



# PCOS AND ENVIRONMENT: AN ALIGNMENT WITH 'RIGHT TO HEALTH'

**Amita Parihar**

Assistant Professor, Aishwarya College of Education (Law), Jodhpur.

## **ABSTRACT**

This research paper revolves around good health as an intrinsic part of the right to life which inculcates “survival of the fittest”. In today's modernized civilization what people sought is quality of life but they sideline the crucial fact that quality of life can only be attained through good conditions of health. This paper focuses on Polycystic Ovary Syndrome and possible Environmental safety and solutions to mitigate the possible risks it brings in, highlighting the need to fulfill the goal of creation of ‘welfare State’ enshrined in Directive Principles of State Policy and other constitutional provisions including Article 21. The aim of the author through this research is to draw the attention of the women around us in order to avail desired good hygiene and inculcate all the natural ways in life which will help us reverse PCOS. When all the things shall be aligned, then only, the goal of a healthy environment with a quality of life can be attained. Neglecting these important things shall amount to degradation and depletion of both health and environment, consecutively. Keeping in mind this, the author aims to find possible and natural solutions to reverse PCOS and its symptoms among women, globally.

## **KEYWORDS**

PCOS, health, good environment, awareness, life, hygiene, nutrition.

## **INTRODUCTION**

Health is an integral part of our lives and is directly linked to the survival of the being. 'Survival of the fittest' is the rule of nature. But, in today's modernized era, what people sought was quality of life ignoring the environment in paralance with good health. Actually, quality of life depends totally on the conditions of health. Therefore, the right to health becomes a universally recognised principle wherein every person has access to right to good health. Through this right a person is entitled to access good physical and mental health, improvement of all aspects of environmental and industrial hygiene, prevention, treatment and control of diseases and syndromes, better quality of healthcare, medical awareness, clean and potable water, safe and pollution-free environment, nutritious food and better standard of living. Inculsion of PCOS in the same ambit can only be reversed if all the hygiene and environmental factors affecting it shall be taken into consideration and the attempt to mitigate possible risks is made. Through this paper, the author wants to draw attention of many, to emphasize on the need of reversing PCOS, either naturally or by inculcating such supplements which will help one in the ambit of right to health under Article 21 of the Indian Constitution and bringing things in alignment for 360 degree development of women hygiene and its related aspects.

## **INTERLINKING RIGHT TO HEALTH AND PCOS**

The right to health was first articulated in *the WHO Constitution (1946)* which states that is:

"The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being... "

The Preamble of the Constitution defines health as:

"a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity".

The same is also stated in *The Universal Declaration of Human Rights 1948* which mentioned health as a prominent part of the right to an adequate standard of living under Article 25.

In *the International Covenant on Economic, Social and Cultural Rights*, it was again stated under Article 12:

"1. The States Parties to the present Covenant recognize the right of everyone to the enjoyment of the highest attainable standard of physical and mental health. 2. The steps to be taken by the States Parties to the present Covenant to achieve the full realization of this right shall include those necessary for:

- a) The provision of the reduction of stillbirth-rate and of infant mortality and for the healthy Development of the child;
- b) the improvement of all aspects of environmental and industrial hygiene;
- c) the prevention, treatment and control of epidemic, endemic, occupational and other diseases;
- d) the creation of conditions which would assure to all medical service and Medical attention in the event of sickness."

PCOS is a syndrome which affects women drastically due to unhealthy lifestyle, exposure to environmental pollutants, and other hygiene related aspects.

*The Committee on Economic, Social and Cultural Rights* broadly interpreted Article 12:

The right to health is an inclusive right which is not only extended to timely and appropriate health care measures, but also, to the underlying determinants of health, like, access to nutritious food, intake of zinc foods, clean potable water, good female hygiene, and most importantly access to health related education and information including sexual and reproductive health and the aligned factors affecting it.

## **A WOMAN'S RIGHT TO HEALTH**

A woman's right to the enjoyment of the highest standard of health shall be guaranteed throughout her lifetime. Looking behind all the obstacles, good health is crucial to lead a productive and dignified life, which turns out to be a key fundamental to their freedom and empowerment to control all the related health aspects.

