

## A SYSTEMATIC REVIEW ON THE IMPACT OF SURYANAMASKAR IN WOMEN WITH AARTAVDUSHTI W.S.R. TO POLYCYSTIC OVARIAN SYNDROME

<sup>1</sup>Vikash Katare, <sup>2</sup>Ritu Raisinghani, <sup>3</sup>Mamata P. Tirankar

<sup>1</sup>M.d Scholar, P.G. Department of Swasthavritta Evum Yoga, Rani Dullaiya Smriti Ayurved PG College And Hospital, Bhopal

<sup>2</sup>M.d Scholar, P.G. Department of Swasthavritta Evum Yoga, Rani Dullaiya Smriti Ayurved PG College And Hospital, Bhopal

<sup>3</sup>Associate Professor, P.G. Department of Swasthavritta Evum Yoga, Rani Dullaiya Smriti Ayurved PG College And Hospital, Bhopal

**Corresponding Author:** [vikaskatarejnv@gmail.com](mailto:vikaskatarejnv@gmail.com)

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### ABSTRACT

PCOS is an emerging lifestyle disorder involving multiple systems occurring among 5-10% of the Indian adult female population in their reproductive period. Polycystic Ovary Syndrome (PCOS) is a prevalent hormonal disorder affecting women of reproductive age, marked by imbalances in hormones, insulin resistance, and metabolic irregularities.

It manifests with symptoms such as irregular menstrual cycles, ovarian cysts, hirsutism, acne, and infertility. PCOS not only poses challenges to reproductive health but also elevates the risk of conditions like infertility, type 2 diabetes, and cardiovascular disease. Women, in particular, are disproportionately affected by the prevalence of anxiety, mental tension, psychological, and psychosomatic disorders in today's fast-paced modern environment. The most preferred and effective method of treatment of PCOS is lifestyle modification. Herbal medication, healthy eating, behavioural modification, yoga, meditation, and other stress relieving practices can be effective alternatives. Out of all of these complementary and alternative treatments, *Suryanamaskar* is the most successful as this promotes metabolism-boosting weight loss, mental and physical calmness, stress reduction, and blood cir-

ulation regulation. *Suryanamaskar* serves to widen the Pelvic region, encourage blood flow to the reproductive organs, massage them to reduce inflammation, and improve their functions. *Suryanamaskar* relieves menstrual discomfort and normalizes the menstrual cycle. Weight loss is an important treatment strategy. *Suryanamaskar* is a complete prescription for the healthy body and mind which can destroy the root cause of PCOS which is obesity and stress, ultimately leads to better quality of life. The purpose of this review is to examine the effects of meditation and *Suryanamaskar* on the health of women with PCOS.

