

عنوان مقاله:

Effects of *Salvia officinalis* L. (common sage) leaves tea on insulin resistance, lipid profile, and oxidative stress in rats with polycystic ovary: An experimental study

محل انتشار:

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خلاصه مقاله:

Objective: Oxidative stress conditions and metabolic complications are common among polycystic ovary syndrome (PCOS) patients. There are various reports about hypoglycemic and antioxidant effects of *Salvia officinalis* L. (common sage). This study evaluated the possible medicinal effects of sage tea drinking on oxidative status, lipid profile, and insulin resistance in rats with testosterone-induced PCOS. **Materials and Methods:** Eighteen immature female Wistar rats (21-day old) were divided into 3 groups: 1) The Control group (n=6) that received no treatment. 2) The PCOS group (n=6) that received testosterone enanthate 10 mg/kg BW for 35 days subcutaneously. (3) The PCOS -sage tea group (n=6) to which after induction of PCOS by injection of testosterone enanthate, the sage tea was administered as a replacement of water for 14 days. The beverages were refreshed every day. The serum levels of total antioxidant capacity (TAC), malondialdehyde (MDA), glucose, insulin, HDL-C, total cholesterol, LDL-C, VLDL-C, total triglycerides, and atherogenic index were measured. **Results:** Sage tea consumption increased serum TAC and decreased serum HDL-C, glucose, total cholesterol, LDL-C, and atherogenic index levels but it did not change the levels of MDA, insulin, total triglycerides, and VLDL-C. **Conclusion:** Results suggested that sage tea consumption may influence the oxidative status and reduce the blood glucose and atherogenic index and may have cardiovascular protective effects in PCOS women.

کلمات کلیدی:

Salvia officinalis L, Polycystic ovary syndrome, lipid profile, insulin resistance, Oxidative stress

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