

Infertility and PCOS -Mini Review

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ABSTRACT

Polycystic ovarian syndrome (PCOS) is one of the common but treatable causes of infertility in women. PCOS interfere with the growth and release of eggs from the ovaries because of higher level of androgen. The androgen excess occurs because of H.P.O axis abnormal regulation, abnormal androgen forming enzyme, anovulation, obesity. The pcos find with the help of physical examination, waist-hip ratio, BMI, ultrasound scanning. The insulin sensitizing drugs can be used to increase ovulation rate or improve fertility in women with PCOS. Now days, PCOS must be considered a serious issue and also it is a silent killer, because it cannot be diagnosed with one simple test and many women are undiagnosed. Signs and symptoms vary from women to women.

INTRODUCTION

Infertility is a disease of the reproductive system defined by the failure to achieve a clinical pregnancy after 12 months or more of regular unprotected intercourse. PCOS is one of the metabolic and reproductive features, it affect 4-18% of reproductive age. pcos is the most common cause of anovulatory infertility accounting 75% cases.

Polycystic ovarian syndrome (PCOS) is the metabolic syndrome (Sharples J, 2003, Ali, 2015, Kavitha et.al, 2012, Carmina E, 2006, Zoe, 1998) affect reproductive age (Simson J and Dennett C, 2015,Tao et.al, 2015, Dinka P et.al 2015, Batool et.al 2016, Roger and Rose 2017) PCOS cause infertility (Williamson Latoya 2016, Anderson S et.al,2015, Debrarose 2015, Vasantha et.al,2015, Adam et.al 2016). Pcos represent 80% of anovulatory infertility cases (Adam et.al 2016, Hunter 2000, Anju Sinha and William Atiomo, 2004, .Gadipudi Avanthi, Dasari Pappa and Sagilli Harriha, 2017, Issam L,Temine R, Fadhlou A and Feki A,2015). Pcos biomarkers play in infertility (Nadine et.al. 2016, Detti L et.al 2015, Hammoudah and Dinna G, 2012, Pasquali Ret.al, 2010)

The causes of infertility in pcos are hormonal factors (Pramod K, 2018, Smith L, 2018, Safila Navid, 2015, Sterling, 2015 and Kamini, 2008, Dutta, 2008, Ndefo2013, zaks A, Stern S.L, 2009), physical factors (Nedfo U.S,Easton A,

and Green R.M 2013, Zhuo et.al, 2015, Migala J,2018) and environmental factors (Tremellen K.et.al, 2012, Merkin S,2016, Emily S. Barrett, Marissa Sobolewski.2015)

The pathogenicity and clinical factors of infertility are female factors (Frankel J, 2018, Malieke S,2015, Tylor H,Macer ,2012, Schenken S.R, Agarwal A et.al, 2008, Honore L.H 1997, Wallach .E, et.al), ovulatory dysfunction (Douglas J,2013, Sadeghi M,2013, Marci R, Monte G, Soave ,2013, Gleicher N, Lazurova and petrikova,2012) tubal pelvic pathology (Phillips et.al, 2015, Bric Ceag et.al,2015, Navarro P.A, Ferriani R A and Melo A, 2015, Siliam S,2014)

The diagnostic assessment of infertility are blood investigation (Ahemed M. Kabel, 2016, Pramod K,2018,Smith L, 2018, Safila Navid, 2015, Sterling, 2015 and Kamini, 2008, Dutta,2008, Ndefo2013, Stephanie 2017,Cynthia L.2017 Diamanti k,A.Bergiele, 2008),,ultrasound scanning Azziz et.al 2006, (Rosenfield 2015, Goodman 2013 Stephanie), BMI (Dilbaz B,Dag z,2015, Parihar M,2003, Diamanti k,A.Bergiele,2008, Rojas J.et.al, 2014, Sam S,2010),

The treatment of infertility with PCOS are lifestyle modification,medical management (Simson J and Dennett C,2015,Tao et.al,2015, Dinka P et.al 2015, Batool et.al 2016,Roger and Rose 2017 Lashen H, 2010), surgical management Richard S.2018 Stephanie .2017,

Adam et.al 2016, Hunter 2000, Anju Sinha and William Atiomo,2004, .Gadipudi Avanthi, Dasari Pappa and Sagilli Harriha, 2017, Issam L,Temine R, Fadhlou A and Feki A,2015) and complimentary therapies Aqina N, Nagendra R.2001.Bhuran Kumar Braj,Nisargopachar Vartha,2015.

RESULT

These data indicates that the PCOS is key factor of infertility. Female infertility is the major problem that may cause divorce, psychological problems and immoral behaviors. Many measures to find the cases early and treat the cases to prevent infertility.

CONCLUSION

Most of the studies revealed that, PCOS is one of the leading cause of infertility. There are nearly 15 studies quoted that PCOS causes infertility. Many researchers concluded the most symptoms like anovulation and menstrual irregularity seen in infertility with PCOS. The menstrual irregularity is the early sign of PCOS with infertility. Most of the authors states early finding cases, treat easily to cure the disease. The numerous studies indicates that insulin sensitizing drugs can be used to increase ovulation. Ovarian drilling is the surgical method to restore normal ovulation. Now days infertility is the major problem, so the researchers did research on yoga, lifestyle modification with physical exercise, acupuncture, homeopathy, reflexology. can disrupt a women's menstrual PCOS cycle and make it harder to get pregnant. If diagnosed, early only we can protect the society from infertility

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