

Clinical evaluation of furostanolicsaponins and flavanoids in polycystic ovarian syndrome (pcos) patients

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OBJECTIVE

PCOS affects approximately 4-12% women of reproductive age. For such a common syndrome, there is surprisingly a lack of well-defined diagnostic criteria, making it confusing to doctors. Furthermore, the symptoms of PCOS range from physical to psychological and can also lead to infertility. It was thus, pertinent to deliberate upon more ways of managing PCOS and so the objective of the study was to find out the effect of Standardized Fenugreek seed Extract on reduction in ovarian volume and the number of ovarian cysts. Treatments embody birth control pills to regularize periods, medication mentioned as Glucophage to stop polygenic disease, statins to manage high sterol, hormones to extend fertility and procedures to induce eliminate excess hair. Polycystic ovary syndrome (PCOS) could even be a condition that affects a woman's hormone levels. Girls with PCOS manufacture higher-than-normal amounts of male hormones. This hormone imbalance causes them to skip cat menial periods and makes it more durable for them to urge pregnant. Polycystic ovary syndrome (PCOS) could even be associate ill health that affects one in ten girls of childbearing age. Girls with PCOS have a secretion imbalance and metabolism issues which may have an impact on their overall health and appearance. PCOS is additionally a daily and treatable clarification for sterility. Polycystic ovary syndrome (PCOS) could even be a secretion disorder common among girls of procreative age. Girls with PCOS could have occasional or prolonged catamenial periods or excess male hormone (androgen) levels. The ovaries could develop varied little collections of fluid (follicles) and fail to frequently unleash eggs. PCOS and gestation. Polycystic female internal sex organ syndrome, or PCOS, could even be a typical secretion condition in girls. Girls with PCOS will struggle to become pregnant and are at higher risk of developing complications throughout gestation. However, by managing the symptoms, many ladies with PCOS will become pregnant and have a healthy baby. There's no cure for PCOS, however the symptoms ar usually treated. Speak to a doctor if you think that that that you are going to possess the condition. If you've PCOS and you're overweight, losing weight and uptake a healthy, diet will build some symptoms higher. Once left untreated, PCOS will increase a woman's risk for mucosa (lining of the uterus) cancer. With PCOS, the ovary doesn't begin associate egg frequently. If no egg pops out aka organic process, then no progesterone is formed. Thus, the liner of the womb (endometrium) grows uncontrollably. In women diagnosed with PCOS, insulin secreted by pancreas isn't efficiently utilised by the tissues and this results in obesity and production of excess testosterone. Consuming fenugreek leaves or seeds will help in maintaining normal insulin levels. Homeopathy focuses on the basis explanation for an ailment and works to correct hormonal imbalance, regularizing ovulation also as restoring menstrual normalcy. Homeopathy for PCOS is an individualized treatment and thus effectively addresses and helps to treat the associated symptoms of PCOS effectively. Some research has found that it can help obese women with PCOS reduce. Additionally to taking medication, adding healthy habits into your lifestyle can assist you keep your weight under control: Eat a high-fiber, low-sugar diet. Load on fruits, vegetables, and whole grains. The cysts aren't harmful, but they will cause an imbalance in hormone levels. Women with PCOS can also experience cycle abnormalities, increased androgen (sex hormone) levels, excess hair growth, acne, and obesity. The PCOS

diagnostic criteria don't include "being overweight." Obesity may be a risk of PCOS. In fact, about one in five women with PCOS are thin or at a healthy BMI. Know that you simply aren't invisible, and normal weight and thin women with PCOS do exist.

METHOD

An open labelled, single armed, single-centric and no comparative study on 107 female patients suffering from PCOS was conducted using a novel fenugreek seed extract for a period of 12 weeks to determine its efficacy in reduction of ovary volume and number of ovarian cysts. The inclusion criteria for the study were Premenopausal women between 18-45 years of age and BMI less than 42, diagnosed with PCOS by Rotterdam Criteria with adequate hepatic, renal, cardiac and haematological functions, patients willing to participate and give informed consent in writing for the study and with a stable weight for last two months (i.e. change of weight <3kgs). Data was described as mean \pm standard deviation. The baseline characteristics were compared between the two groups using t-test and other statistical parameters.

RESULTS

On completion of the study, significant decrease was noticed in both the ovaries' volume (p-value 0.0001). More than 65% of the patient showed reduction in cyst size in both left & right ovaries. 15 patients got pregnant by the end of the study and HOMA Index was reduced in 75.67% of the study population. 79.5% of the study population had regular menstrual cycles at the completion of the study and prolactin levels were significantly reduced. Hirsutism score was significantly reduced (p=0.002) at the end of 12 weeks of treatment. No changes were observed on LFT, KFT & Haemogram level.

CONCLUSIONS

The fenugreek seeds extract was proven to be safe and effective in treating PCOS in women of reproductive age by reducing the cyst volume in both ovaries as well as cyst sizes.

Bottom Note: This work is partly presented at 4th World Congress on Polycystic Ovarian Syndrome June 07-08, 2018