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Review

Phytotherapy in the Management of Polycystic Ovarian Disease (PCOD): A Review of Evidence-Based Herbal Interventions and Mechanisms of Action

P. Mohana krishnan*, K. Ashwin, S. Thirumal, K. Bharathkumar, Vigneshwaran. L.V

RKP College of Pharmacy, Krishnagiri, Affiliated to The Tamilnadu Dr.M.G.R. Medical University, Chennai – Approved by Pharmacy Council of India, New Delhi

*Author for Correspondence: P. Mohana krishnan
Email: mohanakrishnan.pharmacist@gmail.com

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Abstract

Polycystic ovarian disease (PCOD), the primary cause of anovulation-induced infertility, is the endocrine condition that affects women of reproductive age the most frequently. PCOD affects five to ten percent of women who are of reproductive age, and among infertile women, the number increases to fifteen percent. In classical literary works, prominent physicians from the Unani system have discussed this illness under the titles of amenorrhoea, liver difficulties, coughing disease, and obesity. This study describes the clinical features, presentation, pathogenesis, treatment objectives, and therapeutic options of polycystic ovarian disease (PCOD) from a Unani perspective. We emphasise and explain how this ailment was diagnosed and treated in the Unani medical system. We also discuss recent findings about the effect of herbal medicines on insulin resistance in PCOD.

Background: Various pharmaceutical treatments have been proposed for PCOS, a common medical condition that is characterised by both metabolic and reproductive disorders. However, the side effects of long-term treatments and their likely low efficacy have made complementary and alternative treatments a valuable option. Recent reports have indicated an increase in the use of complementary medicine. Herbal medicine, which is a component of complementary medicine, was first introduced in traditional Persian and Chinese medicine. Medicinal herbs have long been used to treat PCOS patients' gynaecological and infertility issues.

Methods: Two investigations of the scientific literature were conducted. The initial lookup looked for preclinical research that clarified the reproductive endocrine effects of entire herbal extracts in PCOS, elevated testosterone, and oligo/amenorrhea. Key terms for the second search were derived from herbal remedies found in the first search. The second search looked for clinical research that supported the results of the lab tests. Women with PCOS, irregular menstruation, and hyperandrogenism were among the subjects.

Keywords: Polycysticovary syndrome, PCOS, Herbal medicine, Complementary medicine.

INTRODUCTION

Numerous lifestyle disorders have come about as a result of contemporary civilisation. Sedentary lifestyles, junk food cravings, and mental and behavioural disorders (such as social insecurities and a highly competitive attitude) all disrupt the hypothalamus-pituitary-ovarian axis, or HPO Axis, and contribute to lifestyle diseases like PCOD[1]. About 75% of anovulatory infertility is caused by this condition, which is thought to be a most common endocrine disorder in women of reproductive age[2]. It affects 5–10% of reproductive women and rises to 15% in infertile women. It causes prolonged anovulation and the generation of large levels of androgen, especially testosterone. Clinical manifestations of hyperandrogenism encompass virilisation, hirsuitism, acne, and alopecia [3]. The majority of menopause instances are caused by PCOD.

It is an extraordinarily significant and common disorder. Although it affects women in all stages of being pregnant, from early to late, its frequency varies by race and ethnicity; for example, it is more common in South Asians than in Caucasians. When compared to Western Caucasian women (20%–25%), Asian women are more likely to have PCOS (52%). The World Health Organisation (WHO) estimates that in 2012, PCOS infected 116 million women worldwide (4%–12%), and by 2020, the prevalence had sharply scaled to 26% (Carmina et al., 1992; Nagarathna et al., 2014). Steroidogenesis is An imbalance in chemicals.

As demonstrated in Figure 3, the main hormones that are essential for the pathophysiology of PCOS are as follows: 3.1.1 Androgen.

Adolescents with PCOS have hyperandrogenism, or the overproduction of androgens, such as testosterone, in their ovaries, which inhibits the maturation of ovarian follicles. Thus, an immature ovum will develop and fail to release properly, which leads to anovulation.Ovum and sperm are necessary for fertilisation, and PCOS patients' inability to conceive is caused by an absence of the fully mature ovum. Women with PCOS are also shown to suffer from elevated testosterone levels (CHANG et al., 1983; Schneyer et al., 2000; Kumar et al., 2005). However, cell function investigations of PCOS patients show that the androgen response is substantially raised following stimulation by endogenous gonadotropin or exogenous HCG follows therapy with a homologue of exogenous gonadotropin-releasing hormone (GnRHmade worse via lower levels of FSH and higher levels of LH and androgens (testosterone).

