

Review on Polycystic Ovarian Disease/Syndrome (PCOD/PCOS)

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Abstract: PCOD or PCOS is a reproductive and metabolic disorder concerned with the ovaries. An ovary is an active organ that changes its form, Appearance, and shape according to its hormonal ambiance. PCOD or PCOS is a condition in which ovary of women of childbearing age is Enlarged and starts producing an excessive amount of male hormones (androgens) and is the main cause of infertility, diabetes, irregular Menstrual periods, and hirsutism. No exact cause of the disease has been found yet but the change in lifestyle, change in dietary needs, lack Of exercise, and the most important of all, i.e. stress level induces the disease. There are medicines, which can induce an artificial menstrual Cycle and regulate the level of hormones and ultimately treat the three signs of PCOS i.e. Acne, Hirsutism, and Obesity

Keywords: PCOD, PCOS, , hirsutism, pregnancy, management, diagnosis, treatment

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