**Keywords:** *Suryanamaskar, Polycystic ovarian disease, lifestyle disorder.*

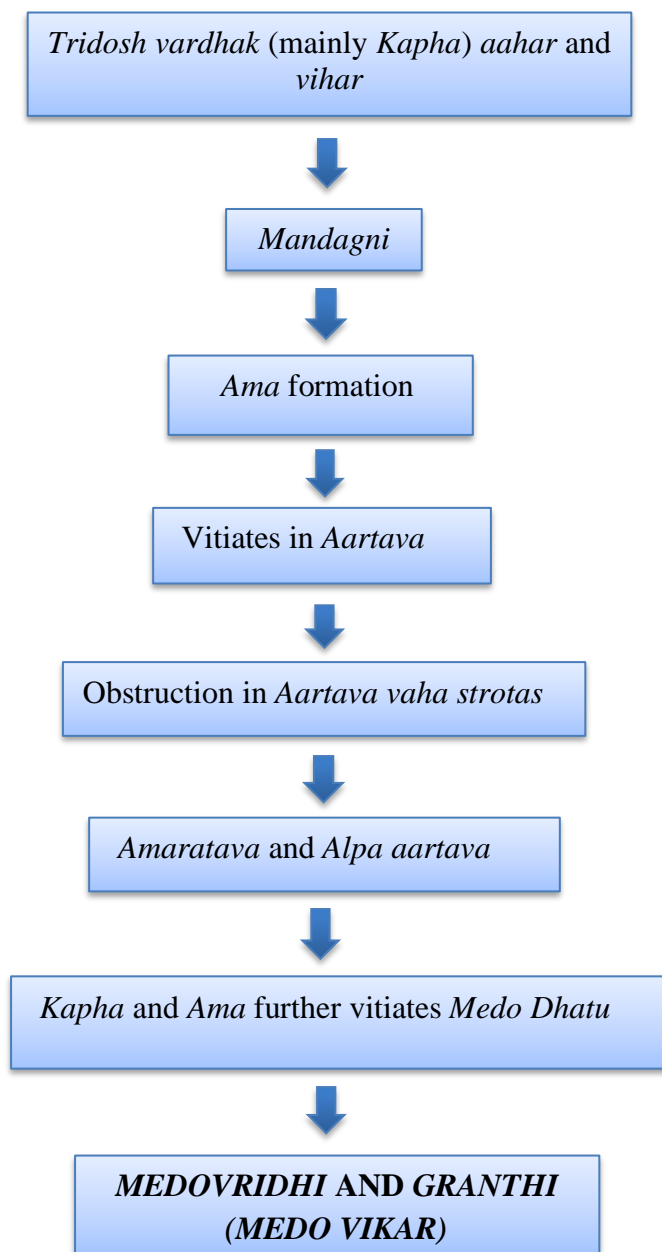
## INTRODUCTION

A woman represents beauty. Beauty should not be superficial; rather, it should be preserved inwardly. Women's bodies undergo numerous physiological changes, which are most noticeable during the reproductive process. The most priceless gift that God has given to women is parenthood. Menopause marks the end of the preparation period for parenthood.

PCOS, also referred to as polycystic ovarian syndrome, is an endocrine system illness that affects women who are fertile. Nowadays, the incidence of PCOD (5% - 15 %) is increasing fast lately due to changes in lifestyle and stress. PCOS is a multifactorial psychosomatic illness. Obesity, anovulation linked to primary or secondary infertility, hirsutism, irregular menstrual cycles, a higher risk of miscarriage, and problems related to pregnancy are among the symptoms. Therefore, PCOS management is hard and demanding.

*Acharya Charaka* mentioned in *Sutra Sthana* 18/41-45 that there are *APARISANKHEYA* diseases based on *ruja*, *vran*, *samuthan*, *sthan*, and *sansthan*, so one should not hesitate to consider and treat unnamed diseases. Since the name simply refers to a syndrome, no specific *Ayurvedic* ailment can be associated with it; instead, it can be viewed as one of the few varieties of *Yonivyapad*, can be named as *Bijkosh granthi* but on the basis of sign and symptoms it comes under the heading of *Aartava dushti*, *Rajadushti*, *Strotas dushti* and vitiation of *Ras Dhatu*. The etiological factors of *Rasavaha* and *Medovah Srotodushti* are stress, anxiety, and inactivity, respectively.<sup>[1]</sup> *Ayurveda* defines a "*granthi*" as nothing more than a cyst. *Granthi* is caused by vitiated *Rasa*, *Rakta*, *Meda-Dhatu*, and vitiated *Kapha*, *Vata-*

*Dosha*, according to *Sushrut Acharya*. However, *Meda-dhatu* is also crucial to the creation of *Granthi*.<sup>[2]</sup> Modern lifestyle changes are to blame for the deterioration of *Rasa*, *Rakta*, *Meda-Dhatu*, and *Tridosha*. Moreover, *Vega-dharana* is in charge of *Apana-Vayu Vikruti*. Outcomes irregular menstrual cycle; *artavava-dushti*.<sup>[3]</sup> Regular *Vyayama*, according to *Acharya Vagbhata*, burns superfluous *Meda- Dhatu* and strengthens and stretches the body.<sup>[4]</sup> It also enhances *Agni's* biochemical function. *Suryanamaskar* helps rejuvenate physical and mental health in such conditions by boosting *Agni* and *Satva-guna* metabolism, regulating the menstrual cycle, lowering blood pressure, reducing stress, and lowering anxiety. Thus, *Suryanamaskara* aids in the regulation of *Agni's* biochemical function, the correction of *Meda-dushti*, or the metabolism of fat, and the enhancement of *Rasa* and *Rakta dushti*, or the body's lymphatic and circulatory systems. Additionally, increasing *Satva Guna* and decreasing *Tamasik & Rajo Guna* in the body can be achieved by synchronizing breathing exercises with mantra chanting in each *yoga pose*.<sup>[5]</sup> Thus, it works well to maintain the health of one's uterus and ovaries. In *Ayurveda*, there is hormonal imbalance along with *Dosh* and *Dhatu dushti* results in cyst in ovary.



