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Abstract
Polycystic ovary syndrome (PCOS) is a common endocrine disease that affects around 5-7% of women of childbearing age. In recent years the effects of obesity on health has gained much attention from the medical world as well as society at large. There are numerous researches that show about 50% of women with polycystic ovary syndrome suffer from obesity. PCOS is considered a complex metabolic disorder related to infertility and obesity. It is also thought to be a major risk factor for the development of diabetes mellitus, cardiovascular disease, and endometrial cancer.
In order to verify the ability of Auricularia polytricha to effect weight loss in obese people with PCOS, we chosed various measurements as indicators. Such indicators were selected from various researches done on weight loss, including; waistline, hip size, waist/hip proportion, weight, body mass index (BMI), and that of fat distribution. Participants were selected primarily from the patients in the gynecology department of Kuo General Hospital Tainan,Taiwan.Only those patients whose waistlines were bigger than 88cm, had a BMI greater than 24 kg/mU+B2, and conformed to the criterion of PCOS were admitted. These people were then randomly assigned into two groups. Group A was given Auricularia polytricha plus concentrated granules of liu wei di huang. Group B was given 16 grams of placebo powder per day. The herbs for both groups were divided into three doses taken in the morning, noon, and night. Each patient was examined in the clinic once a week to record any physical changes. Every 16 weeks each patient had a blood test checking for biochemical changes. The Auricularia polytricha used in the study offered from Yen-Ten Farm, while the concentrated herb granules were provided by Sun Ten Pharmaceutical Company(Taipei,Taiwan.ROC).
Results showed that those patients in group A had an overall reduction in waistline of 3.45 ±1.40cm ($p<0.05$) and a reduction of BMI of 1.81 ±0.80 ($p<0.05$) with a drop in weight of 4.52 ±1.98kg ($p<0.05$). Between the groups there were marked differences. Among the differences in group A, before and after treatment, were a reduction of triglyceride by 9.56mg/ml;cholesterol reduction of 14.53 mg/ml; a reduction of systolic pressure by 7.45 mg/ml; reduction of diastolic pressure by 5.90

mg/ml; pre-prandial blood sugar reduction of 4.83 mg/ml ($p < 0.05$). Changes in levels of fasting blood sugar levels, cholesterol, BMI, and waist/hip proportion in group B did not fall within the margin of error. Moreover the reduction of testosterone and the shortening of the duration of menses is significant ($p < 0.05$).
In summary, liu wei di huang wan plus Auricularia polytricha offers a better quality of life for patients and a good choice of treatment PCOS for Chinese medicine practitioners. It also proved to be effective for constipation ($p < 0.05$), excessive appetite ($p < 0.05$) and various other biological functions ($p < 0.05$).
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