

EFFECT OF SEEDS ROTATION ON POLYCYSTIC OVARIAN SYNDROME – A COMMUNITY BASED STUDY

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ABSTRACT

Background: Polycystic ovarian syndrome (PCOS) is becoming one of the common health problems that can affect teen girls and young women in their reproductive age. Unhealthy eating habits can cause hormonal imbalance which may lead to menstrual irregularity, multiple cysts in ovaries, and other degenerative diseases. There is no cure for PCOS, but the symptoms can be treated.

This study focuses on the effect of seed cycling, which involves tracking menstrual cycle and eating specific seeds during different days of the menstrual cycle. This, in effect, ensures optimal levels of estrogen and progesterone when hormones are present during the menstrual cycle. The subjects are prescribed eating flax and pumpkin seeds from 1-14-days of cycle. And eating sunflower seeds and sesame seeds from 15-28 days of menstrual cycle.

Method and Material: Sample size for the study is 150 girls, age from menarche to 30 years. (Both married and unmarried). Girls were approached from hospitals, clinics, school and colleges. Anganwadi workers also helped in collecting some data. Samples selected for study were confirmed cases of PCOS and their medical reports were checked.

Eating habits were collected with the help of approved questionnaire forms and personal interviews with each subject. Seeds were provided to subjects. Communication was done regularly by using whatsapp, and phone calls. Physical meeting was scheduled with subjects every fortnight. Clinical observation, weight measurement, and waist-hip were measured in such meetings.

Result: Out of 150 girls, eating habits of 50 girls were calculated by using weight method. Within 2-3 months, 45% of subjects have started showing positive results i.e., 22% of them having periods on time, 10% feeling changes in skin, 9% feeling energetic, 4% feeling better than before. Study is in progress, so some results are still awaited.

Conclusion: Seed Rotation therapy with healthy eating habits and lifestyle changes is giving positive results for subjects with the symptoms of PCOS. More results are expected in coming weeks. Counselling and awareness of PCOS and its management is needed for mitigation of PCOS symptoms and to prevent the occurrence of long-term complications.

Keywords: PCOS, hormonal imbalance, seed rotation therapy, eating habits, lifestyle

INTRODUCTION:

Polycystic Ovarian Syndrome (PCOS) is increasingly affecting teenage girls and young women, disrupting hormonal balance and causing irregular menstrual cycles, acne, and excess hair growth. These issues often persist into adulthood, impacting fertility. Effective management of PCOS requires a comprehensive approach addressing both physical and emotional aspects. Recognizing the interconnected nature of girl's health and the impact of PCOS underscores the need for holistic support and personalized care throughout their health journeys.

According to the WHO, in 2012, approximately 3.4% of women globally (over 116 million) were affected by PCOS (Jeshica Bulsara et al., 2021). The increasing prevalence of PCOS is linked to lifestyle changes, medication, and sometime surgical interventions, highlighting the need for attention from healthcare providers and policymakers to provide the quality of life.

This research examines the impact of seed cycling, a method that involves monitoring the menstrual cycle. This practice aims to maintain optimal levels of estrogen and progesterone during their respective phases. Participants consume flax and pumpkin seeds from 1 to 14 days of their cycle, followed by sunflower and sesame seeds from 15 to 28 days.

Objectives:

1. Explore the impact of unhealthy lifestyle on symptoms of PCOS.
2. Propose the recommendations of seeds to reduce stress among PCOS suffering girls.

METHOD & MATERIAL

In this study, data collection was conducted across diverse setting within Bhopal City, Madhya Pradesh, India. A mixed-method approach, combining quantitative and qualitative methods, was employed using a questionnaire with open ended and close ended questions.

Sampling Method: Sample size for the study is 150 girls, age from menarche to 30 years. (Both married and unmarried).

Girls were approached from hospitals, clinics, school and colleges. Anganwadi workers also helped in collecting some data. Samples selected for study were confirmed cases of PCOS and their medical reports were checked.

Eating habits were collected with the help of approved questionnaire forms and personal interviews with each subject.

Seeds were provided to subjects. Communication was done regularly by using whatsapp, and phone calls.

Physical meeting was scheduled with subjects every fortnight. Clinical observation, weight measurement, and waist-hip were measured in such meetings.

From the 1st to the 14th day of the menstrual cycle, flax seeds and pumpkin seeds are recommended. From the 15th to the 28th day of the menstrual cycle, black sesame seeds and sunflower seeds are recommended.

Result: Out of 150 girls, eating habits of 50 girls were calculated by using weighment method. Within 2-3 months, 45% of subjects have started showing positive results i.e., 22%

of them having periods on time, 10% feeling changes in skin, 9% feeling energetic, 4% feeling better than before. Study is in progress, so some results are still awaited.

