuming a high calorie diet than what she requires. As per her complaints and option chosen for Naturopathy

counselling was done about the Naturopathic diet to be followed for 6 months. Naturopathy believes that accumulation of toxins in the body are main cause for any disease. Hence initiated with detoxifying diet. To detoxify a eliminative diet.

**Table no: 2. Liquid diet prescribed for 3 days only. (800 -kcal approximately)**

6.am	3 – 4 glasses of plain water
6.30 -7.30 am	Lemon juice with honey /jag grey 250 ml
10.30 & 12.00 pm	Seasonal fruit juices 250 ml
4 00 pm	Buttermilk/coconut water 250 ml
7 pm	Fruit juice 300ml

Along with 12 to 14 glasses of plain water; per day. After 3 days of liquid diet, it is observed that there is 1kg reduction in her weight, and no complaints of any weakness or tiredness. Later a soothing diet which is to be more alkaline is advised for next one week, (1000 kcal)

**Table no: 3 Soothing Diet**

6 am	2 Or 3 glasses of plain water
7 am	Thin Raagi malt with jag grey 250 ml
10 am, 1 pm & 4 pm, 7pm	Vegetable soups, sago malt, Butter milk 350 ml, juicy fruits, raw salads

Along with 12 to 14 glasses of plain water; per day. After 3 days of liquid diet, it is observed that there is 1kg reduction in her weight, and no complaints of any weakness or tiredness.

**Table no: 4 - constructive diet for succeeding 6 months period (approx. 1300kcal)**

6-7 am	Plain water 2 -4 glasses
8 am 9am	Raagi malt 250 ml/ Multi grain malt 250 ml
10.00 am	Sprouts 25 mg/ any available fruit.
12 - 1.00 pm	Two wheat pulkas 30 gms each, 50gms, Boiled vegetables, 200 gms Raw salad,100gms Dhal with available leafy Vegetable,250 ml buttermilk
4 pm	Herbal tea (MINT TEA WITH 1tsp HONEY or JAGREY) /Fruit juices 200ml
7 pm	Seasonal fruit 200 gms, 200gms salads, Buttermilk 250ml

**RESULTS:** - Following the naturopathic diet for 1 month her weight was reduced to 71 kgs, advised to continue the same diet for 1 more month she got her menstrual cycle after 2 months without any hormonal therapy. This progress motivated her to continue the diet for further with this determination and faith her weight reduced to 63 kgs, BMI as 26kg/m<sup>2</sup>, waist /hip ratio 0.82 with regular menstrual cycles, the abdominal scanning was shown NORMAL STUDY. By ensuing the of low-calorie diet in present case did not noticed any complaints of constipation, giddiness or weakness in 6 months of duration In the

month March 2021 conceived in December 2021 blessed by baby girl with normal delivery.

**DISCUSSION:** - A non-pharmacological therapy, Naturopathy contemplates that diet as a medicine .it consists of satvic diet includes liquid, semisolid and freshly prepared vegetarian constructive diet. Liquid diet helps in detoxification, reduction in the mean weight. Fiber rich semisolid diet consists porridges and fruit juices maintain the gut activity. Whereas well-balanced constructive diet rich in multiple vitamins, minerals, in required proportions of carbohydrates and proteins, low fat will provide the nutrients maintains the weight. The present case study

showed that Naturopathic diet intervention have an impact on the PCOS. A significant changes observed in her weight, and Anthropometric measurements, further a marked changes in restoration of regular menstrual cycles which supported for her conceive. Studies have shown that low calorie diet is effecting in PCOS conditions, helps in reduction in weight by lowering the insulin resistance which in turns showing an impact on reducing the androgens results in ovulation and promoting the fertility<sup>4</sup>. 5% of body weight reduction can regularize the menstrual cycles further helps in ovulation.

#### CONCLUSION:

Implementation of a schematic naturopathic diet by maintain the physiological homeostasis has shown a significant change in PCOS case. The study may require further on large number of subjects.

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