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## A Review on Ovarian Cystic Disease: Health consequences

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### Review Article

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#### ABSTRACT

Most of the women around the globe are being faced the infertility due to improper functioning of ovaries, from those ovarian dysfunction one of them is polycystic ovarian syndrome. Cyst is defined and observed as the small water globules will form on the ovaries which slow down the functioning of egg release. Both corpus luteum and follicular tubes are being affected by cysts. Here these cysts will reduce the rate of fertility in respective women who is affected by ovarian cyst.

#### INTRODUCTION

Ancient days there was no the advanced medical methods are detect and diagnose the internal defects of organ functioning in human, in spite of being this condition some of the well-known and highly experienced, aged persons are only identify the internal and personal health issues with respective to their physical health condition, apart from these one of the super most infertile condition is ovarian cyst, this dis order is identified physically by swelling appearance on the left abdomen part of female, filled with fluid and gastric compounds leads some sort of bloat condition inside the ovaries but it will reflects physically outside of the belly <sup>[1-5]</sup>, irregularity and late arrival of menstruation with respect to irregular dates, very much less interest in participating sexual intercourse, gaining of excess weight and fatty deposition also explained as ovarian cystic disorder <sup>[6-10]</sup>. Quick filling of stomach while eating low quantity food even in hungry times also appetite will loss completely and in some cases constipation will be there. But now a days there are many advanced medications as well as extreme model medical equipment's like laparoscopy detectors, ultra sound, tomography, endometriosis machine, sonography, ultra sound etc..., are there to detect whatever dysfunction is there internally found in respective human being. Let's discuss about what's ovarian cyst and its cause, diagnose etc..?

#### CAUSES OF OVARIAN CYST

Cyst is mentioned as the cavity which if formed on the respective organ is filled by fluid or secretions which are covered by thin walled layer look like as abnormal and odd manner. The cyst which is formed on the ovary is called as ovarian cyst. Genetic disorder is one of the causes for ovarian cysts and transformation of cysts to cancerous tumours also. Ovarian cyst ruins the healthy ovarian function to infertile condition, it leads infertility and in some cases it will be the severe most reproductive dysfunction to the women <sup>[11-13]</sup>. Cyst will forms and appears from the

size of small pea to ripen orange size on the one of the ovary. Cysts affect the follicle lining and cysts affect the luteum are the two most common defects in ovarian cysts, in these two follicles cyst is not so danger than luteum cyst [14,15]. Luteum cyst is filled with blood in maximum cases. The main cause of ovarian cyst formation is also two types one is generally formed small water globules and another one is excess intake of Paracetmol medication and ibuprofen drugs will leads to ovarian cystic disorder from adult age to menopause age [16-20].

### SYMPTOMS OF OVARIAN CYST

- Pelvis will slightly enlarge due to infective fluids from cyst.
- Disgusting pain, discomfort in sexual discomfort.
- Walls of uterus will bleed along their thinner linings.
- Massive swelling at low diameter in internal abdominal area.
- Sharp incision type needle point blow pain will hurts at lower part of internal abdomen.
- Gaining of excessive unwanted weight and dizziness, inflammatory urination.

### TYPES OF OVARIAN CYST

There will be the classification of ovarian cyst and their types:

1. Polycystic ovarian syndrome [12,21].
2. Endometriomatous [13,22-24]
3. Common cysts [functional]
  - Theca leutin
  - Follicular cysts [14,25]
  - Corpus cysts [15,26-29]

Functional cysts are stimulated by mainly gonadotrophins, FSH hormone, HCG hormone also.

### Demerits and risk factors of polycystic ovaries

- Hypothyroidism
- Infertility [16,30-33]
- Rare cases of Breast cancer due to intake of Tamoxifen.

### DIAGNOSIS

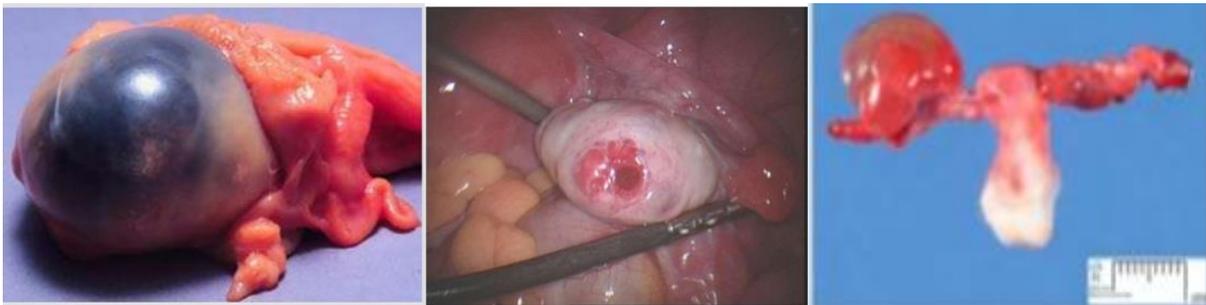
1. Ultra sound Scan – Transducer placement on abdomen [34,35]
2. Blood Test – Calculating of CA 125 Levels
3. Pregnancy Test – Corpus Luteum Test
4. Laparoscopy – Incision on the skin, removal of small thin layer of skin [17,34].

