



KAMARAJ IAS ACADEMY
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Polycystic Ovarian Syndrome (PCOS)

Published On: 25-01-2023

Why is in news? Polycystic Ovarian Syndrome (PCOS) and its Complications

In terms of indexed publications and awareness, PCOS and Menstrual health need considerable push. In this context, the **Indian Journal of Biochemistry and Biophysics (IJBB)**, one of the premier, peer-reviewed monthly journals from CSIR-National Institute of Science Communication and Policy Research (NIScPR), New Delhi, has brought out its February 2023 issue as a special issue on the theme, "Polycystic Ovarian Syndrome (PCOS) and its Complications".

Polycystic ovary syndrome (PCOS) is a **multifactorial endocrine disorder** which is characterized by chronic anovulation.

Irregular periods, hirsutism, weight gain are the common symptoms of PCOS.

It is the **most prevailing female endocrine disorder** and the **pre-eminent cause of infertility**, with the **worldwide range of 6-26%, and in India it is 3.7-22.5%**.

Risk factors that contribute to the development of PCOS include genetics, neuroendocrine system, sedentary lifestyle, diet, and obesity.

The **exact cause of PCOS isn't known**. Factors that might play a role include: Insulin resistance, Low-grade inflammation, Heredity, Excess androgen, etc.

Though there are **synthetic drugs** such as metformin and oral contraceptive pills are available for treatment, their side effects cause concern. Hence, a traditional and herbal medicines has been gaining attention increasingly.

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