

Breaking the silence on PCOD

Decoding PCOD / PCOS By Busting Myths And Separating Them From Facts

Youth Power is an annual social leadership programme organised by The Global Times, where different teams from Amity schools engage in varied social causes in several stages. One of them is 'Panel Discussion' where experts from different walks of life discuss several aspects of the chosen social cause. Here's presenting **Part IV** of this exclusive series, based on the panel discussions organised by YP teams for the year 2025-26, and a host of opinions as experts share their insights on 'PCOD/PCOS', the cause chosen by YP team of AIS Mayur Vihar.



Panellists create awareness by sharing real life examples on PCOD

Become aware of the symptoms

Panellist: Dr Neelu Agrawal
Gynaecologist, Cloudnine hospital

"Teachers and schools play a crucial role in helping young people understand PCOS early. There are many myths surrounding diet and lifestyle. True traditional living - waking early, eating during daylight, and sleeping early - was actually healthier and easier on the body. Today, heavy late-night meals contribute to obesity, which in turn worsens PCOS, creating a vicious cycle. The earliest and most common sign of PCOS is menstrual irregularity. A normal cycle ranges from 21 to 35 days. Periods that come too frequently, too rarely, or last excessively long shouldn't be ignored.



Other warning signs include persistent acne, oily or hairy skin, unexplained weight gain despite diet and exercise, hair thinning, and darkening of skin around the neck or body folds. Recognising these signs early and consulting a gynaecologist can make management much easier. Urban girls, exposed to processed foods and sedentary lifestyles, often develop obesity-related PCOS but seek help earlier due to greater awareness. Rural girls may have simpler diets, so PCOS often presents itself only later, sometimes when they are faced with infertility. In both cases, awareness is key for treatment."

Choose balanced diet over fad diets

Panellist: Dr Geetika Chopra
Nutritionist & fitness specialist, ISSA

"I personally struggled with PCOS as a teenager, weighing about 85 kilograms, with severe acne, hair thinning, and pigmentation caused by insulin resistance. Over the years, by changing my eating habits, I managed to maintain a healthy weight and control the condition. PCOS is not about starving or completely eliminating foods like sugar; it is about eating the right quantity and quality. Include adequate fibre, protein, and healthy carbohydrates while keeping junk food occasional rather than routine. Millets and tradi-



ditional ingredients are highly beneficial. I often recommend simple homemade options such as a 'hormonal seed laddoo' made from pumpkin, sunflower, sesame, and flax seeds bound with dates and jaggery, which supports hormonal balance. Ideally, half the plate should contain fibre (salads or vegetables), one-fourth protein, and one-fourth healthy carbs. Hydration and detoxification are equally important - chia or basil seed water, sattu, and herbal drinks with ginger, tulsi, and turmeric help reduce inflammation and boost immunity. Starting these habits early in life can significantly delay or reduce PCOS - related problems."



Part IV

Expert Speak

Treat PCOS in a holistic way

Panellist: Dr Sahil Arora
Homoeopathic doctor

"Homeopathy addresses PCOS in a holistic way, by dealing with associated symptoms also, like acne, hair fall, and hormonal imbalance. There is a widespread myth that homeopathic medicines act slowly or must be taken lifelong. That is not true. Once the deep-rooted cause of a chronic condition is correctly identified, homeopathy works gently yet effectively, and patients begin noticing improvements within a few months. Rather than seeing PCOS as a disease to suppress, homeopathy views



it as the body's self-healing response. Just as a wound heals on its own, the body produces symptoms like pain, inflammation, or hormonal changes to protect and repair itself. Even personality or physical traits may shift due to internal biochemical changes. Modern research supports the idea that many conditions begin at the psychological level and later manifest physically. Regarding treatment, homeopathic and allopathic medicines can be taken together, but only under a physician's guidance, because each patient's needs differ. Homeopathic medicines are safe and free from side effects."

Adopt a disciplined lifestyle

Panellist: Nitika Joseph
Teacher, AIS Mayur Vihar

"In my early teenage years, I did not even realise I had PCOD. I ignored the symptoms until medical tests confirmed the diagnosis. Since this condition had never been discussed in my family, I was initially frightened and unsure as to how to deal with it. I did not lose my confidence, but I did feel anxious - especially about acne, weight gain, and why others my age had clear skin while I did not. With guidance from my gynaecologist and strong support from my mother, I gradually learned to manage



the condition with a disciplined lifestyle. I focused on simple home-cooked food and avoided junk. For hormonal disorders like PCOD, consistency matters more than occasional strict dieting. I reduced excessive carbohydrates and kept my meals simple - basic vegetables, balanced portions, nothing fancy or extreme. I did allow myself treats once in a while. Over time, this straightforward approach helped me cope physically and emotionally. With the right medical advice and family support, I was able to manage PCOD without letting it define my confidence or life."