### TREATMENT

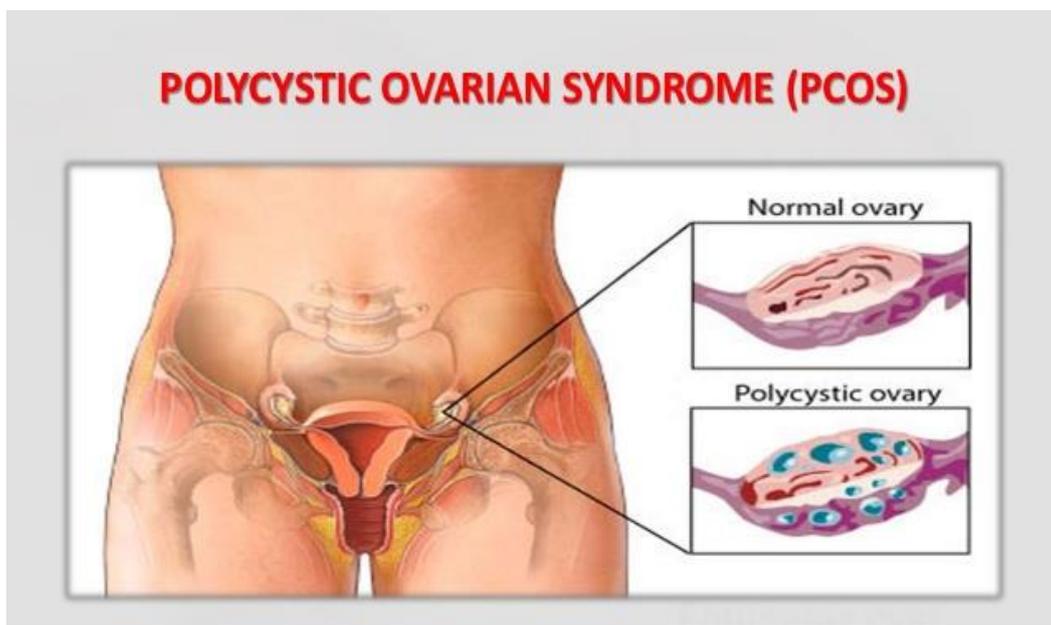
- Maximum and most of the cysts are not harmful to health, but in rare situations some of the cysts will be tough to treat, they will be tumorous [17,34].
- Ovarian cysts with hemorrhagic are treated at the point of time and low risk factor also as well as functional cysts will treat spontaneously in general manner [36-41].
- Some of the cysts are semi chronic, it means it will be for months inside the ovaries, for those cysts laparoscopy type treatment may be required [18,42-45].
- Some of the cysts will cause irritable pain, for those cysts pain relievers like opioids, nsaid, and acetaminophen will be given to respective individual [46-49].
- Surgery type treatment also be done to the ovarian cysts which are exceed 5cm (**Figures 1-4**).



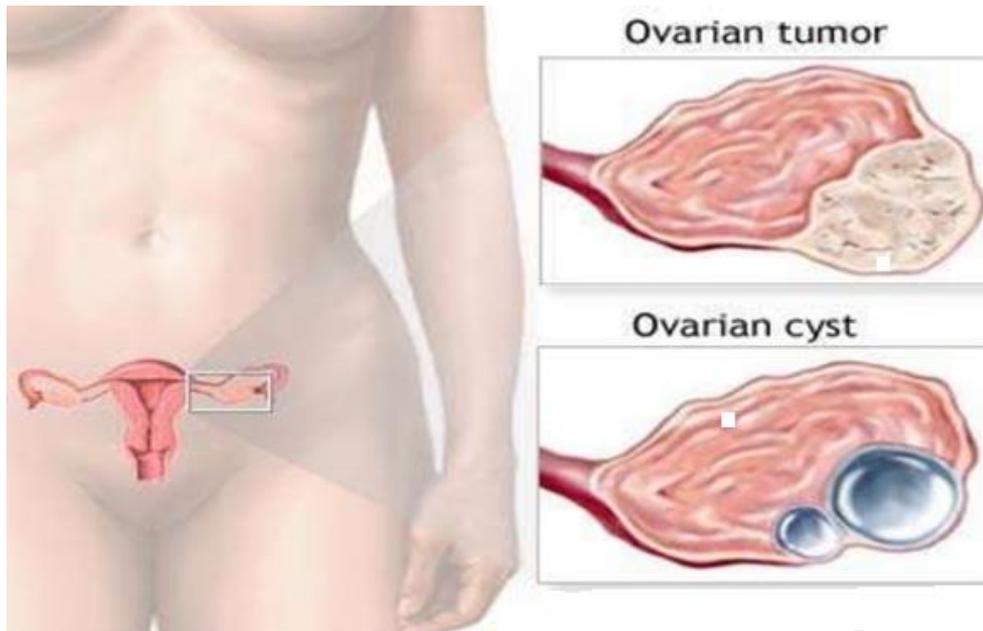
**Figure 1:** Ovarian cyst with infective fluid.



**Figure 2:** Chronic irritable cyst and draining of fluids from ovarian cyst.



**Figure 3:** Pictorial representation of normal and polycystic ovaries.



**Figure 4:** Difference between ovarian cyst and tumor.

## CONCLUSION

No such a prescribed way for treating of ovarian cyst and their growth, but pelvic examination under super most experienced gyno will decrease the risk factors of cyst formations. Most of the cysts will be removed and drained generally from the urinary tracts. If chronic cyst with large size cyst affects your ovaries, laparotomy or laparoscopy is needed immediately for perfect health ever in future [50]. Maintaining of perfect health and knowing about internal cystic problems will reduce high risk factors in cyst and their chronic irritations.

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