



NUTRITIONAL SURVEY ON PREVALENCE OF POLYCYSTIC OVARIAN SYNDROME IN WOMAN OF REPRODUCTIVE AGE

INTRODUCTION:

Polycystic ovarian syndrome (pcos) is a hormonal disorder that causes enlargement of ovaries with small cysts on the outer edges. The cause of PCOS is unknown. But it's related to abnormal hormonal levels. There is evidence that several other factors also cause PCOS. High level of male hormones (androgen) prevent ovaries from releasing eggs (ovulation), which causes irregular menstrual cycle. Many body systems are affected in polycystic ovarian syndrome that results in several health complications like menstrual dysfunction, infertility, hirsutism, obesity, acne and metabolic syndrome. Women with this disorder have increased risk of developing type 2 diabetes and also increased risk of cardiovascular disease.

OBJECTIVE:

- To know the prevalence of PCOS in woman of reproductive age and dietary interventions to overcome it.
- To know the amount of knowledge that the woman of reproductive age belonging to age group of 15-49 years have a knowledge about the PCOS.
- To create awareness regarding the health complications like menstrual dysfunction, infertility, obesity and metabolic syndrome in connection to PCOS.

METHODOLOGY:

The survey was conducted among 51 individuals belonging to the age group of 15-45 years. The questionnaire was formulated and the survey was conducted over online mode with the help of google forms . (<https://forms.gle/HuZYdeQ2z7vvucbL8>)

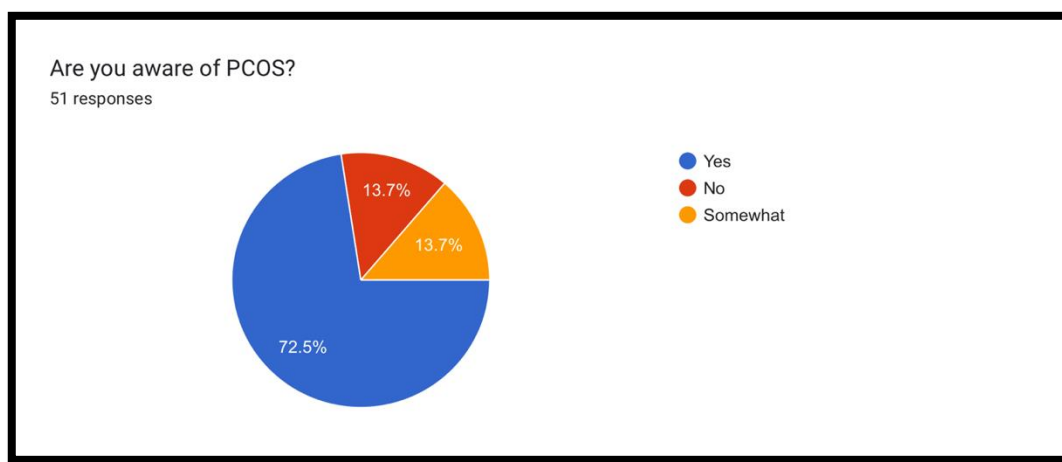
RESULTS:

The questionnaire comprised of basic details of the individual and asked questions based on the condition. The google form was answered by 51 woman aged between 17-45 years. The number of women in the age group is depicted in table 1 which consisted 20 in the age group of 17-21 years, 23 in the age group of 22-25 years, 8 in the age group of 26-45 years.

