

PCOD Profile Test List

1. Hormonal Tests

- **LH (Luteinizing Hormone):** PCOD me LH/FSH ratio disturb ho jata hai. Normally ratio 1:1 hota hai, lekin PCOD me yeh >2:1 ho sakta hai.
- **FSH (Follicle Stimulating Hormone):** Ovulation ko control karta hai. Agar imbalance ho to periods irregular hote hain.
- **Prolactin:** High prolactin irregular cycles aur infertility ka ek cause ho sakta hai.
- **Estradiol (E2):** Female sex hormone jo menstrual cycle regulate karta hai.

 *Science Snippet:* Studies (PubMed, 2022) ne dikhaya ki LH/FSH imbalance PCOD ka ek hallmark hai jo 70% cases me dekha gaya.

2. Thyroid Function Tests

- **TSH (Thyroid Stimulating Hormone)**
- **Free T3, Free T4**

Kyuki thyroid aur PCOD ek dusre se linked hote hain. Hypothyroidism PCOD symptoms worsen kar sakta hai (weight gain, hair loss, irregular cycles).

3. Androgen Level Tests

- **Total Testosterone**
- **Free Testosterone**
- **DHEAS (Dehydroepiandrosterone Sulfate)**

High androgens PCOD ka ek major sign hai jisse hirsutism (face/body hair), acne aur hair loss hota hai.

4. 🩸 Glucose & Insulin Tests

- Fasting Blood Sugar
- Fasting Insulin
- HOMA-IR (Insulin Resistance Index)

PCOD me insulin resistance common hota hai jo type-2 diabetes ka risk badhata hai.

📌 *Science Snippet:* Research kehta hai ki PCOD women me 50–70% insulin resistance paaya jaata hai.

5. 🩺 Lipid Profile

- Cholesterol
- LDL, HDL
- Triglycerides

Kyuki PCOD ke saath metabolic syndrome aur heart disease risk bhi badh jata hai.

6. 🩺 Ultrasound Pelvis

- Ovaries me multiple cysts check karne ke liye.
- Ovarian volume aur antral follicle count measure kiya jata hai.

Yeh gold standard diagnostic test hai PCOD confirm karne ke liye.

7. 🌸 Other Supportive Tests

- **AMH (Anti-Mullerian Hormone):** High AMH levels PCOD indicate karte hain.
- **Vitamin D, B12 levels:** Deficiency PCOD me common hoti hai.
- **Cortisol (Stress Hormone):** Stress PCOD symptoms ko worsen karta hai.