

Exploring the Digital Influence of Yoga, Balanced living and Mental well being of women suffering from Polycystic Ovarian syndrome (PCOS) and Thyroid issues

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Article Info	ABSTRACT
Article History: Received: 20th February 2026 Accepted: 01st March 2026 Published: 07th March 2026 Keywords: Digital Influence, PCOS, Thyroid, Mental well being, Yoga practices and Mindful and Conscious eating.	The current Research explores to find out how does the yoga practices embarks the philosophical roots and the modern scientific insights , the balanced living of satvik diet which embodies purity , balance , harmony and the mental well being through digital platform. This survey study will also find out the practical implementation of mindful eating practices, conscious eating along with the yoga practices which includes asanas, pranayama, and meditation. Globally PCOS and Thyroid are leading 5% to 26% of reproductive age. Through the conscious food choices, mindful living through yoga will reveal the true essence of the Bhartiya Way through the holistic pathways.

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Introduction

The ancient practices of yoga, balanced living and mental wellbeing have served as guiding lights, illuminating paths toward inner harmony, physical vitality, and spiritual awakening. However we are considering these aspects for the women suffering from PCOS. The emphasis also lies the concept of Satvik diet—a dietary approach deeply rooted in the wisdom of yoga philosophy and Ayurvedic principles. In this exploration, entitled "Exploring the significance of yoga, balanced living and mental wellbeing of women suffering from PCOS" we are discovering to find the Journey of PCOS women who are practically implementing the depths of dietary traditions, physical aspects of yoga practices and meditation, their overall mental well-being with the help of Digital platforms.

Digital Influence:

Digital influence is the ability to shape opinions, behaviors, and actions within the digital realm. It leverages social media, content marketing, and online communities to drive measurable outcomes and change, relying on trust, relatability, and, to some extent, reach. Digital influence is a powerful tool for marketing, social change, and information sharing. Core Components of Digital Influence.

Definition & Mechanism: It is the capacity to impact decisions, ideas, and ideologies using digital, social, and mobile platforms. It acts as a catalyst for action, transforming online interactions into real-world behavior changes.

Key Pillars: According to research, digital influence is built on three pillars: reach (popularity and network size), relevance (contextual importance to a specific topic), and resonance (the impact of the message).

Influencer Role: Digital influencers (e.g., on YouTube, Instagram, TikTok) build, foster, and maintain trust-based relationships with their audiences, allowing them to affect purchasing decisions or consumer behavior.

Types: It can be direct, such as a paid endorsement, or indirect, such as a peer-to-peer review or social media commentary.

Polycystic ovarian syndrome:

Polycystic ovarian syndrome is the most common endocrine disorder in a woman. This condition is characterized by excessive androgen production by ovaries. In PCOS hormonal imbalance affects the follicular growth during the ovarian cycle causing the affected follicles to form a cyst, with each ovarian cycle a new cyst is formed leading to multiple ovarian cysts. Symptoms of PCOS often start around the time of the first menstrual period. Sometimes symptoms develop later after you have had periods for a while. The symptoms of PCOS vary. A diagnosis of PCOS is made when you have at least two of these:

- **Irregular periods.** Having few menstrual periods or having periods that aren't regular are common signs of PCOS. So is having periods that last for many days or longer than is typical for a period. For example, you might have fewer than nine periods a year. And those periods may occur more than 35 days apart. You may have trouble getting pregnant.
- **Too much androgen.** High levels of the hormone androgen may result in excess facial and body hair. This is called hirsutism. Sometimes, severe acne and male-pattern baldness can happen, too.
- **Polycystic ovaries.** Your ovaries might be bigger. Many follicles containing immature eggs may develop around the edge of the ovary. The ovaries might not work the way they should.

PCOS signs and symptoms are typically more severe in people with obesity.

Yoga Practice:

Yoga, derived from the Sanskrit word "yuj," meaning union or yoke, encompasses a multifaceted system of practices aimed at harmonizing the body, mind, and spirit with the universal consciousness. At its core lies the understanding that our individual selves are but manifestations of the universal divine, and through the practices of yoga, we seek to realize this intrinsic unity and interconnections. Yoga practices encompass physical postures (asanas), breathing exercises (pranayama), meditation (dhyana)

and ethical principles (Yama and Niyama). Various forms of yoga, such as Hatha Ashtanga, and Vinyasa, offer different approaches to these practices to achieve physical, mental, and spiritual well-being.

