

THE PCOD/PCOS



HANDBOOK

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HOW TO USE THIS BOOK

THIS BOOK IS CREATED WITH LOVE AND INTENTION TO
SUPPORT YOUR JOURNEY TOWARDS HEALING AND
SELF-CONNECTION.

TAKE IT ONE DAY AT A TIME. READ SLOWLY, BREATHE
DEEPLY, AND ALLOW YOURSELF TO FEEL. WHETHER YOU
ARE A BEGINNER OR RETURNING TO YOUR PRACTICE,
LET THIS BE YOUR SAFE AND SACRED SPACE.

YOU MAY WRITE YOUR REFLECTIONS, REPEAT THE
PRACTICES, AND REVISIT ANY PART THAT SPEAKS TO
YOUR HEART. HEALING IS NOT A RACE—IT'S A
JOURNEY OF COMING BACK TO YOURSELF

IF YOU HAVE ANY QUESTIONS, OR IF YOU'D LIKE
PERSONAL GUIDANCE, FEEL FREE TO REACH OUT.
WE OFFER BOTH ONLINE AND OFFLINE YOGA CLASSES
—IN PERSON OR GROUP—FOR TOTAL LIFE
TRANSFORMATION.
WITH GRATITUDE,

MEENU GARG

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WHAT IS PCOS?

PCOS stands for Polycystic Ovary Syndrome.

It's a hormonal imbalance that affects women, usually between age 10–50.

In PCOS, your body makes more male hormones (androgens) than normal, which affects your periods, skin, weight, and fertility.

⚠ Common Symptoms of PCOS:

- Irregular or missed periods
- Weight gain (especially around belly)
- Acne and oily skin
- Hair fall or thinning hair
- Extra facial or body hair (chin, chest, etc.)
- Mood swings, anxiety, or depression
- Difficulty getting pregnant
- Dark skin patches on neck or underarms

😓 Why Does PCOS Happen?

- Hormone Imbalance:
- Your body makes too much of male hormones
- Ovulation (egg release) gets disturbed
- Insulin Resistance:
- Body doesn't use insulin properly
- Leads to weight gain and more male hormones
- Genetics:
- It often runs in families
- Lifestyle:
- Poor diet, stress, lack of exercise can worsen it



WHAT IS PCOD?

In PCOD, the ovaries produce many immature or partially mature eggs. Over time, these eggs become cysts (small sacs filled with fluid). This affects hormone levels and causes irregular periods and other symptoms.

⚠️ Common Symptoms of PCOD:

- Irregular or missed periods
- Weight gain, especially around the belly
- Acne and oily skin
- Excessive facial or body hair (hirsutism)
- Hair thinning or hair loss from the scalp
- Difficulty in losing weight
- Mood swings, anxiety, or depression
- Fatigue or low energy levels
- Trouble conceiving (in some cases)
- Dark patches on the skin (especially around the neck or armpits)

😞 Why Does PCOS Happen?

- Hormonal imbalance (excess male hormones like androgens)
- Insulin resistance (body doesn't use insulin properly)
- Chronic inflammation in the body
- Unhealthy diet (high sugar, junk food, processed food)
- Lack of physical activity
- Irregular sleep patterns
- High stress levels
- Genetic factors (runs in families)

PCOD V/S PCOS

PCOD and PCOS are health problems related to the ovaries caused by hormone imbalance. In PCOD, the ovaries create many small, immature eggs that turn into cysts. PCOS is a more serious condition where hormone levels get more disturbed and can affect periods, weight, and fertility. Both can be managed with a healthy lifestyle.

PCOD (Polycystic Ovarian Disease)	PCOS (Polycystic Ovarian Syndrome)
Reversible with lifestyle changes	1 Harder to reverse
Doesn't usually affect fertility	2 May lead to fertility issues
A more common and milder condition	3 More severe hormonal disorder
Fewer cysts on ovaries	4 More than 10 cysts on ovaries



PCOS

PCOS MYTH

- ✗ All women with PCOS are overweight .
- ✗ The Birth control Pill is the only treatment option in PCOS.
- ✗ Single symptom indicate you have PCOS.



PCOS FACT

- ✓ You can be thin and have PCOS.
- ✓ Diet exercise, nutrition and healthy environment can help to manage PCOS.
- ✓ PCOS is a symptoms or group of symptoms not enough for diagnosis.



PCOD

Bust the **Myths** Follow the **Facts**

MYTH

Women with PCOD can't get pregnant.

FACT

While PCOD can make it harder to conceive, most women can still get pregnant with proper treatment



HOW TO DETECT

1. Pelvic Examination– To check for any physical signs of PCOD/PCOS
2. Blood Tests– To measure hormone levels, which may be irregular in PCOD/PCOS
3. Ultrasound– To examine the ovaries and uterus, such as cysts or thickened ovarian walls.
- 4.

TREATING PCOS

Treatment of PCOS can either focus on treating the symptoms or treating the cause of the symptoms. We have discussed some of the treatments for the symptoms on previous pages and these are summarised in the chart below.

Treatment summary chart

Symptoms	Treatment
Obesity, weight gain	Weight loss options include: • changes to diet • exercise • medications, i.e. orlistat (Xenical®) • surgery, i.e. gastric bypass, lap-band
Hirsutism (hairiness)	• medications, i.e. insulin lowering agents, such as metformin, oral contraceptive pill, anti-androgens • cosmetic treatments, i.e. waxing, bleaching, laser, electrolysis • weight loss
Acne	• topical creams • medications, i.e. oral contraceptive pill, insulin lowering agents, such as metformin, anti-androgens
Insulin resistance	• weight loss
Diabetes	• changes to diet • exercise • medications, i.e. insulin lowering agents, such as metformin
Infertility caused by irregular periods and ovulation	• weight loss • medications, i.e. clomiphene citrate (Serophene®, Clomid®), insulin lowering agents, such as metformin, oral contraceptive pill –see page 16

IS PCOD/PCOS REVERSIBLE ?

