

Research Article

Management of PCOS through Homoeopathy

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Abstract Polycystic ovarian syndrome (PCOS) is an endocrine disorder that affects approximately 5% of all women which are very commonly found in day-to-day (routine) practice. However, these cases present with many complications and it is difficult to cure in contemporary system and treatment is also very costly. Homoeopathy play a vital role in the treatment of PCOS, repeated experiences shows that permanent cure is achievable through individualised homoeopathic treatment.

Keywords *Hirsutism; Homoeopathy; hyperandrogenism; polycystic ovaries; Polycystic ovarian syndrome*

Introduction

PCOS is the acronym for Polycystic Ovarian Syndrome. It is the most common endocrine disorder of women in their reproductive period manifested by irregular menstrual cycles and polycystic ovaries, excess unwanted hair and baldness, although not all patients have all these features. The term 'polycystic' means 'many cysts', and PCOS gets its name because of the clusters of small, pearl-size cysts in ovaries. These cysts are fluid-filled bubbles (called follicles) that contain eggs that have not yet been released because of the hormonal imbalance [1]. Many women with PCOS demonstrate challenges to feminine identity and body image due to obesity, acne and excess of unwanted hair; also, infertility and long-term health-related concerns that compromise the quality of life and adversely affect mood and psychological well-being. Some authors have shown that women who have PCOS are more prone to depression, anxiety, low self-esteem, negative body image and psychosexual dysfunction [2].

PCOS is a heterogeneous endocrine disorder that affects about 1 in 15 women worldwide [3]. The prevalence of PCOS in the Indian subcontinent Asian women was 52% [4]. However, recent findings from countries such as China and India, which are undergoing rapid nutritional transitions due to Westernised diets and lifestyle, indicate similar prevalence rates of PCOS [5]. Prevalence of PCOS in Indian adolescents is 9.13%. This draws attention to the issue of early diagnosis in adolescent girls [6].

Polycystic morphology is seen on ultrasound in approximately 22% of women [7].

Lack of awareness and lifestyle changes are considered to be the major factor leading to this phenomenon. PCOS has now become a common health problem that affects teenage girls and young women. In India, nearly 40% of women are affected by PCOS. But among them, only 60% report to hospitals for treatment, when they recognise that they have got infertility [8].

Up to 40% of women with PCOS develop either impaired glucose tolerance or type 2 diabetes by age 40 as reported in the British Journal of Obstetrics and Gynecology in 2000. Large amounts of testosterone is secreted in PCOS which possibly prevent ovaries from releasing an egg each month, thus causing infertility, which may be the result of high levels of insulin that stimulate ovaries to produce excess testosterone. High testosterone levels can also cause excessive hair growth, simulating male pattern baldness and acne. In patients with PCOS, insulin resistance causes fat deposition and excessive production of testosterone.

The cause of PCOS is unknown, but studies suggest a strong genetic component that is affected by gestational environment, lifestyle factors or both. Women who have PCOS are at an increased risk for cardiovascular disease, diabetes and pre-diabetes, endometrial cancer, heart attack, hypertension, high levels of low-density lipoprotein and low levels of high-density lipoprotein.

Indication of Homoeopathic medicine in PCOS [9]

Apis mellifica

It has an active congestion of the right ovary going on to ovaritis, with soreness in the inguinal region, burning, stinging and tumefaction. Ovarian cysts in their incipiency have been arrested by this remedy; here one of the indicating features is numbness down the thigh. It has also proved useful in affections of the left ovary. Tightness of the chest may also be present, with the occurrence of a reflex cough and urging to urinate.

Belladonna

As this remedy is one particularly adapted to glandular growths it is especially useful in acute ovaritis, and more so if the peritoneum be involved. The pains are clutching and throbbing, worse on the right side, the slightest jar is painful, and the patient is extremely sensitive. The symptoms appear suddenly; flushed face and other Belladonna symptoms are present.

Platinum Metallicum

Ovaries sensitive, burning pains in them, bearing down, chronic ovarian irritation with sexual excitement. Much ovarian induration is present.

Palladium Metallicum

Swelling and induration of right ovary. It lacks the mental symptoms of Platinum, such as mental egotism and excitement.

Lilium Tigrinum

Ovarian neuralgias. Burning pains from ovary up into abdomen and down into thighs, shooting pains from left ovary across the pubes, or up to the mammary gland.

Staphisagria

Very useful in ovarian irritation in nervous, irritable women. Hypochondriacal moods.

Lachesis muta

Pain in left ovary relieved by a discharge from the uterus; can bear nothing heavy on region. Hughes and Guernsey seem to think that Lachesis acts even more prominently on the right ovary; others believe the opposite, the tendency of affections being, however, to move from the left toward the right side. Suppuration and chronic enlargements of ovary may call for Lachesis.

Zincum metallicum

Boring in the left ovary relieved by the flow, somewhat better from pressure; fidgety feet.

Graphites

Swelling and induration of the left ovary; also pains in right ovarian region with delayed scanty menses.

Argentum metallicum

Bruised pain in left ovary and sensation as if ovary were growing large.

Naja tripudians

Violent crampy pain in left ovary. Dr. Hughes valued it in obscure ovarian pains not inflammatory in nature.

Arsenicum album

Burning tensive pains in the ovaries, especially in the right. Ovaritis relieved by hot applications. Patient thirsty, irritable and restless.

Colocynthis

Ovarian colic; griping pains, relieved by bending double; stitching pains deep in right ovarian region. It is also a useful remedy, according to Southwick, in ovaritis of left ovary with colicky pains. A dropsical condition may be present.

Hamamelis virginiana

Ovaritis and ovarian neuralgia. Ludlam praises this remedy in the sub-acute form of gonorrhoeal ovaritis; it allays the pain and averts the menstrual derangement. Ovaritis after a blow. There is agonizing soreness all over the abdomen. An external application of hot extract of Hamamelis acts marvellously in subduing the distress and pain consequent to ovaritis.

Iodium

Congestion or dropsy of the right ovary. Dwindling of the mammae; dull, pressing, wedge-like pain, extending from right ovary to uterus like a plug, worse during menstruation.

Thuja occidentalis

Left-sided ovaritis, with suspicion of venereal taint, calls for Thuja. Grumbling pains in the ovaries all the time, with mental irritability, call for Thuja.

Podophyllum peltatum

Podophyllum has a pain in the right ovary, running down the thigh of that side. Numbness may be an attending symptom.

Conclusion

Homoeopathy can take care of chronic hormonal syndrome in an individual, where allopathic hormone-related treatment or surgery is otherwise advised. Approach of case taking in this case is very much important thing on the basis of this we can Frame a logical totality for the case that indicate individualised remedy for PCOS, after that we can treat PCOS successfully through individualised homoeopathic medicine with lifestyle management.

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