The Foundational Practices

The foundational practices of yoga, often described as the "eight limbs," provide a holistic framework for a yogic lifestyle:

Yamas (Restraints):

Ethical guidelines for interacting with the world, such as non-violence (ahimsa) and truthfulness (satya).

Niyamas (Observances):

Personal observances and disciplines, like self-discipline (tapas) and contentment.

Asana (Postures):

Physical poses designed to build strength, flexibility, and balance while improving the body's ability to hold steady positions.

Pranayama (Breath Control):

Practices that regulate the flow of energy (prana) through the body by controlling the breath, which also influences mental state.

Pratyahara (Withdrawal of the Senses):

A turning inward of the senses and attention to the internal world.

Dharana (Concentration):

Cultivating focus and single-pointed attention.

Dhyana (Meditation):

The practice of sustained attention, leading to a calm and clear state of mind.

Samadhi (Absorption):

A state of deep absorption and connection with the object of meditation, leading to inner peace and enlightenment.

Mental wellbeing:

Mental wellbeing is a positive state of emotional, psychological, and social health where a person can cope with life's stresses, realize their potential, work productively, and contribute to their community. It involves emotional balance, a sense of purpose, life satisfaction, and the ability to make sound decisions and build strong relationships. We can improve and maintain your mental wellbeing by connecting with others, being physically active, practicing mindfulness, learning new skills, giving to others, and engaging in self-care activities like healthy eating and prioritizing sleep.

Mental Wellbeing can be more understood by following points:

- **A State of Health:** It's more than just the absence of mental illness; it's a positive state of being.
- **Emotional, Psychological, and Social Health:** It encompasses how you think, feel, and act.
- **Resilience:** The ability to cope with stress, adversity, and the changes life brings.
- **Functioning Well:** It allows you to learn, work productively, and contribute meaningfully to your community.

Thyroid in Women:

The thyroid is a small, butterfly-shaped gland located near the throat. Two major hormones are produced by your thyroid gland—T3 and T4. The T3 and T4 hormones work together to regulate how your body uses energy, which can impact a person's metabolism, menstrual cycles, heart rate, body temperature, and more.

Generally, the most common symptoms of thyroid disease are fatigue, temperature intolerance, hair thinning, weight changes and menstrual cycle changes. Thyroid disease generally falls into two categories: hypothyroidism and hyperthyroidism. The symptoms differ depending on whether there is an excess or deficiency thyroid hormone in the body.

The most common of the two is hypothyroidism. In hypothyroidism, the thyroid is considered underactive and does not create enough thyroid hormone in the body. Supplementation with thyroid hormone medication is necessary. With hyperthyroidism, there is too much thyroid hormone being produced (an overactive thyroid gland).

Mindful and Conscious eating (Through satvik diet):

Mindful and conscious eating is a way of engaging with food and the eating experience with greater awareness, focusing on hunger and fullness cues, and appreciating the food's sensory aspects while reducing distractions. This approach encourages individuals to eat slowly, savor each bite, and build a healthier relationship with their bodies, leading to a more balanced and less rushed approach to nourishment. Satvik diet finds its origins in the rich tapestry of Indian spirituality, where it is revered as a dietary practice conducive to spiritual growth and self-realization. The term "Satvik" is derived from the Sanskrit word "Sattva," which embodies qualities of purity, lightness, and balance. In essence, Satvik diet is not

merely about what we eat but also about how food affects our consciousness, energy levels, and overall state of being (Yadava, S. S., & Nautiyal, S. 2023). At its core, Satvik diet emphasizes the consumption of foods that are pure, natural, and minimally processed. These include fresh fruits, vegetables, whole grains, nuts, seeds,

legumes, and dairy products obtained from ethical and sustainable sources. Satvik foods are believed to be rich in Prana, the vital life force energy that animates all living beings, nourishing the body at a deep level and uplifting the spirit.

Literature Review

1. SANitha and G Babu et.al., (2025) did a study on Role of Ayurveda and Yoga in the management of polycystic ovarian syndrome. with the help of modern literature, recent published books and journals they studied and came to conclusion that the successful treatment of PCOS is possible the majority of PCOS women which found to restore the normal rhythm of the menstrual cycle by balancing the hormones and also found to restore the imbalance of Doshas occurring due an ovulation.

