

Review of *Madhukadi charmalepa* on the management of hyperandrogenism features in Polycystic Ovarian Syndrome (PCOS)

B. S. Samarawickrama¹, K. P. K. R. Karunagoda²

¹*Postgraduate Institute of Indigenous Medicine, University of Colombo, Sri Lanka*

²*Department of Prasuthithantra Kaumarabhrithya, Faculty of Indigenous Medicine, University of Colombo, Sri Lanka*

Polycystic ovarian syndrome (PCOS) is a metabolic, reproductive, and psychological disorder affecting 6–20% of reproductive-age women worldwide. Hirsutism, Acne, and Acanthosis nigricans are common hyperandrogenism features of PCOS that mainly affect the mental status in young women. In Ayurveda, we can correlate it with *Arthawaksya* according to *Charakacharya* and *Pushpagani Jathaharani* according to *Haritha Samhitha*. This comprehensive review analyses the pharmacological properties of the ingredient of *Madhukadi Charmalepa*, a traditional Ayurvedic formulation used at the National Ayurveda Hospital, Borella, in hyperandrogenic features of PCOS. *Nelumbo nucifera*, *Terminalia chebula*, *Santalum album*, *Coscinium fenestratum*, *Glycyrrhiza glabra*, *Curcuma zedoaria* and bee honey are components of *Madhukadi charmalepa*. This comprehensive study was conducted, and relevant literature was sourced from PubMed, Google Scholar, and Ayurvedic classical texts, with inclusion criteria focusing on research from 2015 to June 2025. The ingredients exhibit potent pharmacological properties such as anti-inflammatory, antioxidant, anti-acne, anti-androgenic, and skin rejuvenating effects. Specific actions like the estrogenic and androgen-suppressing properties, wound healing, collagen-enhancing effect, and antimicrobial activity contribute to alleviating PCOS related dermatological symptoms. Ayurvedic attributes such as *Tridoshaghna*, *Kusthaghna*, *Varnya*, and *Rasayana* further support the formulation's efficacy in reducing hyperandrogenism symptoms. According to the findings of the review, the ingredient of the *Madukadi Charmalepa* contains the potential ability to act against the hyperandrogenic facial features in PCOS cases. A clinical study is suggested to prove its significant action scientifically.

Keywords: *Madukadi charmalepa*. *Pharmacological properties*, *PCOS*, *Hyperandrogenism*, *Ayurveda properties*