

Polycystic Ovarian Syndrome

June 07-08, 2018
London, UK

J Clin Mol Endocrinol 2018, Volume 3
DOI: 10.21767/2572-5432-C1-003

CLINICAL EVALUATION OF STANDARDIZED FENUGREEK SEED EXTRACT AS FUROSTANOLIC SAPONINS (FUROCYST) IN POLYCYSTIC OVARY SYNDROME PATIENTS

Amrita Sarkari Jaipuria¹, Sushil Kumar Gupta², Pawan K Goel³ and Gopesh Lamgora³

¹Garg Hospital–Uttar Pradesh, India

²Hormone and Maternity Clinic–Uttar Pradesh, India

³Chemical Resources (CHERESO), India

Background: Polycystic ovarian syndrome (PCOS) is one of the most common endocrine conditions affecting women of reproductive age group with prevalence of approximately 7–10% worldwide.

Objective: The objectives of the study were to find out the effect of standardized fenugreek seed extract as furostanolic saponins (Furocyst) on reduction in ovarian volume and the number of ovarian cysts.

Method: An open-label, multicentric, single-arm, and non-comparative study was planned on 50 female patients suffering from PCOS. Patients were enrolled as per inclusion, i.e. premenopausal women between 18-45 years of age, BMI less than 42, diagnosed with PCOS, with adequate hepatic, renal and haematological functions, as well as patients willing to give informed consent in writing. Patients with hysterectomy/ congenital adrenal hyperplasia/ Cushing's syndrome/androgen secreting tumour/ thyroid-dysfunction/ hypo-gonadism were excluded. Women were allocated to receive Furocyst and were

assessed on parameters of ultrasonographic (USG) and hormonal diagnosis on the second day of cycle before and every four weeks within treatment period of 12 weeks

Result: After treatment for three months with Furocyst, there was significant reduction in ovary volume ($p=0.000$), 46% of study population showed reduction in cyst size who had bigger cyst, 36% study population showed complete dissolution of cyst who had small cysts, 12% study population got pregnant and 71% patients reported regular menstrual cycle on completion of treatment and LH:FSH ratio was also reduced to normal. Overall 94% of patients reported positively or got benefitted from standardized fenugreek seed extract dosing. No changes were observed in liver function test (LFT), kidney function test (KFT) and haemogram level.

Conclusions: The present study indicates that standardized fenugreek seed extract as furostanolic saponins (Furocyst) is very effective and safe in the management of poly cystic ovary syndrome in women of reproductive age group.

amritasj@rediffmail.com