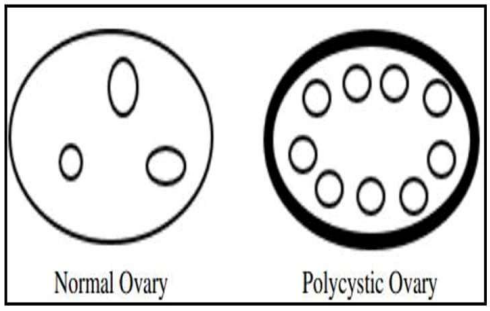


Figure 1: Normal and Polycystic Ovary

This condition is highly universal and common. Worldwide, it affects women in the early to late stages of pregnancy, however the prevalence varies by race and ethnicity; for example, South Asians are more likely than Caucasians to have it. Asian women are more likely to have PCOS (52%), compared to Western Caucasian women (20%) and 25%, respectively. In 2012, PCOS affected 116 million women globe (4%–12%), according to the World Health Organisation (WHO). By 2020, the figure had sharply climbed to 26% (Carmina et al., 1992; Nagarathna et al., 2014). Steroidogenesis is accelerated by the elevated levels of LH and androgens (testosterone) and the decreased quantity of FSH. For PCOS, has several pharmaceutical treatments have been recommended. Complementary therapies may be better options because of their drawbacks, namely side effects, low patient compliance with long-term pharmaceutical treatments, minimal efficacy, and contraindications in certain situations [6–9]. Oral contraceptives are currently the most widely used treatments for PCOS. They work by decreasing the production of gonadotropins and reducing the circulation of free androgens [10]. Letrozole is an aromatase inhibitor that is frequently used to induce ovulation, and clomiphene citrate is a nonsteroidal selective oestrogen receptor modulator (SERM). While mounting evidence that letrozole is safer and better for for both the mother and the foetus, clomiphene citrate remains the first-line treatment [11, 12]. Insulin resistance is treated with metformin.

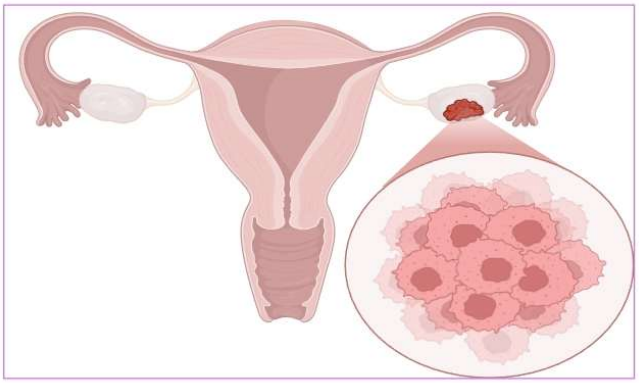


Fig 2: Polcystic Ovarian View

According to Teede et al. (2010), "Polycystic ovary syndrome is a frustrating experience for women, often complex for managing clinicians, and a scientific challenge researchers." In 1935, Irving Stein and Michael Leventhal made the initial identification of PCOS while studying a case of seven women who had enlarged ovaries, obesity, amenorrhoea, and hirsutism. These days, PCOS is acknowledged as a multifaceted, diverse, endocrine, and metabolic disorder with a number of aetiologies, clinical manifestations, and long-term health consequences. Insulin resistance and compensatory hyperinsulinemia are now recognised to play important roles, despite the fact that the precise aetiology is uncertain (Dunaif, 1997).

Etiology

Aberrant gonadotropin discharges, ovarian and adrenal hyperandrogenism, and insulin resistance are the three main manifestations of PCOS. Uncontrolled regulation of gonadotropin-releasing hormone (GnRH) can result in follicular arrest, increased anti-Mullerian hormone (AMH), decreased FSH, increased luteinizing hormone (LH), and increased release of dehydroepiandrosterone. These disorders can affect the synthesis of ovarian steroid hormones, which can result in an increase in circulating androgens. This may be more obvious in women with polycystic ovari syndrome. Hyperinsulinism and hypogonadism are circumstances where insulin tends to stimulate the production of androgens in the gonadal and adrenal glands. The risk of PCOS is considerably raised by hyperinsulinism. It was observed that mature hair growth occurred in PCOS as LH levels increased and FSH levels decreased.