Research has shown the attempts made by the World Medical Association who is committed to working towards the cause of eradication of the obstacles that prevent women globally from claiming their right to health as an highest attainable standard.

## FACTORS AFFECTING PCOS

Research has constantly shown that genetic and environmental factors have been constantly contributing to the development of PCOS, although exact causes may be many which remain unknown and deep-rooted.

Recent research suggests that there are many possible changes, that can increase a person's risk of developing PCOS. But the symptoms and features vary from person to person. In some, it has variants which have higher reproductive levels and higher BMI, insulin and glucose levels. In others, some other sort of symptoms exist with variants, like, obesity, insulin resistance, higher BMI, hormonal cycle changes, etc.

Symptoms of PCOS results in imbalance of hormones, higher levels of androgens, ovarian follicles, hirsutism, irregular periods or no periods, hair loss or alopecia, stress, anxiety, depression, gaining weight, insulin resistance, thickened dark and velvety patches of skin. Due to all these, it is difficult to disrupt this cycle, which is why treating PCOS can at times, be challenging.

There's no proven way to prevent PCOS, but it can be improved with the natural ways and healthy environment around us.

## A BRIEF NOTE ON WOMEN'S CONCERNS RELATING TO HEALTH DURING ANCIENT TIMES

In ancient times, women were aware about natural things. They had extensive knowledge of naturally extracted resources, herbal remedies and medical treatments.

But, with the change in the modernised societal patterns women have knowledge of all the healthcare related aspects but fail to recollect all the historical insights of natural remedies and food resources available globally.

## SUGGESTIONS

Now, it is the need of the hour, to gather knowledge of all such healthcare remedies which can be used naturally to reverse PCOS.

1. **Diet changes:** eating right foods with nourished diet, by eliminating preserved and processed foods.
2. **Eating whole foods:** adding fruits, veggies, whole Grains like jowar, bajra etc. and legumes eliminating artificial sugars, preservatives etc.
3. **Balance carb and protein intake:** eating a bowl of protein diet excluding dairy products like paneer, tofu etc.
4. **Adding anti-inflammatory foods to diet:** intake of olive oil, tomatoes, leafy greens, fatty fish, tree nuts etc.
5. **Increase iron intake:** adding iron rich foods like spinach, eggs, broccoli etc.
6. **Increase magnesium intake:** adding Almonds, cashew, banana in diet
7. **Add in fibers:** pears, avocados, sprouts, lima beans are rich in fibers and shall be helpful in digestion
8. **Going gluten free and dairy free:** quit them, go gluten dairy free and you will know how many have reversed it by finding changes in yourself.

9. **Cut out caffeine intake:** replace it with herbal tea.

10. **Supplements** like Inositol, Cinnamon, Turmeric, Zinc, Primrose Oil, Vitamin D, Cod Liver Oil, Berberine, using Maca Root, Ashwagandha, Holy Tulsi, Licorice root, intaking chasteberry, probiotics, etc. shall be crucial part of diet.

11. **Maintain healthy weight** by balancing exercise, low resistance training, walks and running including workouts.

12. **Practising Good Sleep Hygiene:** affecting stress levels, helps regulate cortisol levels which are essential to balance hormones.

13. **Reduce Stress** by increasing happy hormones. Eat gluten free chocolates, caffeine free chocolates, dark chocolate, etc.

14. **Be cautious** of diet and nutrition.

15. **Follow Seed Cycling:** intake of flax seeds, pumpkin, sesame and sunflower seeds.

## **CONCLUSION**

Polycystic Ovary Syndrome (PCOS) is a heterogeneous endocrinopathy characterized with ovulatory dysfunction. The ovulatory dysfunction is related to unhealthy lifestyle and exposure to environmental pollutants. Hence, lifestyle modification for women with PCOS should be promoted more vigorously. Besides it, smoking, usage of plastic tableware and indoor decoration, drinking caffeine, non-balanced sleep and food cycle, lack of nutritious food, cravings for sugary substances, intake of processed and preservative foods etc. comprised of prolonged cycle of irregular periods and wrong dietary habits shall be improved and focus on awareness regarding PCOS reversal shall be imparted to women and society at large to draw a balance in the ecosystem. Although PCOS cannot be cured permanently in some cases, but treatment along with supplements, practices and dietary changes may help you manage it.

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