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EFFICACY EVALUATION OF FUROSTANOLIC SAPONINS (FUROCYST) IN MANAGEMENT OF INSULIN RESISTANCE AND OVARY VOLUME IN PCOS SUBJECTS

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Background: Polycystic ovary syndrome (PCOS) affects 10%–15% females of reproductive age. Insulin resistance is a central feature of PCOS. Hyperinsulinemia contributes to anovulation, hyper androgenism, infertility and early pregnancy loss along with increased risks of diabetes and cardiovascular events in women with PCOS. Furocyst (furostanolic saponins) ameliorates the metabolic syndrome associated with insulin resistance in PCOS and prevents long-term cardiovascular and diabetes complications. Based on the published study of Furocyst and three patents (US Patent 8217165B2 July 10, 2012, US Patent 8754205B2 June 17, 2014, Europe Patent 2285821 B1 December 17, 2014) this observation study was planned.

Objective: Our specific objective was to evaluate reduction in ovary volume and insulin resistance in women with PCOS, treated with furostanolic saponins (Furocyst).

Method: An open-labeled, single armed and non-comparative observation study on 30 female subjects suffering from PCOS with high insulin resistance was conducted. Patients were enrolled as per inclusion, i.e. premenopausal women between 18–45 years diagnosed with PCOS with adequate hepatic, renal and hematological functions. Patients with Cushing's syndrome/androgen secreting tumor/thyroid-dysfunction were excluded. Included subjects received Furocyst and were assessed on various parameters on second day of the cycle in the beginning, and then after every four weeks within a treatment period of 12 weeks. Ovary volume was calculated with lower abdomen USG/TVS and Insulin resistance was calculated by HOMA-IR method.

Conclusion: After 12 weeks of Furocyst intake, a significant reduction in ovary volume, insulin resistance and LH:FSH ratio was observed. The reduction in left and right ovary volume was 24.35% and 25.97%, respectively ($p<0.001$). Reduction in insulin resistance and fasting insulin was also found highly significant ($p=.002$ and $.007$). The reduction in fetal bovine serum (FBS) and LH was also found to be highly significant ($p<.001$). After treatment with Furocyst, the irregularity of menstrual cycle was also significantly reduced ($p<.001$). No significant adverse effects were observed. In summary, Furocyst was efficacious in ameliorating the symptoms of PCOS.

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