

Comparison of the effects of medicinal capsules Shilan with Metformin on ovarian cysts in patients with polycystic ovary syndrome

A. Asadi*, M. Kamalinejade, S. Arezaei

Abstract:

Background and Purpose: Poly cystic ovary syndrome is seen in about 5%-15% of women during reproductive years, and is one of the most important cause of oligomenorrhea and infertility. The common treatment in modern medicine is ocp and in permanent cyst is ovary tissue save surgery. in the other side, use of metformin that increases tissue sensitivity to insulin and decreases insulin level has exetended in recent years. Prevalence, side effects, unsuccessful treatments and increase unnecessary surgeries in permanent cysts persuaded us to compare the effect of shilunum capsule on the regression of ovarian cysts in pco patient with metforming effect.

Methods and Materials: a prospective clinical trial was undergone at the infertility clinic of Mahdie hospital. Twenty patients wer selected based on sonographic appearance of ovaries. We divided them in two groups and gave one group metmorfin and another shilunum capsules. Then again all of those sonographic parameters evaluated and compared with each other.

Results: The results showed that both of these regimes are effective on decrease the number and size of cysts but the shilunum was more effective. 87/5% developed normal sonographic appearance with shilunum and 50% with metformin. on the other hand, the duration of treatment with shilunum capsules was only 2 weeks in comparison with 3 months in metformin. Also, these capsules didn't have any side effects.

Conclusion: results showed the effective role of shilanum appearance in pco patients. But we need more studies with more samples about these effects, also evaluation of clinical effect of shilunum is recommended.

Keywords: Polycystic ovary syndrome, shilanum, Metformin.

Corresponding Author: dr_aasadi2013@yahoo.com