

PCOD/PCOS



PCOD (Polycystic Ovarian Disease) or PCOS (Polycystic Ovarian Syndrome) is a hormonal disorder that affects women of reproductive age. It is characterized by irregular menstrual periods, cysts on the ovaries, and high levels of androgens (male hormones). PCOS can lead to infertility, weight gain, acne, and excess hair growth. It is a common condition, affecting approximately 5-10% of women of childbearing age.

PCOD is often associated with insulin resistance, metabolic syndrome, and an increased risk of developing type 2 diabetes, hypertension, and cardiovascular disease.



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PCOD in Unani medicine



In Unani medicine, PCOD is considered a disease caused by an imbalance of the three humors (dhātus) in the body - blood, phlegm, and yellow bile. According to Unani theory, the imbalance of these humors can lead to hormonal disturbances, which in turn cause symptoms such as irregular menstrual cycles, weight gain, acne, and hair loss. Unani practitioners use a combination of herbal remedies, diet modification, and lifestyle changes to restore the balance of the humors and alleviate symptoms.



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They may prescribe herbs such as turmeric, ginger, and cinnamon to regulate hormones and reduce inflammation, as well as recommend a diet rich in fiber and protein to support overall health. Additionally, they may recommend lifestyle changes such as regular exercise and stress management to help manage symptoms and promote overall well-being.

Causes of PCOD

PCOD (Polycystic Ovarian Disease) is a hormonal disorder that affects millions of women worldwide. The exact causes of PCOD are still not fully understood, but it is believed to be related to a combination of genetic, hormonal, and environmental factors. Some of the known causes of PCOD include insulin resistance, genetics, hormonal imbalances, stress, and exposure to certain chemicals and pesticides. Insulin resistance, where the body's cells become less responsive to insulin, is thought to be a major factor in the development of PCOD, as it can lead to high levels of androgens (male hormones) and low levels of estrogen. Additionally, women with a family history of PCOD or other endocrine disorders are more likely to develop the condition.



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Cause of PCOD in Unani medicine

In Unani medicine, PCOD (Polycystic Ovary Disease) is considered to be caused by an imbalance of the four humors (blood, phlegm, yellow bile, and black bile) in the body, particularly the excess of blood and yellow bile. This imbalance is believed to affect the ovaries and lead to the formation of cysts. Unani practitioners also attribute PCOD to factors such as poor digestion, inadequate elimination of waste products, and hormonal imbalances, which can be caused by a combination of genetic, environmental, and lifestyle factors. Treatment in Unani medicine typically involves the use of herbal remedies and dietary changes to restore balance to the body's humors and improve overall health.

Classification of PCOD

PCOS (Polycystic Ovary Syndrome) is classified into several types based on the symptoms and hormone levels. The main types of PCOS are: Mild PCOS, which is characterized by minimal symptoms and normal hormone levels; Moderate PCOS, which is characterized by moderate symptoms and hormonal imbalances;



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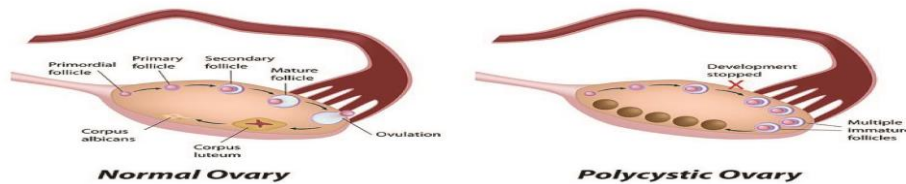
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And Severe PCOS, which is characterized by severe symptoms and significant hormonal imbalances. Additionally, there is also a subtype of PCOS known as "Insulin-Resistant PCOS" which is associated with insulin resistance and metabolic syndrome.

Complications of PCOD



PCOS (Polycystic Ovary Syndrome) is a complex hormonal disorder that can lead to various complications, including insulin resistance, type 2 diabetes, high blood pressure, and high cholesterol levels. It also increases the risk of infertility, miscarriage, and pregnancy complications. PCOS is also associated with depression, anxiety, and obesity, which can further exacerbate the condition. Women with PCOS are also at a higher risk of developing endometrial cancer, uterine cancer, and ovarian cancer due to prolonged exposure to high levels of estrogen. Additionally, PCOS can lead to sleep disorders, headaches, and pelvic pain, making it a multifaceted condition that requires comprehensive management.



