

# Views about college students regarding polycystic ovarian disease among South Indian population

N. E. Kaviya, A. Jothipriya\*, R. Gayathri Devi

## ABSTRACT

**Introduction:** Polycystic ovary syndrome is a syndrome seen in the women of reproductive age group and nowadays seen in the college students due to the type of food consumption. This study is done to find the changes in the menstrual flow rate of the college students due to the current lifestyle and food habits. **Aim:** The aim of my study is to observe the rate of polycystic ovarian disease (PCOD) among the students of South Indian population. **Objective:** PCOD is seen to be a hormonal dysfunction which gives rise to cyst formation and enlargement of ovary in young college students due to their dieting habits. **Materials and Methods:** A research based on survey among 100 college students about their regular cycle, already done surgery for PCOD. This method is for finding that how much females have PCOD. At the last end, the data were compiled and formed a statistical analysis. **Results:** Hence, in the survey done, there were some females with PCOD and most without PCOD, but some females have symptoms of PCOD and have not yet been consulted properly. **Conclusion:** The conclusion is the ratio of females getting PCOD who are college students are less comparatively according to my survey research.

**KEY WORDS:** Cyst formation, Hormonal dysfunction, Polycystic ovarian disease

## INTRODUCTION

Polycystic syndrome is the foremost condition that causes expelling disorder that affects the ladies of reproductive age.<sup>[1]</sup> Polycystic ovary syndrome (PCOS) causes hormonal changes which also changes the flow rate during menstruation and increases pain during the flow.<sup>[2,3]</sup> This research is been carried on, on the college students to find the rate of PCOS among college students due to their current lifestyle and food habits. PCOS can be treated if the symptoms are been correctly identified by the women and reported to the doctor about the symptoms and their menstrual flow.<sup>[4]</sup> This disorder is mainly a disorder of endocrine system mostly seen in the females of the age group of 18–45 years. The PCOS was according to the histories, it was seen only in the women of the reproductive age, but according to the current lifestyle of the women,

the PCOS is been highly seen now in the middle teenage groups, one on the reason is also food habit. The main symptom among the young students is seen to be high flow of the menstrual cycle and the duration of the cycle decreases and causes pain during the flow.<sup>[5]</sup> This is also a symptom of insulin resistance syndrome.<sup>[6]</sup> From clinical study, we can find whether they have PCOS or not in a confirmed manner. The method of using ultrasound also helps in the identification of PCOS in women.<sup>[7,8]</sup> The clinical study includes ultrasonography and biochemical investigation which helps in finding out any kind of cyst or abnormal function of the endocrine system.<sup>[9]</sup> In this case, the sex hormones of the females get imbalanced and do not function properly which also causes infertility and improper hormones production.<sup>[10]</sup> Polycystic ovarian disease (PCOD) also causes infertility in females who undergo diagnosis.<sup>[11]</sup> The PCOS condition of females can be studied only with certain symptoms seen in them. The insulin resistance, hypothyroidism, and obesity are some of the symptoms on which females are been studied on.<sup>[12]</sup>

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Department of Physiology, Saveetha Dental College, Saveetha Institute of Medical and Technical Sciences, Poonamallee, Chennai, Tamil Nadu, India

\*Corresponding author: A. Jothipriya, Department of Physiology, Saveetha Dental College and Hospitals, Saveetha Institute of Medical and Technical Sciences, Saveetha University, 162, Poonamallee High Road, Velappanchavadi, Chennai - 600 077, Tamil Nadu, India. E-mail: [a.jothipriya88@gmail.com](mailto:a.jothipriya88@gmail.com)

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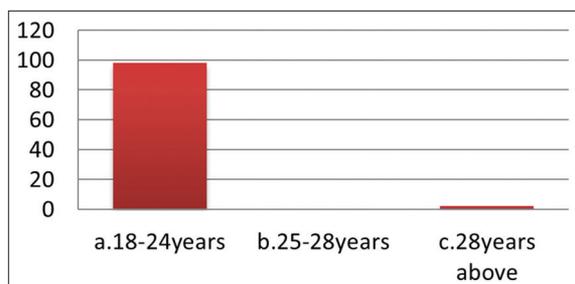