### **AIM**

To study the role of *Suryanamaskar* in *Aartavdushti* w.s.r. to polycystic ovarian syndrome.

### **OBJECTIVES**

1. To study the relationship between *Aartavdushti* and polycystic ovarian disease.
2. To review the role of *Suryanamaskar* in polycystic ovarian disease.
3. To study the role of *Suryanamaskar* in lifestyle modification.

### **MATERIALS AND METHODS**

This screening of relevant material from the classical texts of *Yoga* also reviews *rejuvenation and improving quality of life*. It involves a systematic search of PubMed, Google Scholar, and other resources for published articles on PCOS and its management through Yogic intervention, as well as a thorough search of reference lists to identify relevant studies and their full paper analysis <sup>[6]</sup>.

## **INCIDENCE**

With a prevalence range of 6-26% globally and 3.7-22.5% in India, it is the most common endocrine condition in women and the leading cause of infertility. Genetics, the neuroendocrine system, a sedentary lifestyle, food, and obesity are risk factors that can lead to PCOS [7].

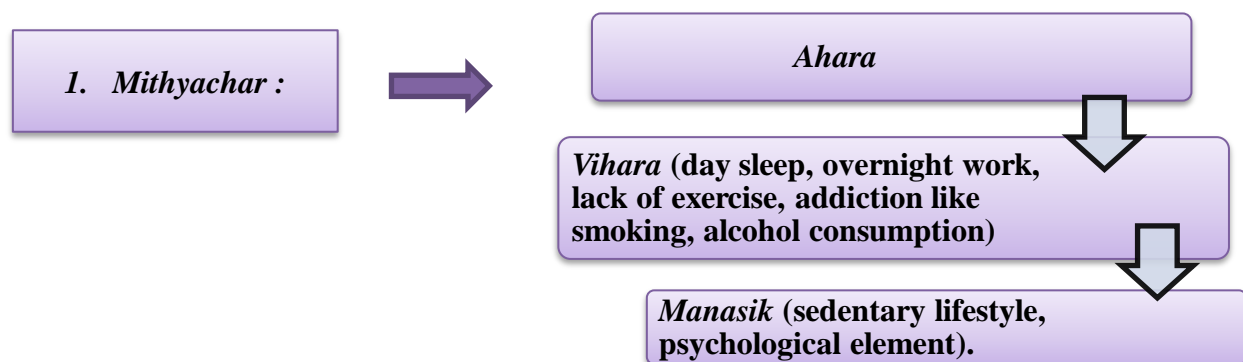
## **PREVALENCE**

With a prevalence range of 6-26% globally and 3.7-22.5% in India, it is the most common endocrine condition in women and the leading cause of infertility. Genetics, the neuroendocrine system, a sedentary lifestyle, food, and obesity are risk factors that can lead to PCOS [8].

## **ETIOPATHOGENESIS**

### **ACCORDING TO AYURVEDA [9]**

PCOS is primarily caused by :-



These elements cause the *Vata-kapha dosha* to get vitiated and change into *Granthibhoot Artava* or *Vata-kapha Artavadushti*.

### **2) Pradushtartava:**

It means *dushit aartava*, which is updhatu or should be taken as major *rupa aartava* or hormones. So hormonal imbalance leads to disorders like PCOD, etc.

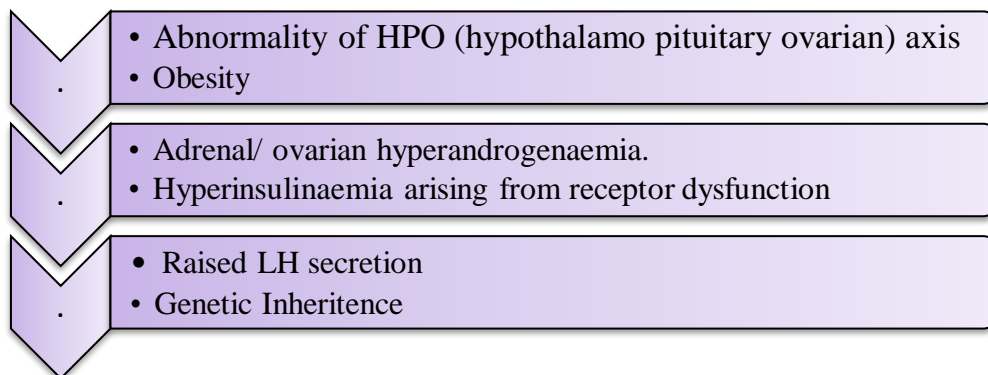
### **3) Bijdosha:**

Here, Bija means gametes, i.e. genetics and chromosomal level abnormality, taken as nidana in Vandhya in Ayurveda.

