

**GOVERNMENT OF INDIA  
MINISTRY OF HEALTH AND FAMILY WELFARE  
DEPARTMENT OF HEALTH AND FAMILY WELFARE**

**LOK SABHA  
UNSTARRED QUESTION 5523  
TO BE ANSWERED ON 4.4.2025**

**POLYCYSTIC OVARIAN DISEASE**

**5523. SHRI SAPTAGIRI SANKAR ULAKA:**

Will the **Minister of HEALTH AND FAMILY WELFARE** be pleased to state:

- (a) the total number of women affected by Polycystic Ovarian Disease (PCOD) in the country along with a detailed age-wise division of the affected population;
- (b) the steps taken/proposed to be taken by the Government to increase awareness, early diagnosis and management of PCOD across different regions of the country;
- (c) whether there are any ongoing research initiatives or government collaborations to develop a vaccine or preventive drug for PCOD and if so, the details thereof; and
- (d) the availability of affordable treatment options for PCOD in public healthcare facilities and the programmes, if any aimed at improving access to such treatments for women in rural and underserved areas?

**ANSWER  
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY  
WELFARE  
(SMT. ANUPRIYA PATEL)**

(a) As per information received from the Indian Council of Medical Research (ICMR), a cross sectional study conducted by ICMR to estimate the nationwide prevalence of PCOS in India, examined its phenotypic spectrum, and assessed the magnitude of associated comorbidities in the recruited 9824 women aged 18 to 40 years from November 1, 2018, to July 31, 2022, across the country. The mean age of screen-positive women for PCOS was 28.1 years. The prevalence of PCOS was 7.2 % (95%CI, 4.8%-10.8%) by NIH 1990 criteria, 19.6 % ( 95%CI, 12.7%-29.2%) by Rotterdam 2003 criteria, and 13.6 %(95%CI, 8.4%-21.6%) by AE-PCOS criteria.

(b) and (d) The Department of Science and Technology has launched a dedicated module on Yoga in PCOS developed by ICMR-NIRRH in collaboration with Kaivalyadham Institute of Yoga.

ICMR- NIRRH in collaboration with Medical Research Centre of the Kasturba Health Society (KHS-MRC), has developed recommendations for the multidisciplinary management of PCOS for healthcare providers across all levels of the Indian health system.

The Ministry of Health and Family Welfare implements the Rashtriya Kishor Swasthya Karyakram (RKSK) to reach the adolescents, focussing on six thematic areas viz, sexual and reproductive health, nutrition, non-communicable diseases, substance abuse, injuries and violence (including gender-based violence), and mental health. Adolescent Friendly Health Clinics established under RKSK support the adolescents by providing counselling and referral services on major adolescent health issues including reproductive health and promotion of healthy lifestyle.

(c) As per the information available in ICMR, there is no ongoing research initiatives or government collaborations to develop a vaccine for PCOD. The cause of PCOS being multifactorial, preventive emphasis is on healthy lifestyle management with diet and exercise.

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