

## **Consensus on the integrated traditional Chinese and Western medicine criteria of diagnostic classification in polycystic ovary syndrome**

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Polycystic ovary syndrome (PCOS) is the most common endocrine and metabolic disorder of women, with complex pathogenesis and heterogeneous manifestations. Polycystic ovary condition (PCOS) is a hormonal issue basic among ladies of regenerative age. Ladies with PCOS may have inconsistent or drawn out menstrual periods or overabundance male hormone (androgen) levels. The ovaries may build up various little assortments of liquid (follicles) and neglect to routinely discharge eggs.

The specific reason for PCOS is obscure. Early analysis and treatment alongside weight reduction may lessen the danger of long haul entanglements, for example, type 2 diabetes and coronary illness.

### Indications

Signs and indications of PCOS regularly create around the hour of the primary menstrual period during pubescence. Once in a while PCOS grows later, for instance, in light of significant weight gain.

Signs and side effects of PCOS shift. A finding of PCOS is made when you involvement with least two of these signs:

Sporadic periods. Rare, unpredictable or delayed menstrual cycles are the most well-known indication of PCOS. For instance, you may have less than nine periods every year, over 35 days among periods and strangely substantial periods.

Overabundance androgen. Raised degrees of male hormone may bring about physical signs, for example, abundance facial and body hair (hirsutism), and at times extreme skin break out and male-design hairlessness.

Polycystic ovaries. Your ovaries may be expanded and contain follicles that encompass the eggs. Thus, the ovaries may neglect to work consistently.

PCOS signs and side effects are ordinarily progressively extreme in case you're stout. PCOS has become one of the most common endocrine disorders and recently it has been observed that diet, genetics and lifestyle are the major contributors to the onset and progression of PCOS. Trends are alarming towards various metabolic diseases such as obesity, hypertension, diabetes, insulin resistance, iron disorders, visceral adiposity, musculoskeletal disorders and many more. PCOS is a major global public health challenge due to increased consumption of fatty foods, calorie rich food and inadequate physical activity that altered the hormonal changes, lipids or methyl glyoxal and subsequently releases a novel form of cytokines Professor Jin Yu recently wrote an article entitled "Proposal of Diagnosis and Diagnostic Classification of PCOS in Integrated Traditional Chinese and Western Medicine." From this, the Obstetrics and Gynecology branches of the Chinese Association of Integrative Medicine and the China Association of Chinese Medicine collaborated with the Gynecology branch of the Chinese Association for Research and Advancement of Chinese Medicine to draft a report on the consensus of criteria for the diagnosis and classification of PCOS in integrated traditional Chinese and Western medicine. The diagnosis for PCOS includes all three features:

(1) oligo-ovulation or anovulation; (2) clinical and/or laboratory evidence of hyperandrogenism; (3) PCOS is classified into four types: types Ia, Ib, IIa, and IIb. Syndrome differentiation types for PCOS in traditional Chinese medicine are as follows: Kidney deficiency with phlegm blockage syndrome, Kidney Yin deficiency with phlegm blockage and blood stasis syndrome, and Kidney deficiency with Liver Qi stagnation syndrome.

**Keywords:** polycystic ovary syndrome; consensus; diagnosis; classification; integrative medicine; holistic health; medicine, Chinese traditional