

# A Review on Phytomedicine for Polycystic Ovary Syndrome

Ms. Taniya Sunil Khurana<sup>1</sup> and Ms. Ankita Arjun Giramkar<sup>2</sup>

Student, Department of Pharmaceutical Science<sup>1</sup>

Assistant Professor, Department of Pharmaceutical Science<sup>2</sup>

Saikrupa Institute of Pharmacy, Ghargaon, Ahmednagar, Maharashtra, India

**Abstract:** *Polycystic ovarian syndrome (PCOS) is characterized by gynaecological, endocrine, and metabolic abnormalities in women of reproductive age. It has been demonstrated that hyperandrogenism, insulin resistance, menstrual irregularities, and prolonged absence of ovulation in polycystic ovary are frequently related with symptoms. It may indicate a multidisciplinary approach to PCOS treatment. Conventional medical care focuses on a specific ailment and is frequently associated with side effects, which may be contraindicated and ineffectual in some cases. So far, women with PCOS have stated a preference for alternative medication. Ayurvedic medicine is becoming increasingly popular for several health conditions, including PCOS. In this review, an attempt has been made to study the use and mode of action of potential Ayurvedic drugs for the treatment of PCOS*

**Keywords:** Medicinal Plants, PCOS, Anti-androgenic, Insulin resistance, Menstrual irregularity