

The Effect of Herbal Medicines on Polycystic Ovarian Syndrome

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Introduction: Polycystic ovarian syndrome (pcos) is an endocrine disorders of the reproductive system that affect about 5-10% of women of reproductive age. the aim of this study is checking effect of herbal medicines on pcos treatment.

Methods: A narrative review was performed within articles published a “PubMed “ , “Elsevier” , “SID” and original text books to reach the aim.

Results: By reviewing studies on the six herbs, in patients with pcos, the results showed that:

Novel Fenugreek seed caused significant reduction in ovary volume and cyst size and the number of ovarian cysts and in some cases caused complete dissolution of cyst and Fennel can increase serum concentraion of FSH and decrease LH and Testosterone. generally these plants in improving the signs and symptoms of polycystic ovary syndrome may be responsible.

The alcoholic-extract of dried Matricaria chamomilla can not only reduce the symptoms pco, but also increase dominant follicles and can be improved endometrial tissue.

Studies suggest a role of Red ginseng on Improve ovarian morphology and regulation of nerve growth factor(NGT) expression in the ovaries and Vitex agnus-castus and Marrubium Vulgare can improveing testosterone and progesterone condition of rat with PCOS have shown.

Conclusion: Preclinical and clinical studies provide evidence that herbal medicines may have beneficial effects for women with PCOS

Keywords : herbal medicines, PCOS