

# Polycystic Ovarian Syndrome

## 1. Bow Pose/Dhanurasana

### Steps-

1. First of all lie down in prone position.
2. Exhale, bend your knees and hold the ankles with hands.
3. While inhaling raise the thighs, head and chest as high as possible.
4. Try to maintain weight of the body on lower abdomen. Join the ankles. Look upward and breathe normally.
5. While exhaling, bring down the head and legs up to knee joint. Maintain this position as long as you can hold and slowly come back to the original position.

### Benefits-

1. Improve the blood circulation to the spinal nerves.
2. The most effective way of reducing weight.
3. Helpful in improving the digestive system as well as appetite.



4. Offers elasticity to back.
5. Stronger back muscles.
6. Cures constipation.
7. Stimulate reproductive organs.
8. Improve the function of the pancreas.
9. Helpful in curing menstruation disorders.
10. Stimulates liver, pancreas, big intestine, and small intestine.
11. A great stress reliever.
12. Reliving back pain.
13. Improve posture.
14. Cure respiratory disorders including Asthma.
15. Strengthens ankle, chest, groins and thighs and all abdominal organs.
16. Beneficial for Asthma.
17. Expand the chest, therefore, increased breathing capacity.

18. Helps in curing serious problems such as obesity, gastrointestinal problems.

## 2. Baddha Konasana Butterfly Pose

### Steps-

1. Sit straight on the floor with erect spine and bend your knees by bringing feet as close as possible. Try to touch the soles of your feet each other.
2. Hold your feet tightly with your hands.
3. Inhale deeply. While exhaling press the thighs and knees down toward the floor by pressing your elbows on thighs or on the knees.
4. Keep breathing normally and start flapping like a butterfly by bringing thighs up and down slowly.

### Benefits-

1. This asana is very beneficial for pregnant women in easy and smooth delivery.
2. Stimulate and improve the function of the reproductive system in men and women.



3. Cures health of reproductive system.
4. Improves blood circulation.
5. It helps to stimulate the abdominal organs, prostate glands, bladder, and kidneys.
6. It acts as a stress reliever.
7. It helps in curing menstruation problems.
8. Improve flexibility in the groin and in the hip region and gives a good stretch for inner thighs, groins, and knees.