2. Deepiksha Thakur and Dr Subodh Singh et.al., (2021) did a research on effect of yoga on polycystic ovarian syndrome, it was a systematic review where they researched 16 papers and concluded the successful use of different yoga and life style changes have brought a significance difference in PCOS women's lives.

3 G Nalini et.al., (2022) did a research on Effect of Yoga therapy with sattvic diet on endometrial thickness among reproductive girls suffering with polycystic ovary syndrome-The aim of the random group experimental study was to find the effect of yoga therapy with sattvic diet on endometrial thickness among reproductive girls suffering with Polycystic Ovary Syndrome. To achieve the purpose of the study, 45 were screened using Rotterdam Criteria and 30 were finally selected randomly by using randomized control sampling method. It concluded that Yoga Therapy with Sattvic Diet significantly increased Endometrial thickness during ovulation phase and decreased during menstrual cycle with the regular ovulation and monthly menstrual cycle among Reproductive girls suffering with Polycystic Ovary Syndrome. Hence, Yoga Therapy with Sattvic Diet are beneficial for reproductive girls suffering with Polycystic Ovary Syndrome to maintain regular menstrual cycles and to overcome infertility related problems.

4..Nidhi R et.al., (2013) conducted the study to observe the effects of a holistic yoga program on endocrine parameters in adolescents with polycystic ovarian syndrome: a randomized controlled trial. The objectives of this trial were to compare the effects of 9 a holistic yoga program with the conventional exercise program in adolescent polycystic ovarian syndrome. Ninety (90) adolescent (15-18 years) girls from a residential reproductive in Andhra Pradesh who satisfied the Rotterdam criteria were randomized into two groups and 12 weeks (1 hour per day) of Yoga& Physical Exercises were given part of intervention. They concluded from the study that a holistic yoga program for 12 weeks is significantly better than physical exercise in reducing AMH, LH, and testosterone, mFG score for 3330 Hirsutism, and improving menstrual frequency with non-significant changes in body weight, FSH, and Prolactin in adolescent PCOS.

5.Metangale AR, Mishra BR(2024) Therapeutic Yoga for the management of Polycystic Ovarian Syndrome - A Review they found out that Regular *Yogasana* practice is associated with increases endorphins and decreases insulin and estrogen, it aids in preserving hormonal balance. It improves the mood of PCOS sufferers as well. It has been discovered that because of hormone irregularities and symptoms, PCOS patients are more likely to experience depression. *Yogasana* alters glandular functions and maximize the effectiveness of the endocrine system. Exercise on a regular basis releases endorphins, which are feel-good hormones. Along with a healthy diet, Yoga and meditation have been shown to help people lose weight. The benefits of Yoga pose include physical, mental and emotional balance to naturally manage PCOS

6. Abhijeet Baishya and Kashinath Metri (2024) did a study on effects of yoga on hypothyroidism by studying eleven studies. They did a systematic review to evaluate the efficacy of yoga as a therapeutic intervention for hypothyroidism their findings of pretest and post tests study reported a significant reduction in thyroxine medication after six months of yoga practice.

7. Mohan and Shuchi(2022) selected 41 studies for a final review. They found out that yogic practice improved the functions of digestive system and regulated the functioning of hypothalamus and pituitary gland which have a direct impact in regulation of Thyroid gland and production of Thyroid hormone.

Sample

The data was collected through a Survey method with the help of Yes or No checklist from Ahmednagar district. The checklist was made through a google form and sent across to the PCOS and Thyroid Women (patients referred from gynaecologist) through what's app group.

Objective

After reviewing the past research following were formed:

1. To find the significance of yoga practices in PCOS Women through digital platform.
2. To check the implementation of yoga practices, incorporating Satvik food ,controlled and conscious eating through digital influence.
3. To analyse the overall wellbeing in PCOS and Thyroid Women.

