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## A Review on Herbal Management of PCOS (Polycystic Ovarian Syndrome)

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### ABSTRACT:

Polycystic ovarian syndrome, functional ovarian hyperandrogenism, ovarian hyperthecosis, sclerocystic ovary syndrome and also known as Stein- Leventhal syndrome is a now a day's major problem faced by girls of reproductive age and not only girls of reproductive age but also by the women who have attended menopause. PCOS is a complex endocrine disorder caused by adrenal gland due to uneven hormonal release or least response to hormone release characterized by multiple cysts on ovaries, chronic anovulation and hyperandrogenism leading to symptoms of irregular menstrual (known as amenorrhea) cycles, hirsutism (excessive hair growth), acne and infertility. In patients with PCOS, the secretion rate and metabolism of androgens and estrogens are disrupted. The prevalence of PCOS increasing which associates mental and physical problems as well as the effects of changes in sex hormones in development of this disease. We are here trying to describe and find new herbal management techniques to overcome chronic syndrome like this because allopath is not suitable for every body system to overcome this problem as it is a syndrome (i.e. group of symptoms which consistently occur together), hence there is need of different allopath drug for each symptoms which can affect a longer effect on natural mechanism of a person suffering from PCOS, that is why we are trying to move towards herbal management.

Infertility, failure to conceive over 1 year period of continuous exposure to normal unprotected coitus regularly during the appropriate period of menstrual cycle, is the common global problem. Female infertility accounts to 35%-40% of the overall infertility in humans therefore there is a need to provide light on this problem affecting much percentage of our population.

### KEYWORDS:

PCOS, Herbal Management, Hyperandrogenism, Chronic Anovulation, Amenorrhea

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