



URJAYU WELLNESS RESEARCH CENTRE GOA

Ayurvedic medicines, Herbal product development,
Scientific writing

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Report Title:	A STUDY TO INVESTIGATE THE EFFECT OF GYNONARM-AYURVEDIC PCOS/PCOD MEDICINE ON RELATED PATIENTS
Period of Study:	October 2018 –February 2019
Project Leader:	Dr. Supriya S. Jirge M.Pharm, PhD
Project investigator:	Dr. Sujal R. Torgal (BAMS Reg No. 400/2009)

SUMMARY REPORT

A 3 months treatment was carried out for 10 human volunteers with the problem of hair fall. At Visit 1 the treatment history of each volunteer was orally enquired and their number of hair fall with roots was recorded. Volunteers were massaged with Regro Herbal oil daily once at night before sleep. The subsequent visits were scheduled after two weeks' intervals for 90 days. Volunteers were asked to report any adverse events occur during the treatment period. In total seven times examination of Volunteers were carried out throughout the treatment period. Each time the combing assay was performed. A 4 months treatment was carried out for 8 patients having identified either of the symptoms related to PCOS/PCOD like different disorders related to menstrual periods like Menorrhagia, Leucorrhoea, Amnorrhoea, Dysmenorrhoea, Oigomenorrhoea. At Visit 1 the medication history of each patient was recorded and they were screened for various associated ailments to menstrual cycle like pain, anemia.



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The patients were with the range of one capsule once a day to thrice a day before food along with their on-going medication/ supplement. The subsequent visits were scheduled after 15 day of interval or as and when needed for 120 days. Patients were asked to report any adverse events occur during the treatment period. Along with the treatment by test gynonarm the diet was asked to follow.

It was observed that the test samples have significant effect on various conditions of PCOS/PCOD. The individual patient was highly satisfied with the quick results. The product is a promising medicine for different female menstruation related ailments. The effect was visible in the first month and would need no allopathic support to improve the health condition of the female volunteer.

Dr. Supriya R. Hyam
Project Leader

21/08/19

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