

**Brand Name : FSX Capsules****Therapeutic Category – Androgens**

DHEA (dehydroepiandrosterone) is an endogenous hormone (made in the human body), and secreted by the adrenal gland. DHEA serves as a precursor to male and female sex hormones (androgens and estrogens). DHEA levels in the body begin to decrease after age 30. DHEA is converted in the body to androstenedione and then to androgens and oestrogens. Low levels of DHEA are associated with a number of age-related diseases and disorders. DHEA improves general well-being, exercise capacity, sex drive, ovarian function and immune responses. In addition to ageing, the levels of DHEA are also reduced by using certain drugs. Drugs that may lower DHEA production include the following: corticosteroids (cortisone and dexamethasone), insulin, central nervous system agents (carbamazepine and phenytoin).

**Indications**

1. Diminished Ovarian Reserve (DOR)
2. Poor Response to Ovulation Induction
3. IVF Cycles
4. Male Sexual Function [Loss of Libido]
5. Female Sexual Dysfunction [Loss of Libido]

**Mechanism Of Action****Females:**

1. **Depleted Ovarian Reserve (DOR):** DHEA, the precursor, gets converted to oestrogen and increases the M1 active oocytes and reduces follicular atresia, thereby improving the quality of oocytes and making them viable.
2. **Improves IVF Cycle Rates:** DHEA supplementation significantly increases the number of fertilized oocytes and embryo quality, hence reducing cancellation rates.
3. **Reduction in Miscarriage Rates & Improving Conception Rates:** DHEA reduces aneuploidy [chromosomal abnormalities] in embryos and improves cumulative pregnancy rates and reduces the risk of miscarriages.

**Improvement in Libido**

A rapid increase in DHEA plasma levels might be desired for a sharp rise in libido and/or support of erectile function. In this case, oral DHEA should be taken with a small fatty snack 2-4 hours before the expected result.

1. In females, the increased libido is due to a fast rise in plasma testosterone levels.
2. In males, DHEA is believed to improve NO (nitric oxide) production. DHEA is also known to help with the testosterone binding to plasma albumin and so help with testosterone delivery to tissues for its effects. It also increases conversion to DHT (dihydrotestosterone), which may play a role in a male's libido.

**Dosage**

1. IVF Cycles – 25 mg TID for 90 days
2. Spermatogenesis – 50 mg BID for 90 Days
3. Female Sexual Dysfunction – 25 mg BID for 90 days
4. Male Sexual Dysfunction – 50 mg BID for 90 days

**Administration**

25-50 mg DHEA may be administered in one or two divided doses in the morning and, at the latest, in the afternoon, due to its stimulatory effect on metabolism and the brain. DHEA is best absorbed with a fatty meal or snack [small portions].

**Contraindications**

PCOS (until excessive insulin levels are corrected, because testosterone levels are elevated), hirsutism (excessive facial hair), acne, males with excessive estrogen levels, prostate enlargement, and hormonal sensitive cancers (breast, prostate, and adenomas). In premenopausal women, DHEA supplementation, when it is not deficient, may increase androgens to the point of interference with ovulation and fertility.

**Precautions & Warnings**

1. **Pregnancy and Breast-Feeding:** DHEA is possibly unsafe when taken by mouth during pregnancy or breast-feeding. Don't use DHEA if you are pregnant or breast-feeding.
2. **Hormone-Sensitive Conditions such as Breast Cancer, Uterine Cancer, Ovarian Cancer, Endometriosis, and Uterine fibroids:** As DHEA can be converted into testosterone (and estrogen), these sex hormones and their metabolites can promote benign and malignant prostate cell proliferation.
3. **Diabetes:** DHEA can affect how insulin works in the body. Monitor blood sugar carefully if taking DHEA.
4. **Depression and Mood Disorders:** There is some concern that patients with a history of depression and bipolar disorder might have some mental side effects if they use DHEA. DHEA can cause mania (excitability and impulsiveness), irritability, and sexual inappropriateness in people with mood disorders. If you have a mood disorder, be sure to discuss DHEA with your healthcare provider before you start taking it. Also, pay attention to any changes in how you feel.
5. **Polycystic Ovary Syndrome (PCOS)** - Taking DHEA might make this condition worse. Don't use DHEA in PCOS.
6. **BPH & Prostrate Cancer** : Men with prostate cancer or severe benign prostate hypertrophy are advised to avoid DHEA. Women with estrogen-dependent cancer should consult their physicians before beginning DHEA therapy.
7. **Hepatic Disorders:** Individuals with existing liver disease (such as viral hepatitis or cirrhosis) should use it only if clinical benefits outweigh the potential risks. DHEA is converted by the liver into DHEA-s (dehydroepiandrosterone sulfate). Those with liver disease should carefully monitor liver enzyme levels to make sure that DHEA therapy is not making liver disease worse.
8. **Special Populations:** The safety and efficacy of the drug has not been established in paediatric class of patients.

**Adverse Drug Reactions** - Some of the side-effects seen are oily skin and acne, hair loss, headaches, GI disturbances, fatigue, insomnia, menstrual cycle alterations, facial hair in women, and mood-disturbances.

**Drug Interactions** - Care should be taken while co-administering DHEA with Insulin, Letrozole, Ketaconazole, Lovastatin, Fexofenadine, Anxiolytics, Tamoxifen, and Corticosteroids.

**Composition** - Each Hard Gelatin Capsule contains Dehydroepiandrosterone 25 mg.

**Storage** - Store in a cool dry place away from direct sunlight and out of reach of children.

**Presentation** - Each Strip contains 1x10 Hard Gelatin Capsules and Each Box Contains 10 Strips.

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