Androgen production surged while aromatase levels in the blood decreased. a high level of and hyperinsulinemia can result from PCOS's excess androgens, which are caused by boosted abdominal fat. Blood levels of testosterone rise when sex hormone binding globulin (SHBG) is reduced due to hyperinsulinemia and increased cell androgen manufacturing. All of these have the ability to speed up the illness's growth.

Since there are presently no particular genetic or metabolic indicators, the exact cause of PCOS is still unknown. Nonetheless, there is proof of a link to genealogy among first-degree female relatives (Kashar-Millar et al. 2001), and environmental and physical factors which includes pollution, obesity, and malnutrition may play a role (Kandaraki 2009).

Pathogenesis

The following are some significant hormones that are discussed as being important in the pathophysiology of PCOS.

Androgen

Teens with PCOS have hyperandrogenism, or the overproduction of androgens, such as testosterone, in their ovaries, which keeps their ovarian follicles from being saturated. This will result in an immature ovum that does not release correctly, which will cause anovulation.PCOS patients' inability to conceive is caused by the lack of the fully formed ovum, which is necessary for fertilisation along with sperm. Women with PCOS also have elevated testosterone levels (CHANG et al., 1983; Schneyer et al., 2000; Kumar et al., 2005).The androgen response is significantly enhanced following its stimulation by exogenous HCG or by endogenous gonadotropin following therapy with an exogenous gonadotropin-releasing hormone (GnRH) analogue, according to cell function investigations of PCOS patients. The human ca cells culture of PCOS patients was also found to produce 20 times more androstenedione than comparable cells from healthy individuals (Schneyer et al., 2000).

Insulin

Anovulation in PCOS individuals is frequently caused by hyperinsulinemia and insulin resistance. Hyperinsulinemia is which is defined as elevated circulating insulin levels, typically occurs when insulin production outpace its clearance. Insulin resistance is another effect of androgens. In obese PCOS patients, weight loss and reduction of abdominal adiposity also increased insulin sensitivity as compared to weight-matched control subjects (Dunaif et al., 1989). The precise causes of metabolic problems are still unknown, but the main culprits are still anomalies in insulin manufacturing and signalling. Insulin secretion and action were found to be impaired in female hesus monkeys exposed to high male hormones in vitro.