Limitations

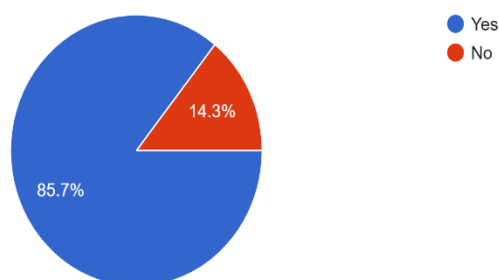
1. The sample was limited to the data available so far.
2. The study was done from Ahmednagar city only .

Implication of the study

1. Spreading awareness and readiness for choosing such deep rooted practices.
2. Highlighting the effectiveness of yoga , satvik food and the way of living.
3. As its said to control your hormones is to control your life and control is on the portion size of the food, control over the emotional distress and control over the satiety, imbalance and energy .

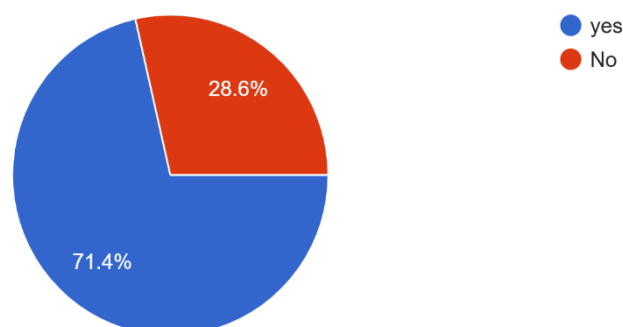
Result and Discussion

Fig 1 Pranayam and Meditation



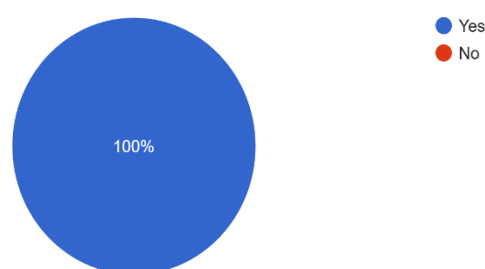
Above figure describes 85.7% PCOS and Thyroid Women indulge themselves positively for Pranayam and meditation.

Fig 2 Yoga Asanas



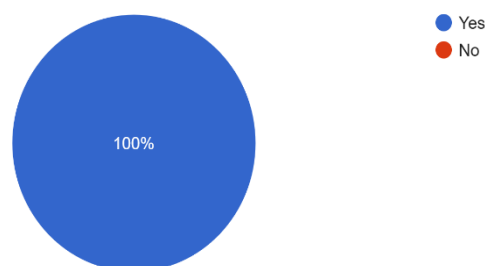
The figure here explains 71.4% PCOS and Thyroid Women carry out yoga asanas Halasana, Suryanamaskar , Bhujangasan, Malasana, Bhadrasana, Paschimottanasana, Balasana, Matsyendrasana etc in-short to target hormonal balance.

SAnitha and G Babu et.al., (2025) did a study on Role of Ayurveda and Yoga in the management of polycystic ovarian syndrome which support here where the majority of PCOS women which found to restore the normal rhythm of the menstrual cycle by balancing the hormones and also found to restore the imbalance of Doshas occurring due an ovulation.

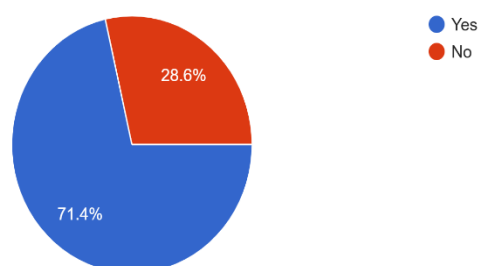
Fig 3 Satvik food providing satisfaction....

Above figure displays every PCOS Women and Thyroid Women has experienced that Satvik food helps in providing a satisfaction of eating, feeling peaceful, light and energetic.

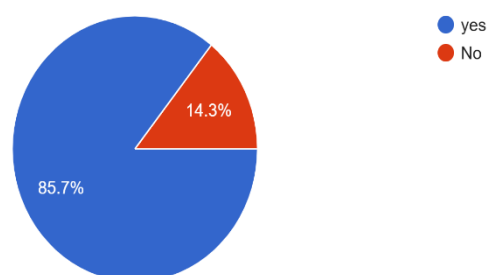
G Nalini et.al., (2022) did a research on Effect of Yoga therapy with sattvic diet on endometrial thickness among reproductive girls suffering with polycystic ovary syndrome- which supports positively that how yoga and satvik food can make great changes on enhancing fertility level too .