Figure 1: The age group of the college students

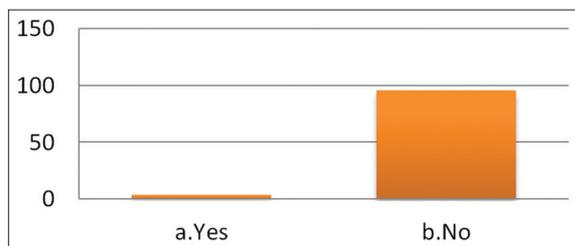


Figure 2: Have they undergone any treatment for cyst formation

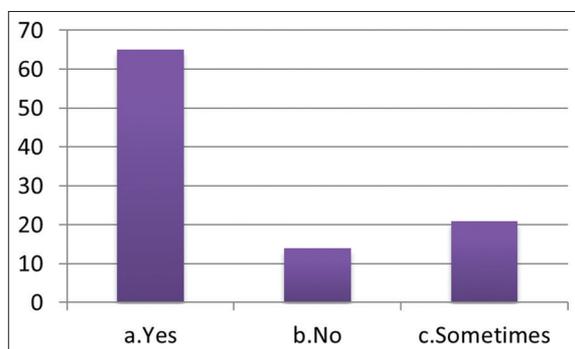


Figure 3: Interval of the menstrual cycle

**Exclusion Criterion**

This survey was only done with college students. Married and women having children were excluded from the study.

**Inclusion Criterion**

College students were only included to know about their knowledge and views on PCOD.

**RESULTS**

A number of women having PCOD are less, but the symptoms of many people show that they may have PCOD and have not checked with any doctor about PCOD.

**DISCUSSION**

In this study, the college students were considered as the samples and the students were tested on the basis of their regular cycles, duration, and flow rate accordingly and they were also asked about their food habits. This

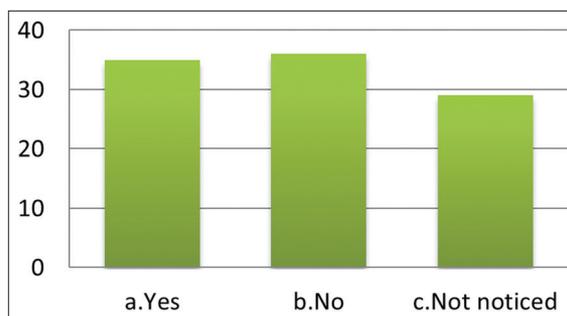


Figure 4: Changes in the body such as sleep apnea, loss of hair, frequent headaches, and oily skin

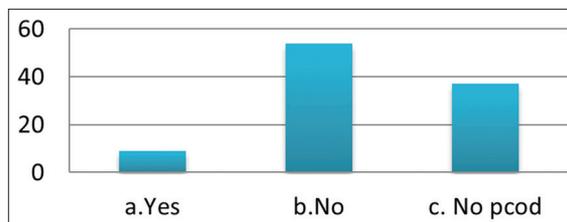


Figure 5: Have they noticed any symptoms of polycystic ovarian disease

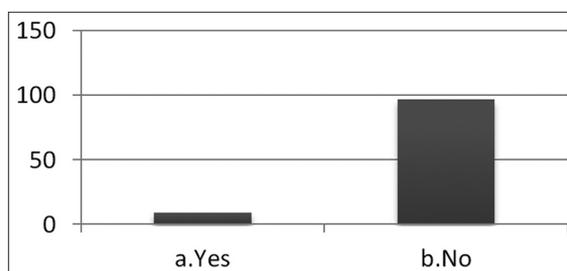


Figure 6: If had polycystic ovarian disease, have they undergone any treatments for that or not

study was mainly to assess the rate of PCOD among the students.<sup>[13,14]</sup> The polycystic syndrome is now been well recognized because there are many new techniques evolving in the upgrading of finding the symptoms and cure of the PCOS.<sup>[15]</sup> The result of my study showed that the PCOS is less according to the survey and the awareness among the college students about PCOS is less because the symptoms of PCOS are been confirmed by the students but have not checked for PCOD. This may also lead to change in the other functions of the body, this may also cause diabetic mellitus in humans, and this may also lead to causing blood pressure changes in the body and also may lead to causes of cardiovascular diseases in the females who have PCOD.<sup>[16,17]</sup> Students were in lack of information and awareness on the PCOD.<sup>[7]</sup> PCOS is also linked with genetics because PCOS is also been found that it is caused due to genetical problems.<sup>[18,19]</sup> According to the survey of my research, it is clear that the women are having the symptoms of PCOD but have not undergone any test for the presence of PCOD [Figures 1-6].

## CONCLUSION

I conclude by saying that the awareness among the college students is less as there is an increase in the answer for the symptoms of PCOD among the females of this generation. According to this data, it is been concluded that the awareness about the PCOD is less among the college students.

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