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COMPARING THE EFFECTIVENESS OF OTAGO EXERCISE WITH REACTIVE BALANCE TRAINING VERSUS OTAGO EXERCISE AMONG THE ELDERLY POPULATION TO PREVENT FALLS

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ABSTRACT

BACKGROUND: *Poly cystic ovarian syndrome is a hyper androgenic anovulation syndrome. The heterogeneous condition is characterized by a series of symptoms including hirsutism, irregular menstruation and chronic anovulation. The physiology behind poly cystic ovarian syndrome is the excess secretion of androgen referred to hyperandrogenism which is marked by increased level of testosterone secretion in the blood. Women with polycystic ovary syndrome (PCOS) demonstrate a high prevalence of obesity across all populations studied. The role of decreased energy expenditure through reduced physical activity in contributing to obesity in PCOS is not well studied. The independent benefits of exercise in improving metabolic disease, cardiovascular health, and diabetes have been shown in the general population*

AIM: To study the effectiveness of Aerobic exercise and Swiss ball exercise and on polycystic ovarian syndrome among young obese women.

METHOD: *The study was conducted on 30 Participants; they were divided into 2 groups with 15 participants. Group A performed Aerobic exercise and Group B performed Swiss ball exercise and a hypocaloric diet was given as common for both groups.*

RESULT: *The outcome values obtained were calculated by the Body Mass Index [BMI] and PCOSQ. There was a significant improvement in the pre and post-test values of anthropometric measurement (BMI) within the experimental group. The exercise programme including aerobic exercise training showed significant improvement among poly cystic ovarian syndrome with p value less than 0.001.*

CONCLUSION: *Larger, optimally designed studies are needed to both gain insights into the mechanisms of exercise action and to evaluate the public health impact of exercise of PCOS. The aerobic exercise is effective in reducing the weight in polycystic ovarian syndrome among young obese women with the BMI score and PCOS Questionnaire.*

KEYWORDS: *Poly cystic ovarian syndrome, obese females, aerobic exercise, Swiss ball exercise and BMI.*