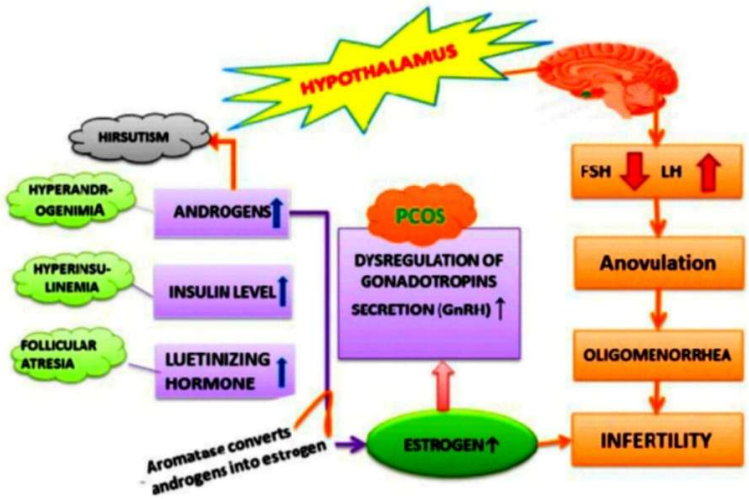


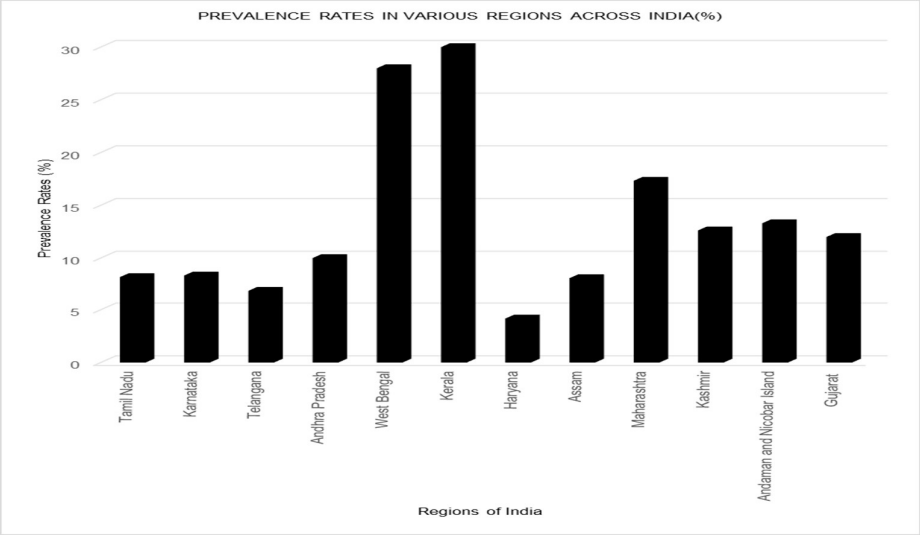
Fig 3: Hormonal Imbalance Associated With PCOS

Leutinizing hormone

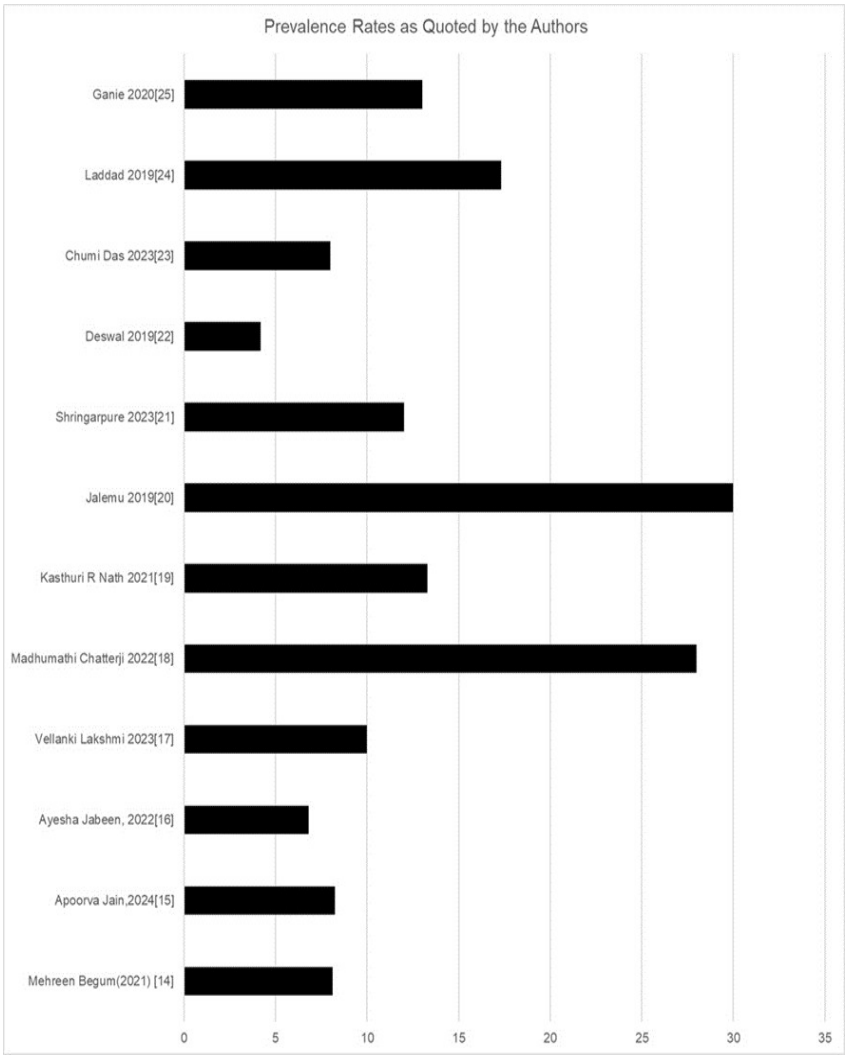
According to several studies, women with PCOS may also experience anovulation as a result of elevated insulin levels, which interact with LH to enhance steroidogenesis and cause an early halt in follicle development. Additionally, it was noted that the LH secretion in prenatally androgenised rhesus monkeys and ewes is still higher than usual, albeit noticeably lower than in anovulatory animals. when animals are exposed to androgens during pregnancy, which causes them to secrete more of them. Although the exact cause of this hypersecretion is unknown, recent research has indicated that irregular negative feedback on LH secretion, which is mediated by either progesterone or oestradiol, is the main cause of hypersecretion of LH in anovulatory individuals (Liu et al., 2012).

