

Polycystic Ovarian Syndrome

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CLINICAL EVALUATION OF FUROSTANOLIC SAPONINS AND FLAVONOIDS 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.

Method: An open-label, single armed, single-centric and non-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, hematological functions and with a stable weight for the last two months (i.e. change of weight <3kgs). Patients willing to participate submitted an informed consent in writing for the study. 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 patients showed reduction in cyst size in both left and 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 in liver function test (LFT), kidney function test (KFT) and haemogram levels.

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.

Biography

Apurva Goel has completed her Masters in Law and started her professional career in healthcare segment. She is currently working at a Senior Position in Chemical Resources (CHERESO), India. In addition to her background in leadership, she has in-depth understanding of natural products, life sciences, research protocols, business development, product development, and market research. She is a young self-made disciplinarian, who has crossed the boundaries of success with her sincere dedication and a crystal clear vision to provide effective healthcare.

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