Fig 4 The posture while eating the food.

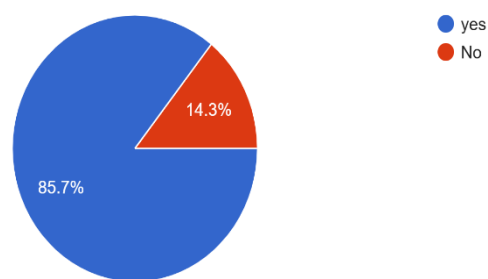
The figure reveals that women with PCOS prefer sitting down , folding their legs and eating by their hands (the bhartiya ayurvedic way)

Fig 5 portion size control

The figure explains 71.4% of PCOS and Thyroid Women try their every meal which is controlled with its portion size and mostly concentrated on the nutritive value

Fig 6 Emotional wellbeing

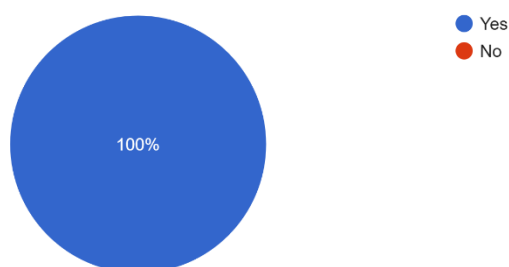
The above figure explains the 85.7% of PCOS Women and Thyroid Women feel good ,their emotional wellbeing is balanced and regulated and they can concentrate and focus when they follow the above practices..Metangale AR, Mishra BR(2024) yoga on a regular basis releases endorphins, which are feel-good hormones. Along with a healthy diet, Yoga and meditation have been shown to help people lose weight. The benefits of Yoga pose include physical, mental and emotional balance to naturally manage PCOS and Thyroid which supports the above findings.

Fig 7 Major changes

The figure describes how PCOS and Thyroid Women are able to notice changes in them for:

1. Weight management
2. Mood management
3. Menstrual regularity
4. Insulin sensitivity
5. Stress reduction

By following Yoga, satvik diet through mindful and conscious eating. The research done by Deepiksha Thakur and Dr Subodh Singh et.al., (2021) and Nidhi R et.al., (2013) did a research of different yoga and life style changes have brought a significance difference in PCOS women's lives.on various parameters. Metangale AR, Mishra BR(2024) did a study their findings were doing yoga on a regular basis releases endorphins, which are feel-good hormones. Along with a healthy diet, Yoga and meditation have been shown to help people lose weight. The benefits of Yoga pose include physical, mental and emotional balance to naturally manage PCOS which supports the above findings.

Fig 8 Promoting such practices

The figure explains every PCOS and Thyroid Women wants to promote such positive practices for each

and every women. So that they can also heal and feel the positive change within themselves.

Conclusions:

The concept of Bhartiya thought of modern times which emphasis on the wellness through Ayurveda ,yoga and wellbeing and also adding the benefits of Satvik diet and yoga can provide valuable insights into their potential to prevent and treat various health conditions. The principles and practices of Satvik living, empowering women suffering from PCOS and Thyroid to make informed choices for their well-being. the integration of Satvik diet and yoga practice , mindful and conscious eating offers a profound pathwayto holistic well-being, encompassing physical vitality, mental clarity, emotional balance, and spiritual harmony. Rooted in ancient wisdom and guided by the principles of purity, simplicity, and mindfulness, such graceful living invites us to cultivate a deep connection with ourselves, each other, and the natural world.

Through the nourishing self , we honor the sanctity of life and the interconnection of all beings, embracing foods that nourish not only our bodies but also our minds and spirits. By choosing right pathways. PCOS and Thyroid Women can focus on their physical health, enhance our mental clarity, and foster emotional balance, paving the way for a life of vitality and inner peace. Likewise, through the transformative practices of yoga, we awaken to the innate wisdom of our bodies and the boundless potential of our minds. Through movement, breath, and meditation, we cultivate a deeper understanding of ourselves and the world around us, fostering the connection of wholeness. The word has to be spread through this medium to promote such Positive Practices through various digital platforms.

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