Prevalence

The average incidence of polycystic ovarian syndrome, also known as (PCOS), which varies between 2.2% and 26% depending on geographic region and methods of detection, is a significant health concern for women globally. This range emphasises how crucial it is to set up consistent diagnostic procedures. A total of twelve papers analysing PCOS prevalent in different Indian regions were found by our study, emphasising the condition's significant adverse effects on women's health. These studies found that the prevalence of PCOS varied significantly by area, with West Bengal in particular having the highest rate (28%), which may be due to lifestyle, genetic, or environmental factors. Other states with lower but still alarming prevalence rates included Tamil Nadu (8.1%), the southern state of Andhra Pradesh (10%), and Maharashtra (17.33%). At 4.17%, the state's prevalence was quite low. These results highlight the need for tailored health programs and region-specific research in order to successfully combat PCOS.



Graph 1. Prevalance Rates in various regions across India



Graph 2. Prevalance rates as Quoted by authors (%)

Table 1: Region Wise prevalence of PCOD by different authors across the country

Sl.No	Region	Prevalence (%)	Age Group	Sample Size	Criteriato Diagnose	First Author And Year Of Publication
1	Tamil Nadu	8.1	10-30	518	Rotterdam	Mehreen Begum 2021[14]
2	Karnataka	8.25	18-40	150	Rotterdam	Apoorva Jain,2024[15]
3	Telangana	6.8	13-25	250	Rotterdam	Ayesha Jabeen 2022[16]
4	Andhra pradhesh	10	18-24	200	Rotterdam	Vellanki Lakshmi 2023[17]
5	West Bengal	28	18-30	125	Rotterdam	Madhumathi Chatterji 2022[18]
6	Andaman And Nicobar Islands	13.3	13-22	120	Rotterdam	Kasthuri R Nath 2021[19]
7	Kerala	30	16-24	170	Rotterdam	Jalemu 2019[20]
8	Gujarat	12	18-22	308	Rotterdam	Shringarpure 2023[21]
9	Haryana	4.17	16--45	2253	Rotterdam	Deswal 2019[22]
10	Assam	8	18-35	200	Rotterdam	Chumi Das[23] 2023
11	Maharashtra	17.33	10-19	150	Rotterdam	Laddad 2019[24]
12	Kashmir	13	15-40	964	Rotterdam, Nih, Aes	Ganie 2020[25]

Phytotherapy in the management of pcod

A reasonable explanation for PCOS, an illness characterised by elevated hormone levels in females, is unclear. There are many kinds of pharmaceutical treatments available for PCOS, such as oral contraceptive capsules that correct hormonal variations. PCOD (Polycystic Ovary Disease) is frequently substituted with PCOS. fortunately, a portion of the mechanism linked to PCOS has been identified, the precise aetiology and pathophysiology remain unclear. PCOD is treated with a selection of complementary therapies, including remedies made from plants. For many years, medical herbs have been administered to treat PCOS in women with gynaecological and reproductive illnesses.

The evaluation of polycystic ovarian syndrome remains challenging, even with uncomplicated diagnostic standards. This study's goal is to present medical advice along with solid evidence in favour of using herbal treatments to treat polycystic ovarian syndrome.The literature was thoroughly reviewed in order to find the most appropriate information. Over an eight-year period (2017–2024), journals were selected from PubMed, Google Scholar, and other comparable databases in order to ensure the paper's current quality. This study discovered that polyphenolic compounds, such as flavonoids and isoflavones, found in some plant components may support women's reproductive health. Hyperandrogenism, infertility, polycystic ovaries, hirsutism, acne, and irregular times for menstruation are some of its most prevalent features.

