# Herbal medicines and ovarian hyperstimulation syndrome in south of Iran

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## Abstract

**Background**: the aim of this study was to assess the association between herbal medication and OHSS. **Methods**: This retrospective cohort study was conducted with 101 polycystic ovary syndrome patients. 66 patients took conventional pharmacological medications and 35 took herbal medications. data were analyzed by statistical test including Fisher's Exact and binominal logistic regression. $P < 0.05$ was considered significant. **Results**: Of the 101 female, 53 were married and 48 were single. There was no significant association between the groups in marriage. No significant association was found in mean age between the two groups ($23.9 \pm 5.8$) years in the control group vs. $26.3 \pm 6.7$ years in the case group. There was a significant difference between the two groups .After adding the dependent (OHSS prevalence) and independent (marriage and group) variables into the model, the Hosmer–Lemeshow test showed suitability with. Variances analyzed with this model ranged between 29.4% and 40.7%. **Conclusion**: The indiscriminate use of herbs is correlated with OHSS. Because patients increasingly consume herbs, they should be aware of potential side effects. However, appropriate dosages of herbs could be obtained to use instead of conventional treatments, which often have side effects.

**Keywords**: Ovarian hyperstimulation syndrome, herbal medicine, polycystic ovarian syndrome, infertility.