

## عنوان مقاله:

Comparing the Effects of Combined Low-Dose Oral Contraceptives and Vitex Agnus on the Improvement of Symptoms Polycystic Ovarian Syndrome: A Triple-Blind, Randomized, Controlled Clinical Trial

## محل انتشار:

سومین کنگره بین‌المللی تولیدمثل (سال: 1396)

تعداد صفحات اصل مقاله: 1

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## خلاصه مقاله:

**Background:** Polycystic ovarian syndrome is the most common hormonal disorder in reproductive-age women. This syndrome is associated with many complications for women, so treatment is necessary. **Methods:** : This triple-blind controlled trial was performed on 70 women aged 18-45 years with polycystic ovarian syndrome in Clinics of Alzahra and Taleghani hospitals and health centers in 2015 Tabriz, Iran through purposive sampling method . Women were randomized to LD or vitex agnus. Before and after 3 cycles, regulation of the menstrual cycle length, free testosterone, DHEA-S (Dehydroepiandrosterone sulfate), Prolactin were assessed. **Result:** Socio-demographic characteristics in two groups were homogeneous before intervention. No significant statistical differences were between the LD and vitex agnus groups three months after intervention in terms of normalization of menstrual cycle duration, means of free testosterone, DHEA-S, Prolactin serum levels, and side effects. Three months after intervention, the menstrual cycle duration of about 68.6% of the LD group members and 60% of the vitex agnus group members became normal. The means of free testosterone serum and prolactin levels in both LD and vitex agnus group had no differences three months after the intervention as compared to the time before intervention. The mean of DHEA-S serum level in both LD (Mean Difference (MD) = -0.52; [95% CI -0.85 to -0.18]) and vitex agnus groups (MD = -0.60; [95% CI -0.79 to -0.40]) decreased significantly three months after intervention as compared with the time before intervention. **Conclusion:** : This study showed that LD and vitex agnus were effective in normalization of menstrual cycle and reduction of DHEA-S, but they had no effect on free testosterone serum and prolactin levels. The effects of LD and vitex agnus on normalization of menstrual cycle and means of Prolactin, free testosterone, and DHEA-S serum levels in the women with PCO were similar. Therefore, vitex agnus can be used rather than LD

## کلمات کلیدی:

Amenorrhea, Contraceptives Oral Combined, Oligomenorrhea, Polycystic Ovary Syndrome, Vitex

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