

Formulation and Evaluation of Kuberaksh Vatti in PCOD

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Abstract: Polycystic ovary syndrome (PCOS) is a complex endocrine-gynecology disorder affecting numerous women of childbearing age. Despite significant progress in understanding some aspects of PCOS, its precise etiology and pathophysiology remain incompletely understood. This article aims to synthesize information from PubMed regarding PCOS pathogenesis and management, as well as data from ClinicalTrials.gov on repurposed medications. Various factors contributing to PCOS were thoroughly evaluated, including epigenetics, environmental toxicants, stress, diet, insulin resistance, hyperandrogenism, inflammation, oxidative stress, and obesity. Lifestyle modifications and complementary and alternative medicines are often recommended as first-line therapy for PCOS. Additionally, several medications have shown promise for repurposing in PCOS treatment. These include:

3-hydroxy-3-methyl-3-glutaryl-coenzyme A (HMG-CoA) reductase inhibitors (commonly known as statins)

Thiazolidinediones

Sodium-glucose cotransporter-2 (SGLT2) inhibitors

Dipeptidyl peptidase-4 (DPP-4) inhibitors

Glucose-like peptide-1 (GLP-1) receptor agonists

Mucolytic agents

Various supplements

These medications have supporting data suggesting their potential efficacy in managing certain aspects of PCOS. However, their specific roles and optimal use in PCOS treatment may vary and require further investigation. In conclusion, while significant progress has been made in understanding PCOS, it remains a complex and multifaceted disorder. Further research is needed to elucidate its underlying mechanisms fully and to develop more effective therapeutic strategies. The repurposing of certain medications offers promising avenues for improving PCOS management, but ongoing clinical trials and research are necessary to validate their efficacy and safety in this context.

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