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A COMPARATIVE STUDY OF MYO INOSITOL VERSUS METFORMIN IN WOMEN WITH POLYCYSTIC OVARY SYNDROME

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### ABSTRACT

**INTRODUCTION:** Polycystic ovary syndrome (PCOS) is the most common endocrine disorder affecting 4 – 15 % of females. PCOS is a complex disorder with oligomenorrhoea, anovulation, and signs of androgen excess. It causes infertility due to menstrual dysfunction.

### AIMS AND OBJECTIVES:

- 1.To evaluate the efficacy of Myo inositol and Metformin In women with polycystic ovary syndrome in relation to their safety, adverse effects and tolerability.
2. To Compare the regulation of menstrual cycle, reduction in body weight, blood glucose and serum insulin levels In Both The Groups

**METHODOLOGY:** This is a comparative study done in Dept of OBG.,MMC, Khammam over one year with sample size of 60 women with PCOS.They were divided into 2 groups:Group A:30 – Treated with Metformin 500mg tid ,Group B:30 – Treated with Myo Inositol 600mg bd. Women were enrolled after taking consent . History noted, Examination and Investigations done. Medications given for 3 months and follow up done for 3 months .Results were Analysed.

**RESULTS:**Maximun women were in 21 - 30 years .Group A had more married women. Statistical analysis within the groups and between the groups showed significant difference in the body mass index at the end of 12 weeks ( $p=0.04$ ). Menstrual cycle regularity was seen maximum in Group B . There was no statistically significant difference in relation to FSH within the groups and between the groups at the end of 12 weeks. Statistical analysis within the groups ( $p<0.05$ ) and in between the groups showed a significant decrease in the LH level ,Fasting blood glucose levels and Fasting insulin levels at the end of 12 weeks.Gastrointestinal disturbances were reported in both the groups.

**CONCLUSION:**Both Metformin and D-chiroinositol were effective in reducing LH levels, blood glucose and serum insulin levels. DCI better aids in weight reduction, regularization of menstrual cycles and ovulation and increases chances of pregnancy and thus, can be a better treatment option for PCOS.

**KEY WORDS:**PCOS,Insulin resistance,D chiro inositol,Metformin

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