

A Detailed Review on Herbal Treatments for Treatment of PCOS- Polycystic ovary syndrome (PCOS)

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Article Information

Identifiers and Pagination:

Year: 2021

Volume: 2

Issue: 3

First Page: 192

Last Page: 202

Publisher ID: [CNT-2-192](#)

DOI: [10.2174/2665978602666210805092103](#)

Article History:

Received Date: 25/11/2021

Revision Received Date: 14/06/2021

Acceptance Date: 17/06/2021

Electronic publication date: 2021

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The review gives a brief about PCOS and the symptoms related to the disease. Around 2.2 to 26% of cases of PCOS are present globally. The disorder generally occurs in the reproductive age group of women. The review has a mention of few herbs which can be used to correct the diseased condition. The various herbs have a positive effect on the diseased condition and can be used to cure symptoms like hypothyroidism, hyperplasia, obesity, diabetes, Menorrhagia, sleep disturbances, cardiovascular problems, hyperlipidemia, hirsutism, infertility, irregular menstrual cycle, *etc.* The search engines used are PubMed, various review articles, *etc.* The method involved in the review includes various medicinal herbs that have been seen to affect women having various gynecological disorders like Poly Cystic Ovarian Syndrome, Uterine Fibroids, and Endometriosis. The herbs included in the review include *Bauhinia variegata* useful in hormone imbalance, *Phyllanthus emblica*, *Terminalia bellirica*, *Terminalia chebula*, and *Commiphora wightii* are used to regulate the hormones, *Cinnamon cassia* acts as an anti-oxidant, *Tribulus terrestris* improves reproductive dysfunction, *Hypericum perforatum* regulates depression, *Commiphora myrrha* prevents menorrhagia, *Nigella sativa* controls cholesterol, *Saraca asoca* has estrogenic action, *Asparagus racemosus* promotes folliculogenesis, *Tinospora cordifolia* regulates menstrual flow, *Ocimum sanctum* as an anti-oxidant. The plants taken had a positive effect on women with PCOS without causing any side effects. The natural herbs

used for the treatment of PCOS did not have any side effects and treated the diseased condition naturally. This review aims to understand the natural plants available for the treatment of the disease naturally. The herbs can be used individually or can be used in combination.

Keywords: Poly cystic ovarian syndrome, uterine fibroids, endometriosis, menorrhagia, herbal treatment, hyperplasia.