

7 Herbs for PCOS

PCOS, or polycystic ovarian syndrome, is a hormone-related condition that can affect your cycle and fertility. If untreated, PCOS can eventually develop and increase the risk of type 2 diabetes. It is diagnosed by having two out of the following three symptoms, elevated androgen hormone levels, the occurrence of polycystic ovaries on ultrasound, anovulatory cycles, or irregular periods. As a syndrome, there is a collection of symptoms that are patient dependent. Due to this, PCOS can present very differently from person to person. To naturally help your condition, there are herbs for PCOS that can reduce androgen hormone levels, increase ovulation, and inhibit androgen pathways.

TEST YOUR HORMONES AT HOME!

HORMONE MINI PACKAGE

Here are 7 herbs for PCOS:

1. SPEARMINT

Spearmint is one of the herbs for PCOS, particularly for those dealing with elevated testosterone levels and associated symptoms like hirsutism, which is unwanted hair growth on the face or body. Studies show that spearmint tea helps to decrease free testosterone levels and increase luteinizing hormone (LH), follicular stimulating hormone, and estradiol in those with PCOS. Due to spearmint tea's ability to inhibit testosterone, it can help to restore follicular development in the ovarian tissue and promote ovulation. If you struggle with elevated testosterone, hirsutism, or trouble ovulating spearmint can be a great addition as one of the herbs for PCOS.

Source: [17310494](#), [19585478](#), [29399556](#)

2. WHITE PEONY & LICORICE

White peony contains a constituent called paeoniflorin, which has been shown to reduce serum testosterone levels. It promotes the aromatization (or conversion) of testosterone into estrogen, making white peony one

of the herbs for PCOS. TJ-68 is a traditional Chinese formula containing a combination of equal parts white peony and licorice. In a trial of 34 women with PCOS this combination significantly reduced serum testosterone levels. In a trial of 8 women with elevated androgen a similar effect was observed. Pairing white peony and licorice makes a great combination of herbs for PCOS to help boost ovulation due to the testosterone lowering effects.

Source: [25524718](#), [1897494](#), [8012442](#), [7108310](#)

3. SAW PALMETTO

Native to the eastern regions of the US, saw palmetto is another plant that is one of the herbs for PCOS. A study found that saw palmetto is a great natural remedy to reduce testosterone by inhibiting the 5 alpha-reductase pathway.

Source: [27186566](#)

FREE PCOS 5-DAY MEAL PLAN:

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4. REISHI

Red Reishi is a mushroom, or adaptogen, that helps the body adapt to stress. It has also been shown to have anti-androgenic effects, meaning it can help to lower androgens like testosterone, making it one of the great herbs for PCOS. A study looking at the anti-androgenic effects of 19 mushrooms found that reishi mushrooms had the strongest effect inhibiting testosterone. Red reishi has been shown to reduce an enzyme called 5-alpha

reductase, which helps with the conversion of testosterone to dihydrotestosterone (DHT). High DHT levels are associated with acne and hair loss.

Source: [16029938](#)

5. NETTLE

Nettle, or also known as stinging nettle or *urtica dioica*, is another one of the herbs for PCOS. Nettle has anti-inflammatory, testosterone lowering, and blood sugar-lowering effects. A study on 40 women with elevated androgen levels found a significant decrease in total testosterone and free testosterone levels. Due to its testosterone lowering effect nettle can help with symptoms associated with elevated androgens like hair loss, acne, and hirsutism.

Source: [24273930](#), [4784978](#)

6. VITEX

Chasteberry, also called chaste tree, vitex or *castus agnus*, is another one of the herbs for PCOS commonly used to help correct hormone imbalances. While it can be found as a tea, it is often taken in capsule form. The way chasteberry works is to reduce prolactin levels from the anterior pituitary. Those with PCOS may have elevated prolactin levels, which can affect ovulation. You can also experience low progesterone or a luteal phase defect, meaning a short luteal phase. Chasteberry can help to correct these imbalances to normalize the cycle, promote ovulation, and increase progesterone production.

Source: [23843810](#), [8369008](#)

7. TRIBULUS

Tribulus also called puncture vein is a plant grown in only specific climates with high temp. The plant has been identified to carry anti-androgen properties. These properties were identified to regulate ovarian follicle growth and also normalize the oestrous cycle. It also has been shown to promote aromatization which is the conversion of testosterone to estrogen. This is what makes tribulus one of the herbs for PCOS.

Source: [25114736](#)