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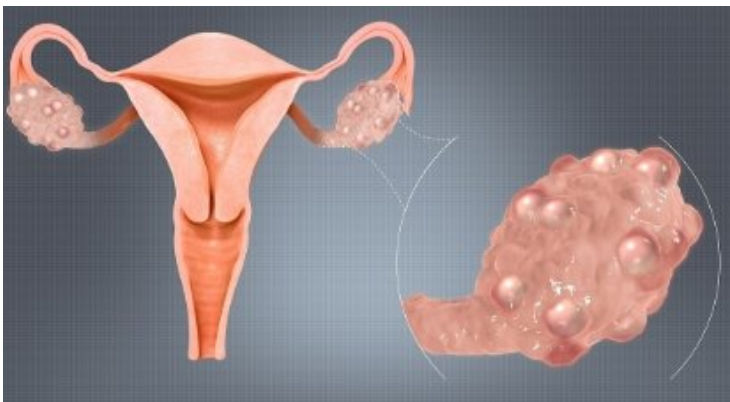
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LPU develops polyherbal ayurvedic formulation for women struggling with PMOS

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Formulation contains medicinal herbs and natural sweeteners which also have therapeutic activities



For countless young women living with Polyendocrine metabolic ovarian syndrome or PMOS (previously known as Polycystic Ovary Syndrome) means more than just irregular periods. It's the stress of acne, unwanted weight gain, mood swings, and the looming fear of infertility-issues that often take a heavy emotional and physical toll.

But now, there's a new ray of hope from Lovely Professional University (LPU), where a team of dedicated researchers from School of Pharmaceutical Sciences has developed Polyherbal Ayurvedic Formulation based on the principle of Asava and Arista.

Sakshi, a M. Pharmacy (Pharmaceutics) alumni student along with her mentors Dr Vancha Harish and Dr Sheetu, Associate Professors of Pharmaceutics from LPU and Dr Saurabh Singh, has developed a novel polyherbal fermented Ayurvedic formulation (a bio medicinal product).

It is unlike the usual hormonal pills or insulin-sensitising drugs that may come with certain side effect. In current formulation, researchers use potential herbs and the process of ancient fermentation technology commonly known as sandhan process in Ayurveda to manage not only PMOS but also allied problems such as diabetes and high cholesterol.

The formulation contains medicinal herbs and natural sweeteners which also have therapeutic activities and 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. They've already filed a patent for this novel formulation. One process patent is already granted to their lab previously for this type of technology.