### **4) Daiva:**

It is an unknown factor that leads to PCOD.

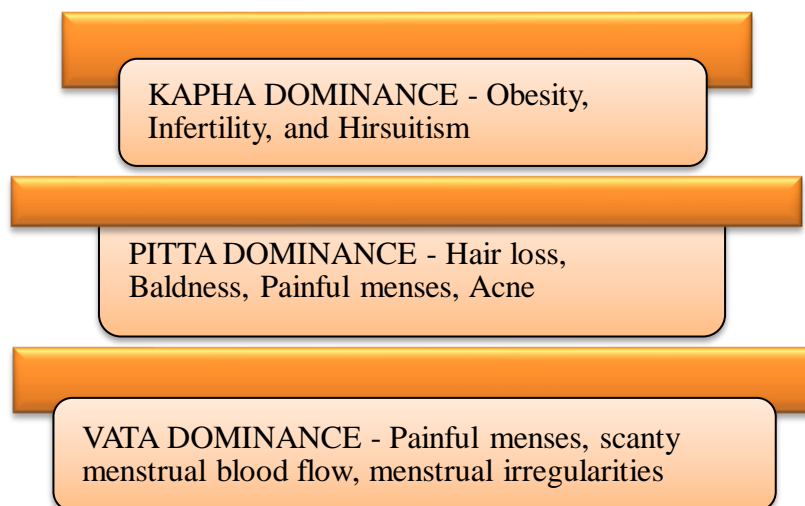
## ACCORDING TO MODERN SCIENCE <sup>[10]</sup>



## SYMPTOMS <sup>[11]</sup>

1. **Irregular menstrual cycles** - Oligomenorrhoea, amenorrhea
2. **Infertility** due to Anovulation.
3. **Dyspareunia**- painful coital act
4. **Prolonged periods of premenstrual symptoms** like (Bloating, mood swings, pelvic pain, back-aches).
5. **Hirsutism**- unwanted body hair, typically in a male pattern, affecting the face, chest and legs.
6. **Acanthosis Nigerians** (thick pigmented skin develops over the nape of the neck, inner thigh and axilla due to insulin resistance.)
7. **Androgenic alopecia**-male pattern baldness.
8. Acne, oily skin.
9. **Psychic Symptoms** include Depression, Anxiety, Disturbed sleep, General Fatigue, and loss of self-confidence.

✓ We can correlate the above symptoms with dosha's dominance as below:-



## MECHANISM AND MANIFESTATIONS IN PCOS <sup>[12]</sup>

S.NO	MECHANISM	MENIFESTATIONS
1	Pituitary dysfunction	<ul style="list-style-type: none"> <li>• High serum LH</li> <li>• High serum prolactin</li> </ul>
2	Anovulatory menstrual cycles	<ul style="list-style-type: none"> <li>• Oligomenorrhea</li> <li>• Secondary amenorrhea</li> <li>• Cystic ovaries</li> <li>• Infertility</li> </ul>
3	Androgen excess	<ul style="list-style-type: none"> <li>• Hirsutism &amp; acne</li> </ul>
4	Obesity	<ul style="list-style-type: none"> <li>• Hyperglycemia</li> <li>• Elevated oestrogen</li> </ul>
5	Insulin resistance	<ul style="list-style-type: none"> <li>• Dyslipidemia</li> <li>• Hypertension</li> </ul>

## ABOUT YOGA

*YOGA* means “Union” and the Unification of the psyche with supernatural force after severing from the discordant material things. The mind is a battle field for the natural attributes of Tamas, Rajas, and Satva. *Yoga* practices substantially aid the growth of mental potentialities and capacities. According to *Ayurveda*, *Charak Sharisthan* states that *yoga* is very important for humans and that moksha the ultimate state of human existence occurs when the mind is separated from its object. According to *Maharshi Patanjali*, *Asthang yoga* as follows

- |                      |                     |
|----------------------|---------------------|
| 1) <i>Yama</i>       | 2) <i>Niyama</i>    |
| 3) <i>Asana</i>      | 4) <i>Pranayama</i> |
| 5) <i>Pratyahara</i> | 6) <i>Dharana</i>   |
| 7) <i>Dhyan</i>      | 8) <i>Samadhi</i>   |

*Yoga* goes well beyond the level of the physical body. *Yoga* aids in the body's deep release of stored tension, which can lessen PCOS symptoms. Through the practice of certain practices, *yoga* is a psycho-somatic spiritual discipline that helps us achieve oneness and harmony between our mind, body, and soul. Hormones have the ability to cause emotional instability, but when they are controlled, they may balance emotions, calm the mind, and strengthen the will. *Yoga* is useful for balancing hormones since it regulates the body's endocrine glands. *Tridosha* balancing is aided by *yoga*. In women with PCOS, physical activity has been shown to improve anovulation, insulin resistance, hypertension, and a high lipid profile.

