



The effects of wheat germ on polycystic ovarian rats

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Abstrac :

Background : Polycystic ovarian syndrome (PCOS) is a hormonal disorder and the most common cause of female infertility due to anovulation. Wheat germ is an antioxidant . In this study the therapeutic effect of wheat germ on polycystic ovary syndrome were investigated .

Materials and methods : 15 rats (180±15g) were divided into 4 groups and 3 groups subcutaneously injected with EV (2mg/kg), The control group received no injection . 2 of the PCOS groups were treated with wheat germ (pCOS100, pCOS300) for 30 days with gavage . Then all of the rats were killed with chloroform and were operated and ovaries collected for histological examination . Data were tested using ANOVA and INSTAT and P < 0.05 was considered significant

Conclusion: : Thickness of theca layer, primordial follicles and number of cysts significantly decreased in curcumin-treated ovaries relative to PCOS group. Also corpus luteum as a main sign of ovulation appeared. The wheat germ has an overall improvement in anovulation and reduction effect in PCOS.