الجمهورية الجزائرية الديمقراطية الشعبية

وزارة التعليم العالي و البحث العلمي

University of Ferhat Abbas – Setif 1
Faculty of Natural and Life Sciences

جامعة فرحات عباس سطيف 1
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Université Ferhat ABBAS Sétif 1

DEPARTMENT OF BIOCHEMISTRY

N°……./SNV/2024

THESIS

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For the fulfillment of the requirements for the degree of

Master

Field: Biological Sciences

Special field: Applied Biochemistry

TOPIC

Survey on phytotherapy of ovarian cysts

Publicly Presented on : 02/07/ 2024

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Laboratory of Applied Biochemistry
2023-2024



Acknowledgments

قال تعالى

"" وَلَئِن شَكَرتُم لازيدنَّكُم""

We express our gratitude to Allah and offer our heartfelt appreciation for the invaluable gift of knowledge and understanding bestowed upon us.

We would like to extend our sincere gratitude to our supervisor and teacher, **Dr. *Hanane KHITHER***, for her guidance and support throughout this endeavor. Her dedication to overseeing this work has been instrumental in its completion.

We also wish to thank the jury members, **Dr. Soraya MADOUI** and

Dr. Seoussen KADA, for their time and thoughtful deliberation.

Additionally, we extend our appreciation to the educators of the Faculty of Natural and Life Sciences and to everyone who has contributed to the successful completion of this project.



Dedication

In the name of Allah, we announce our arrival and praise be to Allah who has granted us the pleasure of achievement and success. He has made beginnings easy for us and allowed us to reach the end. The journey was neither short nor the dream easy, but by the grace of Allah, we have accomplished it.

I dedicate the fruit of my success to:

My father, my beloved, my support, my perfect example, the one whose name I proudly carry with honor. The one who guided my steps and fulfilled my needs. I ask Allah to always protect you, compensate you, and bless you with good health and well-being. O Lord, protect **my father**

To my paradise in this world, my companion on the path, my first supporter, my beloved and cherished refuge, my joy. I ask Allah to protect you and bless you with health, happiness, and well-being. O Lord, protect **my mother**

To my support in this world after my parents, to the mountains standing behind me, my siblings, my refuge, my security. May Allah guide your steps and light your path. O Lord, protect **my brothers**

To the one who has departed from us, my dear grandfather, may Allah have mercy on him.

To the one who brought us together through days and circumstances, shared effort and time, to my partner and friend, **Nihed Boughernout.**

And to everyone who has been a beautiful part of my life.

Dounia



Dedication

قال رسول الله

من لم يشكر الناس لم يشكر الله ومن أهدى اليكم معروفا فكافؤوه وان لم تستطيعوا فادعوا له

Following this hadith and in recognition of kindness, I thank Almighty God for giving me health, courage, and the ability to complete this work, and for granting me the patience to see it through to the end.

To the light of my days, the source of my efforts, the flame of my heart, my life, and my happiness that I adore: **my mother.**

To the man of my life, my eternal example, my moral support, and source of joy and happiness, the one who has always sacrificed himself to see me succeed: **my father.**

May God keep them, heal them, and protect them.

To the individuals whose presence I greatly appreciated on that delightful day of my life, especially my sisters, particularly **Nour Takwa.**

To my supports in life: my brothers.

To the individual who is always by my side and whom I adore: my dear aunt **Noura.**

To my dear friends, study colleagues, and my girlfriends.

Not forgetting my dear partner and friend in this task: **Talbi Dounia.**

Ahlem

الملخص

يُعتبر تكيس المبايض لدى النساء مشكلة صحية عامة رئيسية، حيث يتجه الكثير من المرضى بالجزائر إلى الأدوية العشبية للتخفيف من حدته. تهدف هذه الدراسة إلى تقدير فعالية النباتات الطبية المستعملة في الطب التقليدي لمعالجة التكيس في مدينة سطيف بالجزائر، من خلال دراسة ببليوغرافية يليها استبيان عرقي نباتي، تم إجراؤه بشكل ورقي وإلكتروني، حيث استهدف المرضى في ولاية سطيف وبعض الولايات الأخرى. تمت الإجابة على الاستبيان من قبل 75 مريضة، 42.67٪ منهن متزوجات و57.33٪ عازبات، بحيث 28٪ يعانين من تأخر في الحمل، و70.67٪ يعانين من اضطرابات في الدورة الشهرية. كشف الاستبيان عن 10 أنواع من النباتات التي تهم المجتمع العلمي، حيث تصدر نبات القطف *(Atriplex halimus)* قائمة الأنواع الأكثر شيوعًا في الطب التقليدي لعلاج متلازمة تكيس المبايض بنسبة 51.06٪. حيث أثبت هذا النبات فعاليته العلاجية ضد التكيس المبيضي. كما استخدم 76٪ من المرضى الطب التقليدي بنبات واحد، في حين استخدم 24٪ مزيجًا من النباتات، بناءً على نتائج هذه الدراسة. يبرز هذا البحث أهمية البحث العلمي في تثمين الاستخدام التقليدي للنباتات في معالجة مشاكل الصحة الإنجابية كتكيس المبايض.