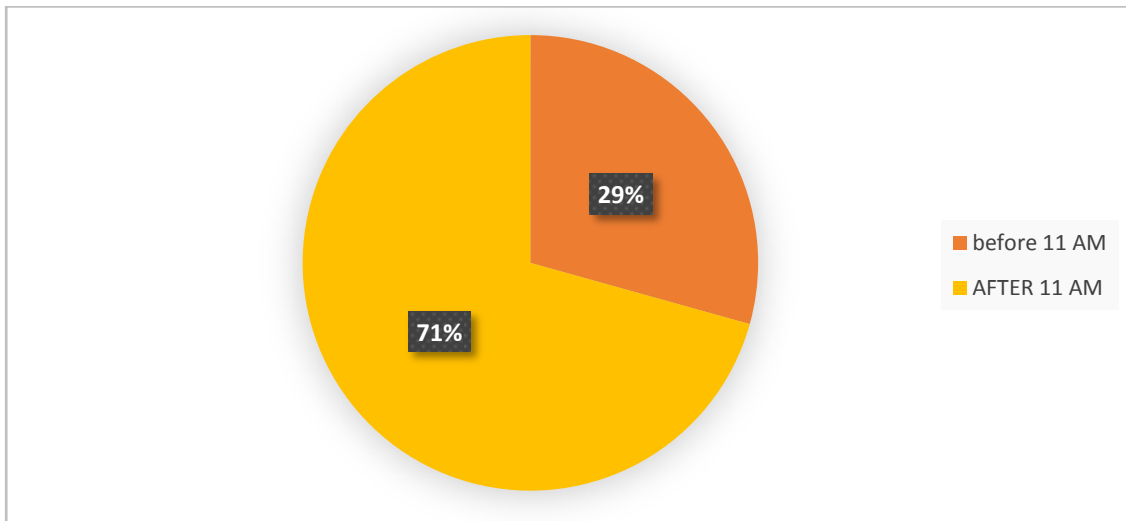


Figure 1: Sleeping time of respondents (N=150)

From figure 1, out of 150 respondents 71% respondents were sleep late in the night, which causes hormonal imbalance.

Table 1: Lifestyle Habits of the Respondents

Lifestyle	Number of Respondents	
	Sleep time	44(Before 11pm)
Workout habit	52 (yes)	98 (No)
Meditation habit	36 (yes)	113 (No)

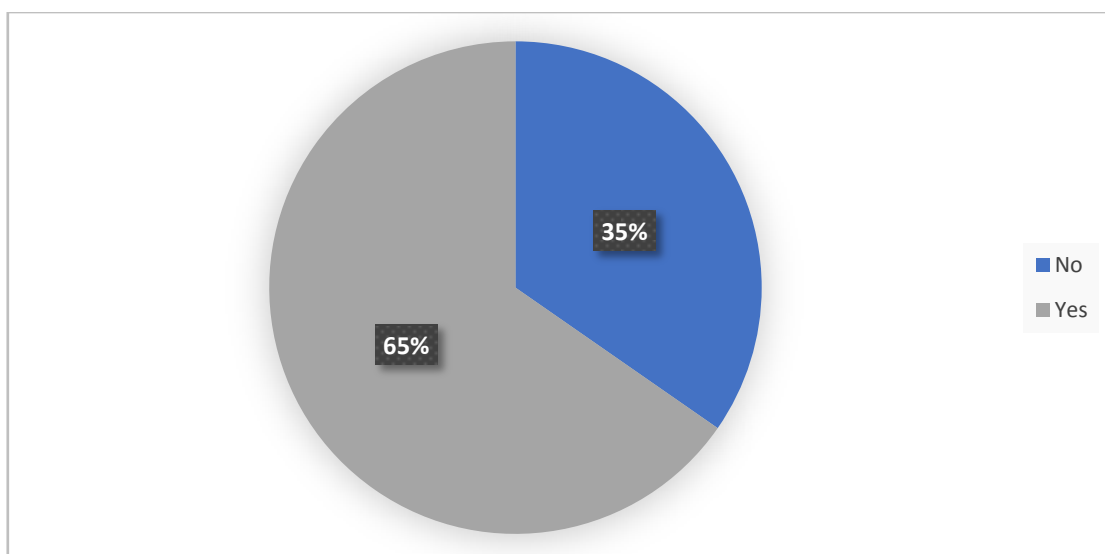


Figure 2: Workout Habit of respondents (N=150)

From figure 2, collected the workout habit of the respondents,

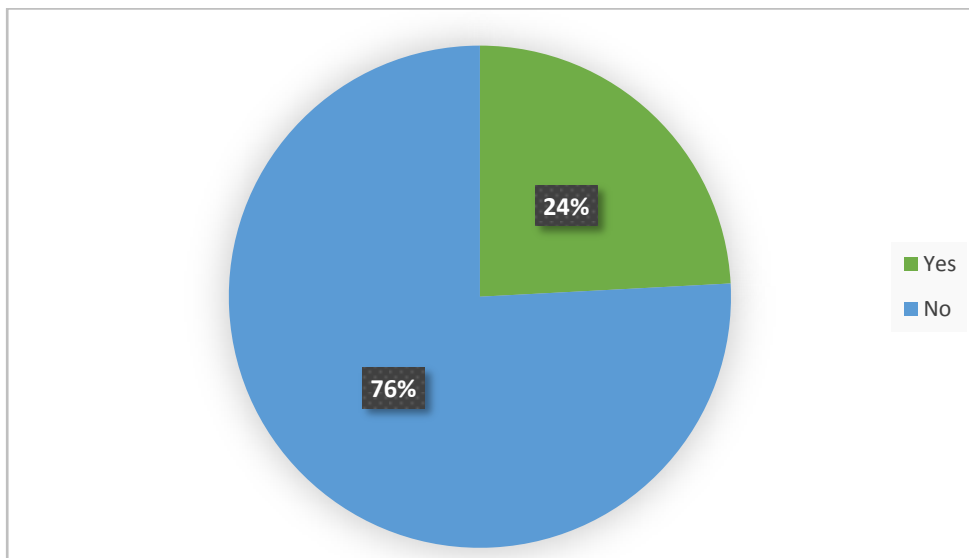


Figure 3: Meditation Habit of respondents (N=150)

Conclusion: Seed Rotation therapy with healthy eating habits and lifestyle changes is giving positive results for subjects with the symptoms of PCOS. More results are expected in coming weeks. Counselling and awareness of PCOS and its management is needed for mitigation of PCOS symptoms and to prevent the occurrence of long-term complications.

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