



Survey on intake of functional food by patients suffering from non-communicable disorder-Polycystic Ovarian syndrome

Aim:

To investigate the extent of intake of functional food and nutraceuticals in the community by the people affected with Polycystic Ovarian Syndrome(PCOS)

Objective:

- To analyze the Intake of Functional food and Nutraceuticals in the community.
- To understand the impact of functional food and nutraceuticals on the health status of the community.
- To study the prevalence of polycystic ovarian syndrome in the community based on age, sex, lifestyle, and other factors.

Outcome:

The survey helped students to understand the experiences and challenges faced by women living with PCOS.

It highlights the impact of functional foods on PCOS management and sheds light on the physical, emotional, and psychological effects of the condition.

The findings emphasize the need for greater awareness, support, and resources for individuals affected by PCOS and promote understanding within the community.

Report:

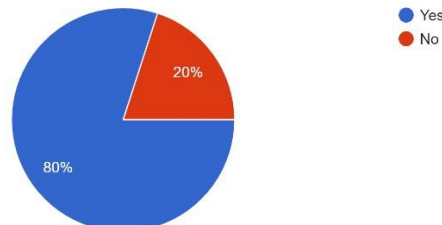
PCOS (Polycystic Ovary Syndrome) is a metabolic disorder in which the woman is affected by hormonal imbalance in their reproductive years (between ages 12 and 51). Due to the increased level of male hormones females might skip menstrual periods, have irregular ovulation making it hard to get pregnant, and have abnormal hair growth on the body and face simultaneously it can lead to heart disease and diabetes in the long term.

A survey was conducted to study the intake of functional food by people with polycystic ovarian syndrome, (PCOS). The survey. aims to understand the types and frequency of functional foods consumed by individuals with PCOS as well as their perceived effectiveness in managing symptoms.

The majority of the women with PCOS were between 15-24 years old (66.7%), followed by 25-34 years old (33.3%). Most women had been diagnosed with PCOS for 2-3 years, with a few exceptions ranging from less than one year to over 10 years.

The majority of the population(80%) are familiar with the concept of functional food/Nutraceuticals, while the remaining 20% are not aware of functional food.

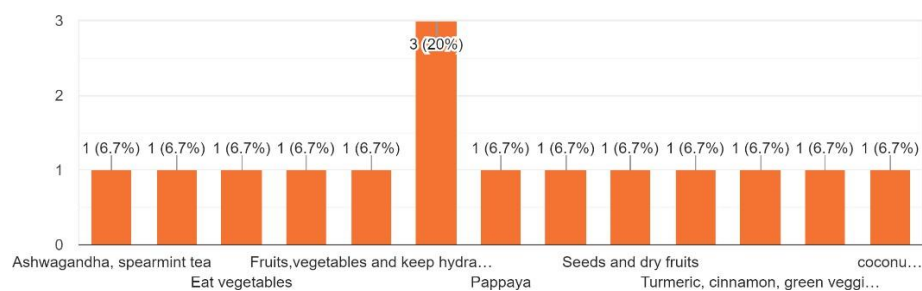
Do you know what are functional foods or nutraceuticals or foods that are beneficial for health?
15 responses



Most respondents consumed fruits, vegetables, nuts, seeds, whole grains, chicken, fish, omega-3 fatty acid supplements, turmeric, and cinnamon without experiencing negative side effects. Green leafy vegetables were consumed by 80%, followed by nuts and seeds (80%), whole grains (66.7%), chicken and fish (53.3%), omega-3 fatty acid supplements (46.7%), turmeric (40%), cinnamon (26.7%), and berries and other supplements (13.3%).

Are there any specific functional food that you find particularly helpful in managing your PCOD symptoms?

15 responses



P05BW22S065023
RASHEEDA

P05BW22S065033
SARAH SHEIKH

P05BW22S065039
SANGEETHA PAIG

P05BW22S065043
AYAHATHIL AFNA