

A Review on PCOD: Polycystic Ovarian Disease

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Abstract: *Among women of reproductive age, PCOD (polycystic ovarian disease) is a hormonal condition. Patients with PCOD have larger ovaries with little cysts on the outer margins as a result of abnormal androgen and estrogen metabolism and secretion rates. Although the exact cause of the syndrome is unknown due to its complicated pathophysiology, insulin resistance is thought to play a significant role. Our goal is to look into the effects of synthetic and herbal drugs on serum levels of sex hormones and ovarian tissue in light of the rising prevalence of PCOD, related mental and physical issues, and the role that changes in sex hormones play in the development of this disease. Numerous pharmacological research has documented the application of different Ayurvedic medicinal plants and the significant role their ingredients play in PCOD treatment. As a result, this medication may be somewhat helpful in treating this syndrome by influencing various hormones, ovarian shape, weight, and serum levels. It may also present a chance to research and find novel bioactive compounds. Several synthetic and herbal medications that may be used to treat PCOD were covered in this review.*

Keywords: PCOD, Pathophysiology, Allopathy Medication, Complications

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