## SURYANAMASKARA<sup>[13]</sup>

*Suryanamaskara* is a Golden Treasury of the ancient Indian Culture. It has sprung from the Man's deep faith in Sun, the God of Energy. From the *Vedic* period, the devotion to the *Sun* as the Mas-

ter of this world is customary in many world cultures *Suryanamaskara* are originally the depiction of the same faith towards the Sun. In *Rigveda* and *Yajurveda*, special rhymes are devoted to the praise of Sun as following:

"O Sun, who gives pleasant light like a friend; Arise to-day and arise in this highest World, the everlit Sky-and cure my Heart disease and Jaundice.

Sun is regarded as the 'Self' (soul) of the whole world hence a Devotee of Sun expects himself to be one with the Lord Sun. In Vedas this feeling is clearly reflected as follows:

**"Sun is the 'Self of all the Moving and Non-moving World'".**

The word “*Surya*” means “the one who expands and illuminates the world”

The word “*Namaskar*” means “I bow my head with complete gratitude and offer myself to you wholeheartedly without being biased and partial”.




It has further been thought that our 'Self' or 'Soul' is the same Energy which exists in the Sun. Such is the great Scientific outlook of the Vedic people towards the Sun. The same is reflected in *Suryanamaskara*. If the *Suryanamaskaras* are carried on in the early morning Sunlight as basically designed, we feel Fresh and become Healthy due to Ultra Violet rays, Actinic rays and other beneficial properties of the Sunlight. Production of Vitamin D in our Body is the most important effect amongst them.

### Effect of Utterance of Certain Words:




Every *Suryanamaskara* is to be started after uttering certain definite Hymn like “*Omm Rhamm*” loudly. These specific words have got certain Scientific background and cause definite effective vibrations in the body through our Vocal Cords. The prolonged pronunciation of *Om*kara. These pronunciations definitely improve our Physical and Mental health.




## STAGES <sup>[14]</sup>



There are twelve stages in one *Suryanamaskara*. These are as under:

Steps	Asana	Mantra	Breathing	Effect On Chakras (Awareness)	Benefits
1	<b>Pranamasana (Prayer Pose)</b> 	<i>Om Mitraya Nama-ha</i>	Breath normally (inhale -exhale)	<i>Anahata (Hrudaya)</i>	Provides relaxation from anxiety and mental tension at first brings calmness and increases concentration.
2	<b>Hastottanasana (Raised Arms Pose)</b> 	<i>Om Ravaye Namaha</i>	Inhale while raising the arms	<i>Vishudhi (Throat)</i>	Strengthening the intercostal, respiratory, and abdominal muscles helps support the respiratory system, enhances digestion, and reduces weariness and anxiety, particularly in those with asthma.
3	<b>Padahasthasana (Hand to foot pose)</b> 	<i>Om Suryaya Nama-ha</i>	Exhale while bending forward	<i>Swadishthana (Sacrum)</i>	Back muscles and increases flexibility. Stretches hips, hamstrings and calves. of the thighs and knees are also strained. Eliminate excess abdominal fat by working the abdominal muscles.



4	<b>Ashwa Sancha-lanasana (Equestrian Pose)</b> 	<i>Om Bhanave Nama-ha</i>	Inhale while stretching the right leg back	<i>Aagya (3<sup>rd</sup> Eye)</i>	Balances the central nervous system, strengthens the spine. It regulates, abdominal organs such as the kidneys and liver. Increases willpower, increases lung capacity.
5	<b>Parvatasana (Mountain Pose)</b> 	<i>Om Khagaya Namaha</i>	Exhale the breath and return to the left leg	<i>Vishudhi (Throat)</i>	Stretches the spine well. Regulates the peripheral nervous system. Helps build strength and endurance in the arms, shoulder and wrist. Stimulates the Thyroid Gland by pressure and tones up the Abdominal muscles.
6	<b>Ashtanga Namaskara (salute with eight parts)</b> 	<i>Om Pooshne Namaha</i>	This position involves holding your breath out. No breathing occurs.	<i>Manipur (Solar Plexus)</i>	Strengthens the musculature and respiratory muscles of the upper part and lower extremities.