For generations to come, the use of herbal tablets has been essential in both the management and avoidance of ailments. Herbs have helped improve healthcare throughout civilisations, resulting in comprehensive herbal pharmacopoeias. Herbal tablets particularly Ayurvedic ones—are incorporated into conventional medicine. They are composed of natural substances like kathavari and kanchanara, which work to control the size of cysts and balance hormones to prevent PCOD. The right dosage, integrity, and efficient release of drugs are assured by excipients in tablet formulations. This highlights the increasing significance of herbal medicine in contemporary healthcare. When preparing herbal tablets, careful consideration of excipients, including diluents, binders, disintegrants, and lubricants, is essential. Diluents give the tablet size, binders keep the tablet whole after compression, disintegrants help the tablet dissolved for efficient medication release, and lubricants keep the tablet against sticking while this is being manufactured. The evaluation of polycystic ovarian syndrome remains challenging, even with uncomplicated diagnostic standards. This study's goal is to present medical advice along with solid evidence in favour of using herbal treatments to treat polycystic ovarian syndrome.The literature was thoroughly reviewed in order to find the most appropriate information. Over an eight-year period (2017–2024), journals were selected from PubMed, Google Scholar, and other comparable databases in order to ensure the paper's current quality information. Over an eight-year period (2017–2024), journals were selected from PubMed, Google Scholar, and other comparable databases in order to ensure the paper's current quality. This study discovered that polyphenolic compounds, such as flavonoids and isoflavones, found in some plant components may support women's reproductive health. Hyperandrogenism, infertility, polycystic ovaries, hirsutism, acne, and irregular times for menstruation are some of its most prevalent features.

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herbal pharmacopoeias. Herbal tablets particularly Ayurvedic ones—are incorporated into conventional medicine. They are composed of natural substances like kathavari and kanchanara, which work to control the size of cysts and balance hormones to prevent PCOD. Diluents give the tablet size, binders keep the tablet whole after compression, disintegrants help the tablet dissolved for efficient medication release, and lubricants keep the tablet against sticking while this is being manufactured. The evaluation of polycystic ovarian syndrome remains challenging, even with uncomplicated diagnostic standards. This study's goal is to present medical advice along with solid evidence in favour of using herbal treatments to treat polycystic ovarian syndrome.The literature was thoroughly reviewed in order to find the most appropriate information. Over an eight-year period (2017–2024), journals were selected from PubMed, Google Scholar, and other comparable databases in order to ensure the paper's current quality.

Table 2: The specifications of herbal medicinal plants

S.NO	Plant	Scientific name	Family	Effective compound(s)	The impact on PCOS
1.	Aloe vera	*Aloe arborescen*	Liliaceae	Polysaccharide compounds	Beneficial and supportive effects on ovarian tissue and folliculogenesis
2,	Chamomile	*Chamomilla matricaria*	Asteraceae	Flavonoids and antioxidants such as gallic acid, kamazelin, farnesene, matricin, coumarin derivatives, apigenin, and choline	Reducing PCOS symptoms in ovarian tissue and increasing the number of uterine follicles, as well as helping with LH secretion.
3.	Chaste tree	*Vitex agnus – castus* L	Verbenaceae	Flavonoids, aromatase enzymes	Improving the status of sex hormones in polycystic animals by altering the secretion of these hormones (reducing testosterone)
4.	Cinnamon	*Cinnamomum zeylanicum*	Lauraceae	Phosphatidylinvestyl 4-kinase	Increasing glucose uptake, glycogen production and, insulin receptor phosphorylation, improving insulin sensitivity, and reducing lipid and blood glucose levels
5.	Ginseng	*Panax ginseng*	Araliaceae	Glutathione and superoxide dismutase	Affecting corticotropin and cortisol, regulating the immune response, producing antioxidants, having neuroendocrine activity, regulating carbohydrate and fat metabolism
6.	Stachys	*Stachys lavandulifolia*	Lamiaceae	Flavonoid epigenin	By occupying estrogen receptors, it reduces estrogen function (reduction of abnormal uterine bleeding)
7.	Fennel	*Foeniculum vulgare*	Apiaceae	Trans anethole-, photoanethole, estragole, fenchine, and P-anisaldehyde Dianethole	Decreasing estrogen and uterine lining thickness, increasing progesterone and uterine endometrial thickness
8.	Liquorice	*Glycyrrhiza glabra* L	Fabaceae	Glycyrrhiza	Improving the adverse effects of PCOS- induced diabetes
9.	Flax	*Limum usitatissimum*	Linaceae	Lignan	Decreasing androgen and hirsutism
10.	N-acetylcysteine	N-acetylcysteine	Amino acids	Sulfhydryl	Increased chance of fertility, improved ovulation, improved lipid profile, insulin resistance in women with PCOS
11.	D-chiro-inositol	D-chiro-inositol	Inositols	D-chiro-inositol	Decreasing insulin resistance