Table1: Age group of the women

Age group	Number of women
17-21 years	20
22-25 years	23
26-45 years	8

Graph 1: Awareness of PCOS

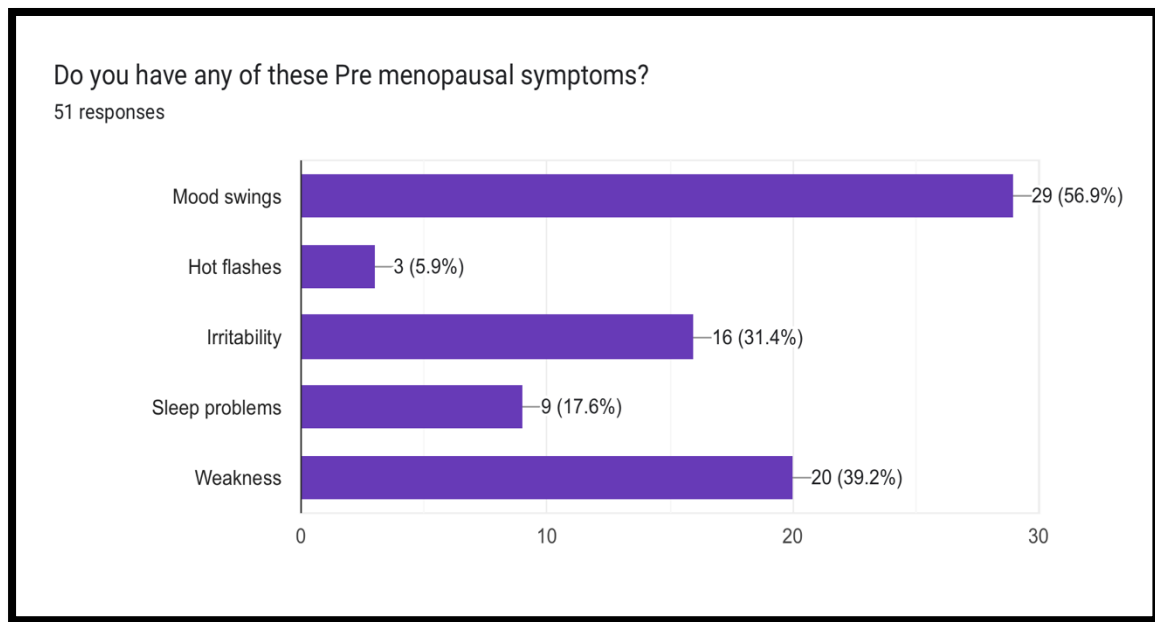


On questionnaire , based on graph 1 concerning basic knowledge of pcos in woman of reproductive age,72.5% of the population were aware about pcos, 13.7% were unaware of the condition and 13.7% had somewhat idea about the condition. This depicts that more than half of the population know about the pcos that can occur in reproductive age.

On asking, 47.1% of population had regular periods , and rest of the population had periods once in 45 days and late 15-20 days. The data on difficulty in losing weight majority of population ie 74.5% were denied it, 25.5% were had difficulty in losing weight.

On questionnaire, concerning excess facial and body hair, 78.4 % that is majority of the population did not have the condition where as 21.6% had excess facial and body hair. The data on pre menopausal symptoms is depicted in graph 2 of which more than half of the population ie 56.9% experienced mood swings, 5.9% had hot flashes, 31.4% had irritability, 17.6% had sleep problems and 39.2% had weakness.

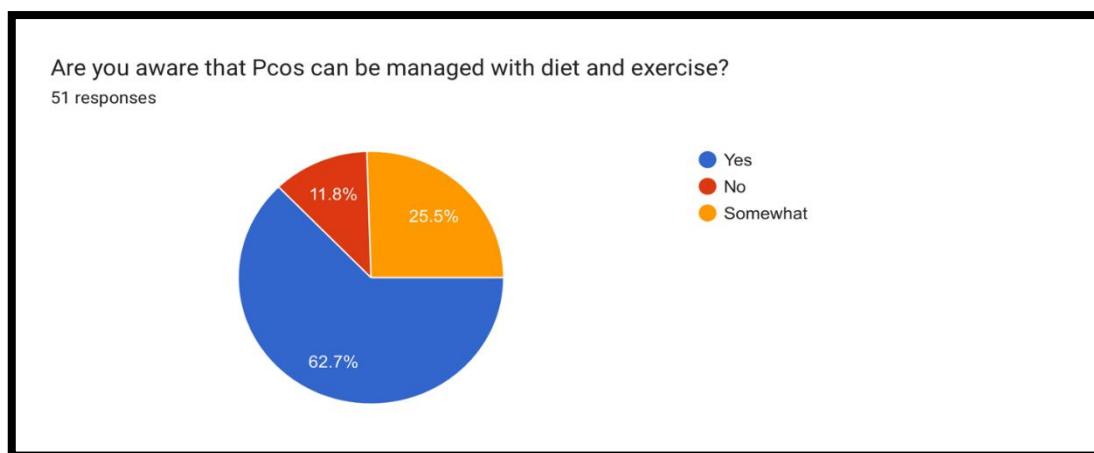
Graph 2: Pre menopausal symptoms



On asking, about medications for pcos majority ie 93.1 % of population denied, 2.3% of people were using M2 tone forte syrup, and 4.6% of population were taking ova pill.

Based on the graph 3, the survey depicted 62.7% of population were aware that pcos can be managed with diet and exercise, 11.8% of population were unaware and 25.5% of population somewhat had an idea about diet and exercise.

