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Investigation on traditional Chinese medicine for polycystic ovary syndrome from a nationwide prescription database in Taiwan

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Polycystic ovary syndrome (PCOS) is a common condition affecting 5-10% of women of reproductive age worldwide. It has serious reproductive implications, mood disorders and metabolic disorder such as type 2 diabetes. As PCOS reflecting multiple abnormalities, there is no single drug that can treat all the symptoms. Existing pharmaceutical agents such as oral contraceptive (OC) is suggested as first-line therapy for menstrual irregularities, but OC is not appropriate for women pursuing pregnancy. Additionally, insulin sensitizing agents appear to reduce insulin levels and hyperandrogenemia in women with PCOS, have been associated with the high incidence of gastrointestinal adverse effects. It is common in Chinese society to receive TCM (Traditional Chinese Medicine) for treating gynecological problems and infertility. Current research demonstrates that several herbs and herbal formula have shown beneficial effects for PCOS. In this study, we made the first large-scale survey through Taiwan National Health Insurance Program database (NHIRD) to analyze TCM utilization patterns among women with PCOS in Taiwan in 1997-2010. The result revealed 89.22% women with newly diagnosed PCOS had received TCM therapy. Jia-Wei- Xiao-Yao- San and Xiang-Fu (Rhizoma Cyperi) were the most commonly used formula and most commonly used single herb in our database. In addition, we found the top five commonly prescribed single herbs and herbal formula have shown possibility in treating symptoms associated with PCOS.

Biography

Wan-Ting Liao is an occupational Physician major in Herbalism. She has completed her PhD from China Medical University. After finished several researches of PCOS and the relationship of PCOS and diabetes in her Master's degree in China Medical University, she is now admitted to Institute of Medicine of Chung Shan Medical University for her PhD program.

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