

Comparative evaluation of different treatment regimens for managing polycystic ovarian syndrome: A long-term, prospective observational study

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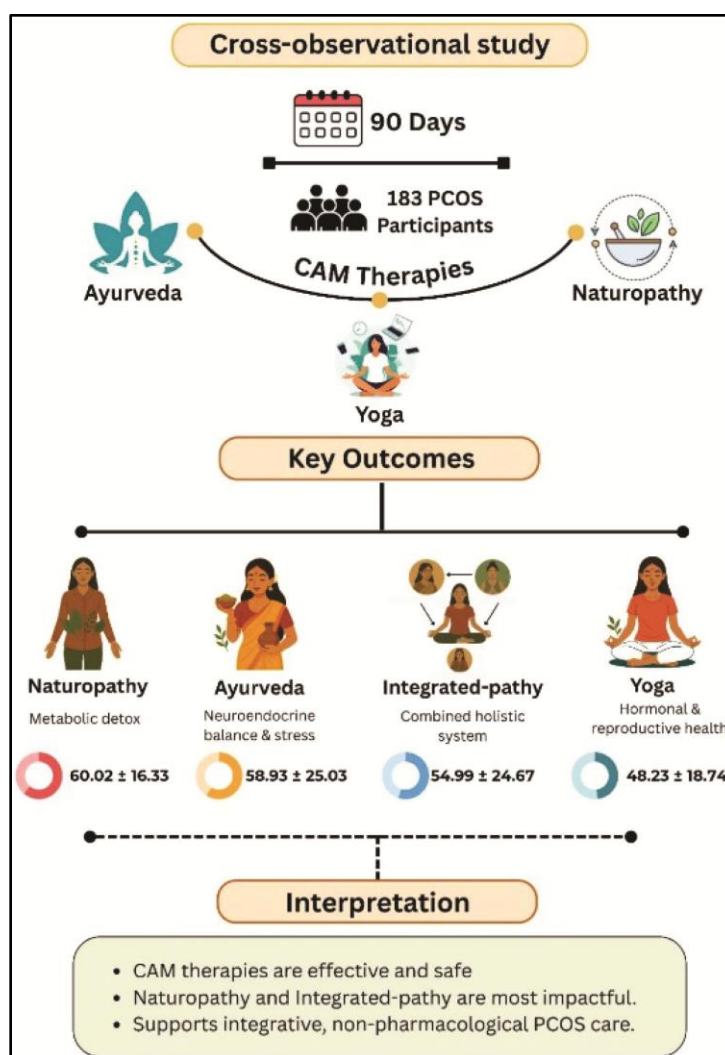
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Supplementary Data

Graphical abstract



This graphical abstract illustrates integrative CIM approaches: Ayurveda, Yoga, Naturopathy and an integrated model for the holistic management of PCOS

Supplementary Table S1 — Correlation matrix showing the convergence of inter-treatment responses over time

Time point	Yoga	Ayurveda	Naturopathy	Integrative
Day 0	1	0.979	0.358	0.135
Follow-up Day 30	0.979	1	0.171	-0.021
Follow-up Day 60	0.358	0.171	1	0.912
Follow-up Day 90	0.135	-0.021	0.912	1

Supplementary Table S2 — Extended temporal descriptive statistics of PCOS symptom scores throughout the duration of 90-day intervention

Time Point	Number of groups	Minimum	Maximum	Range	5% Percentile	95% Percentile	Mean	Standard Deviation (SD)	Standard Error of Mean (SEM)	Skewness	Kurtosis
Follow-Up Day-0	4	69.45	87.34	17.89	69.45	87.34	79.75	7.589	3.794	-0.961	1.234
Follow-Up Day 30	4	58.16	71.69	13.53	58.16	71.69	65.11	5.777	2.888	-0.160	-0.794
Follow-Up Day 60	4	35.71	57.48	21.77	35.71	57.48	44.77	9.169	4.584	+1.117	2.029
Follow-Up Day 90	4	27.91	39.89	11.98	27.91	39.89	32.55	5.299	2.649	+1.214	1.083

Supplementary Table S3 — ANOVA summary statistics for intergroup evaluation of treatment efficacy

Parameters	Values
F-value	34.73
P-value	<0.0001
R ² (Effect size)	0.8967
Sum of Squares (Between)	5291
Sum of Squares (Residual)	609.3
Sum of Squares (Total)	5900