

## Effect of yoga on perceived stress and positive and negative emotions in adolescent polycystic ovarian syndrome: A randomized control trial

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Polycystic Ovarian Syndrome (PCOS) is a common female endocrine disorder challenging feminine identity which is likely to have a significant effect on their emotions and perception of stress. The objective of the study was to evaluate the effect of the yoga program on perceived stress and emotions in comparison to that of a matched physical exercise regimen. Ninety adolescent (15–18 years) girls from a residential college in Andhra Pradesh, who satisfied the Rotterdam criteria, were randomized into two groups. The yoga group (n=37) practiced a holistic yoga module while the control group (n=35) practiced a matching set of physical exercises (1 h/day, for 12 weeks). PCOS specific quality of life was measured at inclusion and after 12 weeks. Mann-Whitney on difference score showed that the changes in all perceived stress ( $p=0.001$ ), negative affect ( $p=0.024$ ) and positive affect ( $p=0.005$ ) were significantly different between the two groups. Twelve weeks of a holistic yoga program in adolescent PCOS is significantly better than physical exercise program in reducing perceived stress and negative affect along with the increase in positive affect.

### Biography

Nidhi Ram completed her Master's in Yogic Science with focus on occupational stress in working women as assessed by changes in Heart Rate Variability after cyclic meditation in 2005. After few years of treating patients in Khagoshima Children's hospital, Japan and Japan Yoga Niketan, she returned to the field of research for her Ph.D. She studied effect of yoga on PCOS for a study which was funded by Central Council of Research in Yoga and Naturopathy, India. Her first publication provided the first estimate of prevalence of PCOS in India. And further publications proving the efficacy of yoga for adolescent PCOS girls led her being a wellness consultant for one of the most reputed IVF clinic (Advanced Fertility Centre) in Bangalore. Presently she is working as an Assistant Professor in the "Division of yoga & life sciences" and guiding students in the field of "Yoga therapy for infertility".

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## Herbal medicine in periodontics

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Natural products have been used for several years in folk medicine. Over the last decade herbal medications in both prevention and treatment of various diseases turned to be a popular form of therapy throughout the world. Many side effects associated with traditional medicines have been averted by using herbal medicines and thus they are safer to use. Many herbal medicines have been studied for treatment of various medical and dental conditions.

Herbal extracts and plant essential oils have the potential to be used as therapeutic agents for chronic gingivitis and periodontitis conditions that have both bacterial and inflammatory components. Herbal therapy can be used as an adjunct to periodontal therapy with no adverse effects on the health of an individual. These are more cost-effective and easily available as over-the-counter products. In lieu of this, extensive research is being carried out successfully, for formulations of the several herbal extracts like aloe vera, neem, basil, tea tree oil, curcumin, clove, garlic, grapes, meswak and triphala in mouthwashes and toothpaste for their antimicrobial and anti-inflammatory properties in periodontics.

The practice of using herbs and essential oils to treat periodontal disease is growing in popularity due to the millions of people who suffer from periodontal disease. This presentation highlights the research studies carried on herbal medicines from us and its application in periodontics.

### Biography

Shaila V. Kothiwale is Professor of Department of Periodontics, KLE University has been working for 20 years as a Periodontist and Student-Guide. She is accredited for guiding 30 postgraduate students under her. She has carried out extensive researches in various fields of Periodontics like tissue grafts, laser therapy, implants and herbal medicine. She has been an active guest lecturer at various national and International Conferences. In addition, she has chaired and presented several papers at various international and national conferences. She has several publications in her name in esteemed national and international journals like (SPIE) *International Society of Optical Engineering*, *Cell and Tissue Banks*, *Journal of Scientific Society*, *Indian Journal of Dental Research* and *Journal of Indian Society of Periodontology*. She has also authored books titled "*Local Drug Delivery in Periodontics*" and "*Herbs in Periodontics*". She has been a reviewer of many journals. She has received best speaker award in "Biofest -2012" International Bio conference & Event at Hyderabad, India. She has also received best presentation award in 9th International Conference on Geriatric Care, Belgaum, India.

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