Yes, both PCOD and PCOS are reversible to a great extent, especially if managed early with the right lifestyle changes.

- **Balanced Diet:** Eat more whole foods, fruits, vegetables, high-fiber grains, and healthy fats. Avoid sugar, junk food, and processed items.
- **Regular Exercise:** Do daily physical activity like walking, yoga, or strength training to improve insulin sensitivity and balance hormones.
- **Yoga & Pranayama:** Practice yoga poses and breathing exercises that reduce stress and support hormonal balance.
- **Stress Management:** Chronic stress worsens symptoms, so include meditation, journaling, or relaxation techniques daily.
- **Proper Sleep:** Sleep at least 7–8 hours regularly. A fixed sleep cycle helps balance hormones.
- **Weight Management:** Even 5–10% weight loss (if overweight) can bring periods back on track and reduce symptoms.

**In some cases (especially PCOS),
medical support may also be needed,
but natural healing is possible.**

HOW TO REVERSE

DIET

01

- Eat whole foods: fresh fruits, veggies, whole grains, nuts, seeds
- Avoid sugar, dairy (if it causes bloating), and processed foods
- Include anti-inflammatory foods like turmeric, flaxseeds, and soaked almonds
- Have home-cooked, light, seasonal food
- Add fiber (sabzi, fruits), ghee, curd, fermented food
- Avoid overeating

Stress & Sleep Management

02

- Practice daily meditation or deep breathing
- Reduce screen time, especially before bed
- Sleep 7–8 hours at a fixed time each night
- Take short breaks during the day to relax
- Avoid overthinking and overstimulation before bedtime
- Have an early, light dinner
- No screen 1 hour before bed
- Create a relaxing night routine (like music, reading, or gentle yoga)
-

HOW TO REVERSE

Yoga & Movement

03

- Practice hormone-balancing yoga poses daily (e.g., Malasana, Setu Bandhasana)
- Include pranayama like Anulom Vilom and Bhramari for relaxation
- Start with 20–30 minutes of movement every day
- Go for walks, light workouts, or dance to stay active
- Focus on consistency over intensity to avoid burnout

PCOS/PCOD Yoga Flow Chart

Warm-Up (3 mins)

- Neck, shoulder, wrist, and ankle rotations
- Gentle hip circles

Surya Namaskar (5 rounds)

- Slow and mindful flow with breath awareness
- Boosts metabolism and improves insulin sensitivity

Asana Flow (Hold 5–7 breaths each)

- Baddha Konasana (Butterfly Pose) – Opens pelvis, boosts ovarian function
- Malasana (Yogi Squat) – Stimulates digestion, grounds the body
- Setu Bandhasana (Bridge Pose) – Improves blood flow to uterus
- Bhujangasana (Cobra Pose) – Stimulates reproductive organs
- Balasana (Child's Pose) – Calms stress and anxiety

Pranayama (5–8 mins)

- Anulom Vilom – Alternate nostril breathing (3 mins)
- Bhramari – Humming bee breath (5 rounds)

Meditation / Relaxation (3 mins)

- Sit quietly, repeat: 'My body is healing. I am in balance.'
- Focus on breath and positive energy

HOW TO REVERSE

GUT HEALTH

04

WHAT IS GUT?

GUT MEANS YOUR DIGESTIVE SYSTEM, MAINLY YOUR STOMACH AND INTESTINES. IT NOT ONLY DIGESTS FOOD BUT ALSO AFFECTS YOUR HORMONES, MOOD, IMMUNITY, AND SKIN.

HOW TO HEAL GUT NATURALLY?

- EAT FRESH, HOMEMADE FOOD (SABZI, FRUITS, GHEE, CURD)
- AVOID JUNK, SUGAR, OVEREATING, COLD DRINKS
- DRINK JEERA-AJWAIN WATER IN THE MORNING
- DO LIGHT YOGA: MALASANA, CAT-COW, PAWANMUKTASANA
- ADD PROBIOTICS (CURD, FERMENTED FOODS)

MANAGE EMOTIONS FOR GUT HEALTH

YOUR GUT FEELS YOUR STRESS — DON'T EAT WHEN ANGRY OR ANXIOUS
PRACTICE DEEP BREATHING, JOURNALING, OR CHANTING OM
STAY CALM AND PRESENT WHILE EATING

A HEALTHY GUT = A HEALTHY YOU.

MEET OUR TEACHER



MEENU GARG
Founder & Owner

Meenu Garg is the founder of Mindful Yoga With Meenu, a wellness space created to help people build a deep connection with their body, mind, and soul. With over 13 years of personal yoga experience and a professional teaching journey that began in 2019, she brings depth, simplicity, and heartfelt wisdom into every space she holds.

Her journey is deeply personal. Meenu has lived through obesity, thyroid imbalance, cervical back pain, and chronic stress—struggles that once disconnected her from her own body. But it was yoga that helped her come back home to herself. Not just physically, but emotionally and hormonally.

She believes yoga is not a one-hour workout, but a way of life—one breath, one posture, one choice at a time. Through her teaching, Meenu now empowers others to heal from within and live more mindfully, with softness and strength.