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Therapeutic efficacy of a novel fenugreek seed extract (Furocyst) in polycystic ovary syndrome (PCOS) in female subjects: A clinical investigation

Polycystic ovary syndrome (PCOS) is the most prevalent hormonal disorder among women of reproductive age causing irregular menstrual cycles, excessive body or facial hair, miscarriage and infertility. Infertility is one of most common PCOS symptoms. Because the symptoms of PCOS are seemingly unrelated to one another, the condition is often overlooked and undiagnosed. We conducted an open label, one-arm, non-randomized, post-marketing surveillance study in 50 premenopausal women (18-45 years, BMI<42) diagnosed with PCOS using a novel fenugreek seed extract (Furocyst, 2 capsules of 500 mg each/day) over a period of 90 consecutive days to determine its efficacy on the reduction of ovarian volume and the number of ovarian cysts. Ethical committee approval was obtained for this study. Furocyst caused significant reduction in ovary volume. Approximately 46% of study population showed reduction in cyst size, while 36% of subjects showed complete dissolution of cyst. It is important to mention that 71% of subjects reported regular menstrual cycle on completion of the treatment and 12% of subjects got pregnant. Overall, 94% of patients were benefitted from this study. Significant increases in luteinizing hormone (LH) and follicular stimulating hormone (FSH) levels were observed compared to the baseline values. Extensive blood chemistry, hematological and biochemical assays demonstrated the broad spectrum safety. Furocyst caused significant decrease in both ovarian volume and the number of ovarian cysts. In summary, Furocyst was safe and efficacious in ameliorating PCOS.

Biography

Debasis Bagchi, PhD, MACN, CNS, MAIChE, is the Chief Scientific Officer at Cepham Research Center, Piscataway, NJ; a Professor in the Department of Pharmacological and Pharmaceutical Sciences at the University of Houston- College of Pharmacy, Houston, TX, and, an Adjunct Faculty in Texas Southern University, Houston, TX. He served as the Senior Vice President of R&D of InterHealth Nutraceuticals Inc., CA, from 1998 till Feb 2011, and then as Director of Innovation and Clinical Affairs, of Iovate Health Sciences, Oakville, ON, till June 2013. He is the past Chairman of International Society of Nutraceuticals and Functional Foods (ISNFF), past President of American College of Nutrition, Clearwater, FL, and Past Chair of the Nutraceuticals and Functional Foods Division of Institute of Food Technologists (IFT), Chicago, IL. He is serving as a Distinguished Advisor on the Japanese Institute for Health Food Standards (JIHFS). He is a Member of the Study Section and Peer Review Committee of NIH, Bethesda, MD. He has 315 papers in peer reviewed journals, 27 books and 18 patents. He is also a Member of the Society of Toxicology, Member of the New York Academy of Sciences and Fellow of the Nutrition Research Academy. He is the Associate Editor of the *Journal of Functional Foods*, *Journal of the American College of Nutrition*, and *Archives of Medical and Biomedical Research*, and is also serving as Editorial Board Member of numerous peer reviewed journals, including *Antioxidants & Redox Signaling*, *Cancer Letters*, *Toxicology Mechanisms and Methods*, *The Original Internist*, and others.

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