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LPU researchers develop Ayurvedic fermented formulation for PCOS management

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For countless young women, living with Polycystic Ovary Syndrome (PCOS) means more than just irregular periods. Itâ??s the stress of acne, unwanted weight gain, mood swings, and the looming fear of infertility issues that often takes a heavy emotional and physical toll. But now, thereâ??s a new ray of hope shining from Lovely Professional University (LPU), where a team of dedicated researchers from the School of Pharmaceutical Sciences has developed a Polyherbal Ayurvedic Formulation based on the principle of Asava and Arista.

Sakshi, an M. Pharmacy (Pharmaceutics) alumnus, along with her mentors Dr Vancha Harish and Dr Sheetu, Associate Professors of Pharmaceutics at LPU, and Dr Saurabh Singh, has developed a novel polyherbal fermented Ayurvedic formulation (a biopharmaceutical product). Unlike the usual hormonal pills or insulin-sensitising drugs, which may come with certain side effects when used for the long term. In the current formulation, researchers use potential herbs and the process of ancient fermentation technology commonly known as the sandhan process in Ayurveda to manage not only PCOS but also allied problems such as diabetes and high cholesterol.

Dr Sheetu said, â??This isnâ??t just about treating a few symptoms - itâ??s about restoring overall balance so that women can feel like themselves againâ?•.

Their formulation contains medicinal herbs and natural sweeteners, which also have therapeutic activities and are helpful to initiate the fermentation process, making it especially helpful for women struggling with insulin resistance and sugar intolerance. Through a traditional fermentation process, the formulation even produces a self-generated alcohol naturally, believed to improve the fast absorption of drug.

Before taking it forward, the researchers at LPU ensured that their product passed strict quality checks, stability assessments, and preclinical testing on suitable animal models, all of which showed promising results in balancing hormones and improving metabolic health and managing diabetes and cholesterol. Theyâ??ve already filed a patent for this novel formulation. One process patent is already been granted to their lab previously for this type of technology.

With PCOS cases on the rise across India due to sedentary lifestyles, stress, and dietary habits, this discovery from LPU couldnâ??t be more timely. The research team hopes their innovation will soon become an affordable, side-effect-free alternative for women everywhere - whether in bustling cities or remote villages.