



ISBN: 978-81-947071-0-3

Publishers:

Darshan Publishers,
8/173, Vengayapalayam, Rasipuram,
Namakkal, Tamil Nadu, India – 637406.
www.darshanpublishers.com
E-mail: darshanpublishers12@gmail.com

Printers:

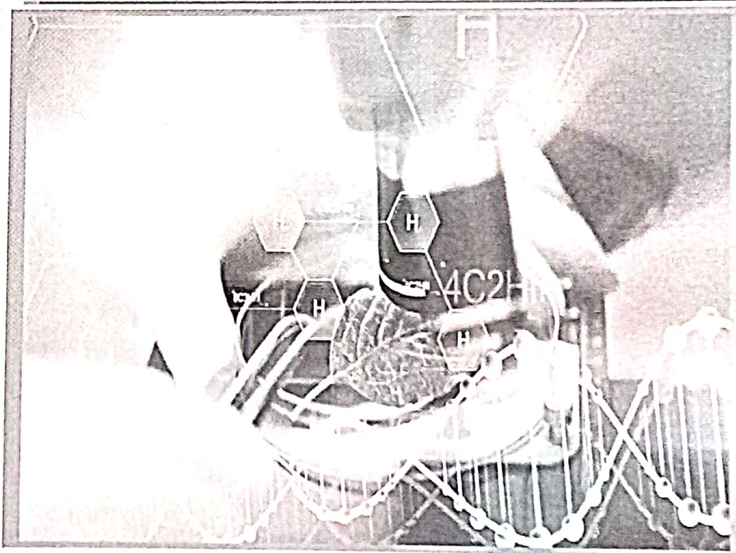
Dhazh Computers (Graphic Designer)
No: 442- A, 10th East Cross Street,
Munthirithoppu, Annanagar,
Madurai – 20, Tamil Nadu, India.
E-mail: narennarayanasamy@gmail.com



Synthetic Microbial Research- Challenges and Prospects

First Edition

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Dr. A. Anitha



**Darshan Publishers,
Tamil Nadu, India**

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ISBN: 978-81-947071-0-3

Volume -1 Edition-1-2021

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Therapeutic approaches for the management of Polycystic Ovarian Syndrome

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Abstract

Polycystic ovary syndrome (PCOS) is an endocrine disorder common among women of reproductive age. The ovaries of the PCOS women develop numerous small collections of fluid (follicles) and fail to regularly release the eggs which lead to infertility. The symptoms associated with PCOS significantly affect their quality of life. This syndrome is integrated with multiple morbidities, including type II diabetes mellitus, insulin resistance, obesity, cardiovascular disease (CVD), infertility, cancer, and psychological disorders. This review present the various aspects of treatment recommendations which include both pharmacological and phytotherapeutical approaches currently used in the treatment of this condition.

Keywords: PCOS; Metformin; Clomiphene citrate; Phytoestrogens; Antioxidants.

Introduction

Polycystic ovarian syndrome (PCOS) is a condition that afflicts many women worldwide and is one of the most prevalent, metabolic, endocrine and reproductive disorder affecting the women in the reproductive age. It is one of the leading causes of anovulatory infertility. Even though PCOS manifests during the reproductive age, the complications associated with the condition can stretch throughout the life of the affected women right from in-utero till death. This can, thus, lead to many health complications, raising the rate of morbidities and affecting the quality of life. It is observed as a polygenic disorder with various causative factors that fall under endocrine, metabolic, environmental and genetic categories. It manifests heterogeneously according