7	<b>Bhujangasana (Cobra pose)</b> 	<i>Om Hiranyagarbhaya Namaha</i>	Raise your torso and arch your back as you inhale.	<i>Swadishthana (Sacrum)</i>	Supports and strengthens the back, especially the lower back Improves the flexibility of the spine and muscles. It supports the respiratory, digestive, reproductive and genitourinary systems and is beneficial for asthma and menstruation.
8	<b>Parvatasana (Mountain Pose)</b> 	<i>Om Marichaye Namaha</i>	Exhale while taking the left leg back	<i>Vishudhi (Throat)</i>	Same as 5 <sup>th</sup>
9	<b>Ashwa Sanchalanasana (Equestrian Pose)</b> 	<i>Om Adityaya Namaha</i>	Inhale while assuming the pose	<i>Aagya (3<sup>rd</sup> Eye)</i>	Same as 4 <sup>th</sup>

10	<b>Padahastanasana (Hand to foot pose)</b> 	<i>Om Savitre Namaha</i>	Exhale while performing the pose	<i>Swadishthana (Sacrum)</i>	Same as 3 <sup>rd</sup>
11	<b>Hastottanasana (Raised Arms Pose)</b> 	<i>Om Arkaya Namaha</i>	Inhale while assuming the pose	<i>Vishudhi (Throat)</i>	Same as 2 <sup>nd</sup>
12	<b>Pranamasana (Prayer Pose)</b> 	<i>Om Bhaskaraye Namaha</i>	Exhale while performing the pose	<i>Anahata (Hrudaya)</i>	Same as 1 <sup>st</sup>

## DISCUSSION

During female reproductive age, polycystic ovarian disease, or PCOD, is a frequent endocrine illness. A variety of diverse clinical and biochemical character-

istics define it. The symptoms of polycystic ovarian disease include hormonal imbalance, infertility and cystic ovary, obesity, alopecia, acne, and menstrual disruption. Polycystic Ovarian Syndrome is also linked to metabolic changes in addition to these

endocrine disorders.

The *kaphaja* condition, according to *Ayurveda*, is polycystic ovarian disease. Here, the cyst is referred to as a *Granthi*<sup>[15]</sup>. Stress, anxiety, and a sedentary lifestyle were noted in the patient, which is what causes the body to produce *Ama*, *Dhatu Dushti*, and *Tridosha*<sup>[16]</sup>. In addition, the patient's repression of their inherent desires, or *hetu*, resulted in *Apana Vayu Vikruti*<sup>[17]</sup>. Over indulgence *Ama* and vitiated kapha hinder *pitta* and *vata*. Because of the sticky qualities of vitiated *kapha* and *Ama*, *Apana vayu*, *Rasa*, *Artava*, and *Meda-dhatu* become vitiated as well, which obstructs the *Artava-vaha srotas*<sup>[18]</sup>. Thus, it leads to *Apana-Vayu's Pratilom Gati*, which is in charge of inhibiting *Artava Nishkramana*. Because of the kapha-dosha's comparable qualities, excess vitiated *Medadhatu* becomes deposited. That is in charge of *Medovaha-Sroto Dusti Dinacharya-Adhyaya* describes *Vyayam-karma*<sup>[19]</sup>. Regular *Suryanamaskara* practice repaired *Rasa-Dushti*, causing the patient to experience *prasanna mana* and *laghvata*. Additionally, it caused excessive *Meda-dhatu* to burn and painless bleeding as a result of *Apana Anulomana*. Additionally, by matching the breathing exercises to the *mantra* chanting in each of the 12 *yoga* postures, it increases the amount of fresh oxygenated blood flowing to the brain, which enhances mental clarity. In this sense, the patient found that the 12 *yoga* postures of *Suryanamaskara* helped to stabilize her mental state, control her menstrual cycle, and lose extra weight.

## CONCLUSION

*Suryanamaskara* acts as a booster of Agni's Metabolic function and removes obstructions to the vitiation of *Tridosha* and *Meda* in *Aartavavaha Srotas*. It also enables the reduction of the *Rajsik* and *Tamsik* phases of the mind, which gives real Mental Health.

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