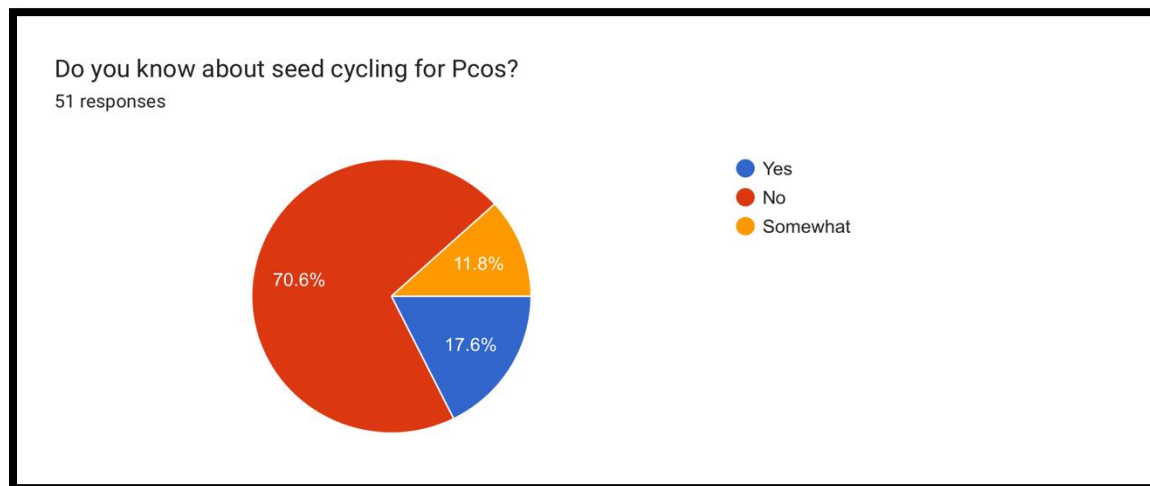
Graph 3: Management of PCOS with diet and exercise



On asking about dietary modifications for pcos, 82% of population did not try where as rest population tried some remedies like reducing spicy foods, consuming more whole grains, fruits and nuts.

The data on knowledge about seed cycling for pcos from graph 4, depicted that majority ie 70.6% of the population was unaware about it , 17.6% had knowledge about it and 11.8% had somewhat idea about it.

Graph 4: Knowledge of seed cycling for PCOS



DISCUSSION:

PCOS is a common hormonal condition in women associated with psychological, reproductive and metabolic features. Nowadays PCOS is becoming a more prevalent disorder among women of reproductive age with lifelong complications.

The nutritional survey on prevalence of pcos in woman of reproductive age was conducted for age group of 17-45 years. On asking about the knowledge of pcos in reproductive age majority of population was aware of it and one fourth of the population was unaware or somewhat had an idea about it. The data on the population who's facing irregular periods, it was found that majority of population had regular periods and only some women had periods once in 45 days and late 15-20 days. The data on difficulty in losing weight was concerned, majority of population were denied it and only few had difficulty in losing weight. On questionnaire, concerning excess facial and body hair, majority of the population did not have the condition where as one fourth of the population had excess facial and body hair. On asking about the premenopausal symptoms, half of the population were found to have mood swings, irritability and weakness, rest of the population had sleep problems. When asked about medications for pcos, it was found that majority of the population were not taking any medications. On asking about the role of dietary management and exercise in pcos, majority of the population had an idea about it, where rest of the population had no much idea about it. On asking about dietary

modifications for pcOS, majority of the population did not try where as rest population tried some remedies like reducing spicy foods, consuming more whole grains, fruits and nuts. The data on knowledge about seed cycling for pcOS it was found that majority of the population was unaware about it and one fourth of the population had an idea about it and rest one fourth of the population had somewhat idea about it.

CONCLUSION:

From the study it was concluded that people were aware about pcOS. It was seen that majority of survey population didn't show irregular periods and also the difficulty in losing weight. Some showed some pre menopausal symptoms like mood swings and irritability but they are not taking any medications Majority of the population had no much idea on seed cycling for pcOS, but they are aware that pcOS can be managed with diet and exercise.

BIBLIOGRAPHY:

- Norman, R. J., Dewailly, D., Legro, R. S., & Hickey, T. E. (2007). Polycystic ovary syndrome. The Lancet, 370(9588), 685-697.
[https://doi.org/10.1016/S0140-6736\(07\)61345-2](https://doi.org/10.1016/S0140-6736(07)61345-2)

NIREEKSHA SHETTY M

2nd M.Sc FSN

P05BW21S0005