

NWHSU Faculty Scholarship Archive

Venue:	Doody's Book Review Service
Title:	Book Review: Herbal medicine applications for polycystic ovarian syndrome, Younis Ahmas Hajam, et al.
Date:	2024
Type:	Book Review
Author(s)/ Presenter(s):	Amy Schreiner
Abstract (or Book Review):	Description
	The book provides an overarching description of the possible herbal treatments for polycystic ovarian syndrome (PCOS). The text begins with a description of PCOS followed by several chapters regarding the use of herbal medicine to treat the symptoms and cause of the condition. Diagrams and illustrations help to solidify the presented information and allow the reader to gain a better understanding of herbal medicine in the treatment of PCOS.
	Purpose
	The purpose of the book is to provide a description of herbal medicine remedies and therapies for polycystic ovarian syndrome and to discuss the key aspects associated with the different facets of a common but understudied female reproductive concern. The book discusses the historical perspective, pathogenesis, environmental stress, role of environmental factors in PCOS development and progression, management strategies and current therapies. The objectives are worthy, and the book meets these objectives. The book is needed and provides insight into an understudied female reproductive health condition.
	Audience
	The primary audience of the book is practitioners and patients hoping to better understand PCOS and those who are looking to treat the causes and symptoms of the condition. The book targets practitioners who use herbal medicine in the treatment of their patients and specifically targets those who specialize in treating female reproductive disorders. The book may also be useful to patients seeking answers for a condition not well understood. The book meets the needs of the intended audience. The authors seem to be credible based on their credentials.

	Features
	<p>The book begins with historical perspectives on PCOS and progresses to the physiology of the condition, followed by herbal remedies which may assist the patient struggling with PCOS. Illustrations help to clarify hormonal and metabolic pathways and the interruptions to these pathways which may result in PCOS symptomatology. The writing of the book is clear, although it may not be necessary to discuss specific herbs in individual chapters. Discussing the pathophysiological insight and experimental animal models may not be necessary for the book as readers are searching for answers and do not necessarily need to know how animals have responded in animal models.</p>
	Assessment
	<p>The book is useful to the practitioner who is not familiar with herbal treatments of PCOS. However, the book is most likely not as useful for the practitioner who already has treated PCOS and who is treating more advanced and complicated cases of the condition. There are other similar books in the field, but other books include a multitude of conditions and are not specifically focused on PCOS. It is helpful to have a book focused on the herbal treatment of PCOS.</p>