SUSHIL AWASTHI

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POLYCYSTIC OVARIAN SYNDROM (P C O S)

IT IS A CONDITION THAT IS GIVING A EEFECT TO WOMEN HARMONES LEVEL.THIS IMBALANCE OF HARMONES MAKE HARDER TO GET PREGNANTAND CAN SKIP FEMALE MENSTRUEL CYCLE.

THERE ARE FOUR TYPES OF PCOS SEEN IN FEMALES ALMOST YET

1-INSULIN RAGISTANT PCOS

2-PILL RAGISTANCE PCOS

3-INFLAMATORRY PCOS

4-HIDDEN PCOS

EVEN PCOS PATIENT HAVE ALSO IRREGULAR MENTRUEL CYCLE.

ACTUALLY WHEN EXTRA AMMOUNT OF TESTOSTERON SECREAT BY PITUTARY GLAND IN FORM OF LH OR LEVEL OF INSULIN (FROM THE PANCREASE) ARE TO HIGH.

SIMPLY PCOS CAN SEEN IN ANY FEMALES.

***1*WAY TO IDENTIFY PCOS-----**

OBESITY ,WEIGHT GAIN,ACNE,OIL SKIN,INFERTILITY,DARK PATCHES,DEPRESSION,UNWANTED HAIR,

IRREGULAR PERIOD,EXESSIVE BLEEDING DURING MENTRUEL CAN BE PCOS ,DEFFICULTY IN GETTING PREGNANCY,

***2*MAJOR RISK BY PCOS----------**

ENDOMATRIAL CANCER

UTERIN CANCER

COMPLETE INFERTILITY

***3*CURRENT SCENARIO GLOBALLY--------**

NORMALLY PCOS IS SEEN IN FEMALES BY COMMON SYPTOMS INFERTILITY & IRREGULAR MENSTRUEL CYCLE.ITS INCREASING @3 TO 25% GLOBALLY.EVEN IN UK IT IS ALMOST 5 -10% & IN US THE SAME ALMOST & IN INDIA ITS GROWING BY 4% TO 25 %.

***4*EFFECTIVE TREATMENT----**

AS PER MY GUIDLINE THERE ARE ONLY THREE WAY TO DECREASE PCOS

- **(a) VEDIC LIFE STYLE**
- **(b) YOGA**
- **(c) HERBAL REMEDY SUGGESTED BY ME**

NOW TREATMENT BY
(a) VEDIC LIFE STYLE----------→*1*I WILL SUGGEST TO ALMOST AVOIDEARTIFISIAL SUGAR & PRESERVATIVE ADDED PRODUCT OF MARKET.
***2*FEMALES HAVE TO IMPROOVE THEIR BALANCE DIET WITH ADDED ADVANTAGE OF CARBOHYDRATE & PROTIEN.**
***3*FEMALES SHOULD INCREASE IRON & MAGNESIUM INTAKE IN FOOD**
***4*COMPLETELY AVOIDE COFFE**
***5*AVOIDE SPICY & JUNK & OILY FOODS**
***6*SUGGEST TO HIGH FIBER FOOD**
***7*SUGGEST TO GREEN VEGETABLE,DARK RED FOOD,BROCCALI,GRAPES,CAULIFLOWER**
***8*HERBAL TEA OR IMMUNITY BOOSTER KWATH FORMULATED BY SUSHIL AWASTHI INDIA**

(b)TREATMENT BY YOGA----→PCOS IS COMMON HARMONAL DISORDER IN FEMALES & CHARACTERISED BY OVARIAN CYST & YOGA HELP TO RELEASE DEEPLY STORED STRESS IN RIPRODUCTIVE ORGANS.WHICH HELP TO DECREASE PCOS SYPTOMS.
GENTALY MASSAGE IN FULL BODY ALSO HELPFUL
PRANAYAM
ANULOM & VILOM
MORNING WALK

©TREATMENT BY HERBAL SUGGESTED REMEDY

JUICE OF AMLA & GILOY

ASHWAGANDHA TABLET
SATAVARI TABLET
SYRUP GYNOCAL P.B (ISOAL HEALTHCARE COMPANY BRAND)

FINALLY PCOS IS SEEN IN YOUNG AGE GIRLS & WOMENS BECAUSE OF THEIR DISTURB LIFE STYLE WHICH LEADS OVER STRESS ETC
SO THEY SHOULD AVOIDE SOME ABOVE SUGGESTED HABBITS & I AM SURE IF THE PATIENTS WILL FOLLW MY GUIDLINE (SUSHIL AWASTHI +91 9919753711 & ISOAL2001@GMAIL.COM).
THEN THEY WILL BE HEALTHY & I WILL DEVELOP THEIR IMMUNE POWER VERY STRONG THEN NO ANY OTHERS DESEASE WILL BE IN FEMALES.

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