Herbs used in the treatment of PCOD

Cinnamomum zeylanicum

It has been demonstrated that cinnamonomum zeylanicum improves both the metabolic and reproductive components of PCOS, making it a useful therapeutic treatment. A mechanism of tiandrogenicity: In mice with PCOS produced by dehydroepiandrosterone, oral doses of cinnamon extract (10 mg/100g) reduce testosterone levels. In PCOS women with compensatory hyperinsulinemia, insulin resistance causes the ovary to produce too much androgen. Insulin-like growth factor-1 (IGF-1) receptors on theca and stroma cells are activated to cause this effect. IGF-1 controls the amount of aromatase in granulosa cells and promotes the synthesis of oestrogen. Additionally, IGF-1 and luteinizing hormone (LH) work together to promote androgen production on theca cells.

Gymnema sylvestre

The most prominent ayurvedic prescription for diabetes mellitus and decreasing blood cholesterol is ginseng sylvestre.20 It also works well to control cycles of menstruation and lower high testosterone in PCOS. December 2020 82 Antiandrogenic Int J Cur Res Rev | Vol 12 • Issue 23 Pachiappan et al.: a brief description of phytomedicines and how they work to treat PCOS In PCOS rats given oestradiol valerate, the ethanolic leaf extract of Gymnema sylvestre lowers the increased androgen level. Anti-androgenic mechanisms were investigated until they were found to be ineffective.21 Impact on insulin resistance: It has been shown that Gymnema sylvestre leaf extract (400 mg/kg) lowers hyperglycemia in diabetic individuals with and without insulin dependence.

Mentha spicata

The herb Mentha spicata has been suggested for women with PCOS. due to M. spicata's efficacy in treating PCOS's metabolic processes and reproductive problems Antiandrogenic effect: In letrozole-induced PCOS rats, 300 mg/kg of the leaves of Mentha spicata essential oil (spear mint oil) administered daily for 20 days successfully decreased body weight, serum testosterone concentrations, the number of atretic follicles, ovarian cysts, and also enhanced Graafian eggs.29 Additionally, clinical trials showed that consuming spearmint tea (a cup of M. Spicata, 5gm/250ml) twice day for 30 days increased LH and FSH while decreasing free and total testosterone. It may be inferred that M. spicata decreases free and total androgens and ovarian cysts in female females with PCOS, making it an effective antiandrogenic medication.

Daemia pergularia

The fresh leaf extract of the Pergularia daemia is an effective medicine in normalizing the hormonal levels of the PCOS induced rats. It acts by normalizing the elevated Testosterone and Luteinizing hormone level and decreases Progesterone and Follicle-stimulating hormone (FSH) in induced PCOS.34 P. daemia has the potential to normalize menstrual irregularities and regularize the estrous cycle. Subsequently, the restoration of the estrous cycle reduces the development of follicular cyst.35 Besides, P. daemia also possess effective hypoglycemic and hypolipidemic properties in PCOS induced conditions.36,37 The mechanisms of action of P. daemia are not clear at this time; more work is required on a molecular level to delineate the process on PCOS.

Saraka indica

The one of the most popular the Unani system and Ayurvedic medicines used for several kinds of female ailments, including gynaecological conditions and menorrhoea, is Saraka indica dried barks and blossoms. The bark of S. indica has a great stimulating impact on the uterus and the endometrial tissue. Additionally, it can be used to treat female conditions such as internal bleeding, painful periods, haemorrhoids, menometrorrhagia, amenorrhoea, menorrhagia, especially from uterine fibroids, leucorrhea, and pimples.38,39 Due to its phytoestrogen components, S. indica methanolic extract (200 mg/kg) in female rats was reported to have anti-estrogenic qualities. Because it prevents PCOS patients from overexpressing oestrogen, it is beneficial in treating hormonal and reproductive issues related to PCOS.40 The phenolic glycoside P2 isolate from S. indica has been shown to produce oxytocic action in the myometrial tubes of both humans and animals.