الكلمات المفاتيح: النباتات الطبية، الطب التقليدي، استبيان ومتلازمة تكيس المبايض.

Abstract

Polycystic ovarian syndrome (PCOS) is a significant public health concern among women, leading many patients in Algeria to turn to herbal therapies for relief from its severity. This study aims to evaluate the efficacy of medicinal plants utilized in traditional medicine for the treatment of Polycystic Ovary Syndrome (PCOS) in Setif, Algeria. This will be accomplished by a comprehensive assessment of relevant literature, followed by an ethnobotanical survey that focuses on plant-based remedies. The survey will be conducted using both paper and electronic methods, targeting patients residing in Setif as well as neighboring localities. The study was conducted with a sample size of 75 patients. Among them, 42.67% were married and 57.33% were unmarried. Additionally, 28% of the patients reported experiencing infertility, while 70.67% reported having menstrual abnormalities. The investigation revealed 10 botanical species of scientific significance, with *Atriplex halimus* being the most prevalent plant, accounting for 51.06% of traditional medicinal use in treating PCOS. This herb has demonstrated medicinal effectiveness against PCOS. The survey found that 76% of patients relied on a solitary plant in traditional medicine, whilst 24% utilized a mixture of plants. This study emphasizes the significance of scientific research in understanding the traditional utilization of herbs for resolving reproductive health concerns such as PCOS.

Keywords: Medicinal plants, polycystic ovary syndrome, survey, and traditional medicine.

Résumé

Le syndrome des ovaires polykystiques (SOPK) est une préoccupation majeure de santé publique chez les femmes, conduisant de nombreux patients en Algérie à se tourner vers des thérapies à base de plantes pour soulager sa gravité. Cette étude vise à évaluer l'efficacité des plantes médicinales utilisées dans la médecine traditionnelle pour le traitement du syndrome des ovaires polykystiques à Sétif, en Algérie. Cela sera accompli par une évaluation approfondie de la littérature pertinente, suivie d'une enquête ethnobotanique axée sur les remèdes à base de plantes. L'enquête sera menée à l'aide de méthodes à la fois papier et électroniques, ciblant les patients résidant à Sétif ainsi que dans les localités environnantes. L'étude a été réalisée sur un échantillon de 75 patients. Parmi eux, 42,67% étaient mariés et 57,33% étaient célibataires. De plus, 28% des patients ont signalé des problèmes d'infertilité, tandis que 70,67% ont déclaré avoir des anomalies menstruelles. L'enquête a révélé 10 espèces botaniques d'importance scientifique, *Atriplex halimus* étant la plante la plus répandue, représentant 51,06% de l'utilisation de la médecine traditionnelle dans le traitement du SOPK. Cette plante a démontré son efficacité médicinale contre le SOPK. L'enquête a montré que 76% des patients utilisaient une plante unique en médecine traditionnelle, tandis que 24% utilisaient un mélange de plantes. Cette étude souligne l'importance de la recherche scientifique dans la compréhension de l'utilisation traditionnelle des herbes pour résoudre les problèmes de santé reproductive tels que le SOPK.

Mots-clés : Plantes médicinales, syndrome des ovaires poly-kystiques, enquête et médecine traditionnelle.

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ABBREVIATIONS LIST

BPA:	Bisphenol A.
COCS:	Combined oral contraceptive.
Ctscan:	Computed tomography.
E1 :	Estrone.
E2:	Estradiol.
E3 :	Estriol.
FSH:	Follicle-Stimulating Hormone.
GHIH:	Growth Hormone Inhibiting Hormone.
GnRH :	Gonadotropin Releasing Hormone.
GnRH-R:	Gonadotropin Releasing Hormone Receptors.
Gp:	Glycoprotein.
HA :	Hyperandrogenism.
HPO:	Hypoyhalamus-Pituitary-Ovarian.
IGF:	Insulin-like Growth Factor.
INSL:	Insuline-Like.
LH :	Luteinizing Hormone.
MRI:	Magnetic Resonance Imaging.
Mfg:	Ferriman-Gallwey.
PIH :	Prolactine Inhibiting Hormone.
PCOS:	Polycystic Ovary Syndrome.
SHBG:	Sex Hormone-Binding Globulin.

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