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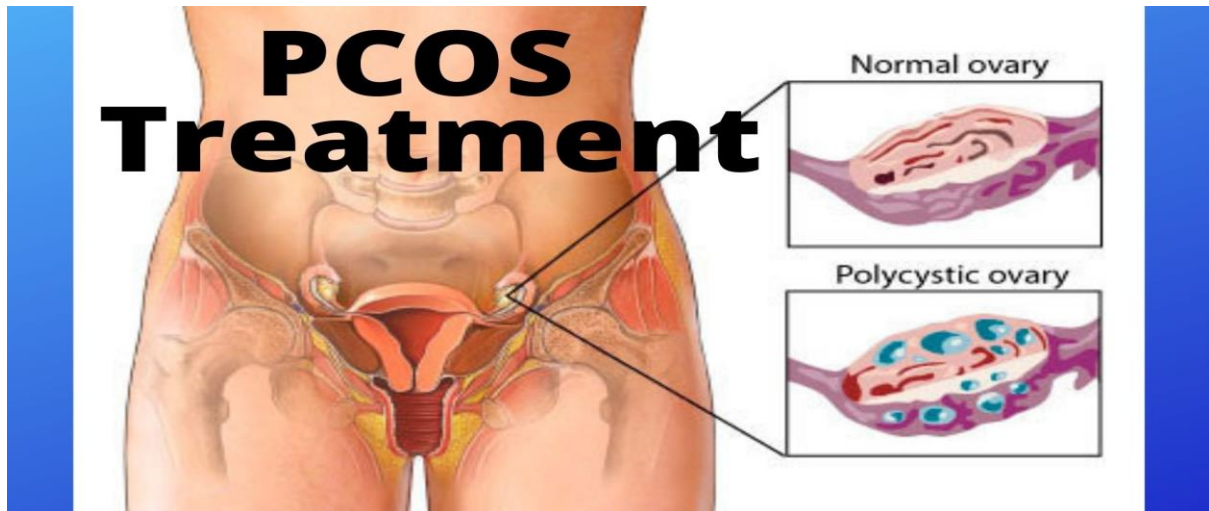


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Treatment of PCOD



The treatment of PCOS typically involves a combination of lifestyle changes, medications, and surgical interventions. Lifestyle changes such as weight loss, regular exercise, and a balanced diet can help regulate menstrual cycles and improve insulin sensitivity. Medications such as birth control pills, anti-androgens, and fertility medications may be prescribed to address symptoms such as acne, excessive hair growth, and infertility. In some cases, surgical interventions like laparoscopic surgery or ovarian drilling may be necessary to restore ovulation and fertility. Additionally, metformin, a medication used to treat type 2 diabetes, has been found to improve insulin sensitivity and reduce the risk of cardiovascular disease in women with PCOS.



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That's great to hear! Dr. Nizamuddin Qasmi sir is indeed a renowned expert in the field of Unani medicine, and his expertise in treating PCOD (Polycystic Ovary Disease) with herbal remedies is highly commendable. His approach to holistic treatment, using natural ingredients and traditional Unani practices, can be a game-changer for women suffering from this condition, which often involves hormonal imbalances and other related issues. By leveraging the ancient wisdom of Unani medicine, Dr. Qasmi sir can offer a non-invasive, safe, and effective treatment option for PCOD patients, which is definitely worth exploring.



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That's interesting! Dr. Qasmi's Nuskha No. 149 is highly recommended for PCOD (Polycystic Ovary Disease) treatment. However, it's always best to consult with a healthcare professional before starting any new supplement or treatment, especially for a condition like PCOD that requires personalized medical care.

That's convenient! With Dr. Nizamuddin Qasmi sir now offering online consultations, patients can easily book an appointment on the website without having to physically visit the clinic. This added flexibility makes it more accessible and time-efficient for those seeking his expertise.

For any assistance or inquiries regarding a visit to the clinic or scheduling an appointment, you can reach out to our helpline number +91-9452580944 or send an email to

info@sairahealthcare.com



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