Saw palmetto (*Serenoa repens*)

According to investigations on animals, saw palmetto resets the inhibition of follicular development, ovulation, and cyst formation in the PCOS ovary caused by evaded prolactin. By blocking the ovarian prolactin receptor and lowering the calcium channels and protein kinase C resting activity associated in the prolactin transduction signals, saw palmetto reduces the increased prolactin-induced ovarian alterations.46 Additionally, women with PCOS may benefit from saw palmetto extract's anti-inflammatory qualities in the fight against bloating, pelvic pain, and low-grade systemic inflammation.49

Terrestis tribulus

The leaves of Tribulus terrestris fruits and aerial parts have been suggested for PCOS in order to decrease the number of cysts and encourage regular ovulation.50 In rats with PCOS produced by oestradiol valerate, the

hydroalcoholic extract of T. terrestris 10 mg effectively eliminates ovarian cysts and restores ovarian normal activity while also normalising each month irregularities and alterations in hormones. Its gonadotropin-like action or luteinisation of follicular cysts may be the cause of its luteinizing impact.51, 52 Its antiestrogenic activity is the primary method by which Terra terrestris is thought to normalise the hormonal level and induce ovulation in PCOS. Diosgenin, gitogenin, chlorogenin, ruscogenin, and essential oil are the phytoestrogens found in T.

Withania somnifera (Withania)

By altering ovarian metabolism and reproductive hormones, stress is one of the main variables affecting the reproductive well-being of women. Menstrual irregularities, anovulation, and menstruation may result from this.55, 56 Various preclinical and clinical investigations demonstrated Withania specie somnifera's strong anti-stress effects. Additionally, it has a beneficial effect on the endocrine system.57 The underground stem of Withania somnifera, a herb, has been shown to support all endocrine processes in women with PCOS. The antioxidant properties and how they are beneficial on testosterone, LH, and FSH hormone imbalances are linked by the suggested mechanism.

But Withania somnifera extract's gamma-aminobutyric acid (GABA) mimic property is crucial for promoting gonadotropin-releasing hormone secretion and enhancing hormonal balance.

CONCLUSION

According to the current study, a number of medicinal herbs, including Trigonella foenum-graecum, Cimicifuga racemosae (L.) Nutt., Vitex agnus-castus, and cardamom species, may be useful in the treatment of PCOS based on available clinical evidence. However, a few disadvantages like the limited sample size and brief study period of time, make the effectiveness of them uncertain. Thus, additional preclinical and clinical research is necessary to assess the safety and toxicological mechanisms of herbal medications in PCOS. These studies should have a bigger A total of 27 research with 22 herbal remedies showed positive benefits on PCOS in this review. Nine specific herbal extracts (11 studies), nine herbal formula decoctions (10 studies), and four chemicals manufactured from herbs (6 studies) made up the herbal remedies in the 27 investigations. Herbal remedies have been demonstrated to improve the processing of lipids in PCOS, restore the oestrous cycle, reduce male hormones, normalise female hormones, and lessen insulin resistance. The processes that underlie the advantageous effects of herbal remedies on PCOS include follicular NGF decrease, autophagy and/or apoptosis inhibition, anti-oxidative stress, and anti-inflammation. ample size and a more structured methodology. The effects and variety of phytotherapy and non-chemical treatments for PCOS condition have been demonstrated in this overview. Future research on the aetiology as well as therapy of this illness, the most prevalent cause of female infertility, could gain insight from these findings Despite many studies over the past 50 years, we still know very little about the complex aetiology of PCOD, an increasingly prevalent condition. Nonetheless, we now know a great deal more about the diagnosis and effects of this health condition. The EHSHRE/ARM consensus statement's new diagnostic standards are a positive step, and they are in keeping with the explanations provided by prominent Unani physicians in their individual treatises. The overarching objective of all women's health professionals is to provide women with reproductive health treatment that is positive. Alternative treatment approaches have been used in this context to enhance quality of life. Among the possible Unani medicine procedures are Tadeel Mizaj, Loss of weight, Patients suffering from this complicated illness may find relief with some medications, such as insulin sensitisers. A widely recognised hormonal condition, polycystic ovarian syndrome (PCOS) has been diagnosed and treated in a variety of ways all throughout different cultures and nations. The causes of PCOS are not well understood, despite the fact that it affects the majority of people in the US and around the world. Nonetheless, recent investigations have discovered links between PCOS and specific metabolism and mental health issues.

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