

Case Report

## Role of Constitutional Homoeopathic Remedy in Case of Polycystic Ovarian Disease: Case Report

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**Abstract** Polycystic ovarian syndrome (PCOS) is the most common hormonal disorder in females of reproductive age nowadays with fast growing life style mental sphere. It is characterized by two or more of the following: irregular menstrual periods, hyperandrogenism, and polycystic ovaries. There are many homoeopathic medicines which have sphere of action on female genital organ. Here case show ACIDUM PHOSPORICUM homoeopathic medicine as constitutional remedy treated permanent cure with integrated case taking.

**Case Summary** This is the case of 19 year old female who suffering from irregular menses since 2 year and was successfully treated with constitutional homoeopathic remedy ACIDUM PHOSPORICUM 200ch. Case with follow-up with well documentation and method of choice of right homoeopathic medicine with used of integrated tool for selection of homoeopathic remedy.

**Keywords** *Polycystic ovarian syndrome; integrated approach; constitutional homoeopathic remedy; Acidum Phosphoricum*

### Introduction

Polycystic ovarian syndrome (PCOS) is the most common endocrine pathology in females of reproductive worldwide. Stein and Leventhal initially described it in 1935. The prevalence ranges between 5% and 15%, depending on the diagnostic criteria applied. It is widely accepted among specialty society guidelines that the diagnosis of PCOS must be based on the presence of at least 2 of the following 3 criteria: chronic anovulation, hyperandrogenism (clinical or biological), and polycystic ovaries. It is a diagnosis of exclusion, and disorders that mimic clinical features of PCOS must be excluded. These include thyroid disease, hyperprolactinemia, and non-classical congenital adrenal hyperplasia. Selected patients may need more extensive workup if clinical features suggest other causes. Despite its high prevalence, PCOS is underdiagnosed and frequently takes more than 1 visit or different physicians to get identified, and these usually occur in more than a 1-year timeframe. It is a very frustrating process for the patient. Delays in diagnosis can lead to the progression of comorbidities, making it more difficult to implement lifestyle intervention, which is critical for the improvement of features of PCOS and quality of life. Multiple morbidities are associated with PCOS, including infertility, metabolic syndrome, obesity, impaired glucose tolerance, type 2 diabetes mellitus, cardiovascular risk, depression, obstructive sleep apnea (OSA),

endometrial cancer, and nonalcoholic fatty liver disease/nonalcoholic steatohepatitis (NAFLD/NASH). There are different screening recommendations for each of these pathologies, but the clinician must have a low threshold for workup if any manifestation is shown in PCOS patients.[1] [2] [3].

**Case Presentation**

LOCATION	SENSATION	MODALITIES	CONCOMITANT
FGUT Since -2 year D-continue  Cycle – 45days since 1 year	Irregular menses Menses – black+2 dark spotted discharge before menses appearance Spotting with clots Mucus thread, dark red Scanty menses for 3days only Pain in lower abdomen+2 Breast soreness+2 Hirsutism+2	She had taken homoeopathy and allopathic Rx after homeo. Some relief 1 year ago.  <before menses+2 <during menses+2	Weakness+2 Desire to lying down after college+2 Not desire for work study.

**PAST HISTORY**

TYPHOID FEVER AT AGE OF 14 YEAR

F/H- FATHER – Hypertension      Mother: Healthy      Gr. father: HTN/DM

Gr. mother: HTN?

**PHYSICAL EXAMINATION**

Height- 5, 5” weight increase since 2 year-58 kg

Temp. Afebrile, Pulse- 78/min, BP-100/60mmhg, RR- 16/min

Tongue- coated moist, skin – normal, hair growth on cheek since 2 year

Conjunctiva- pink,

**SYSTEMIC EXAMINATION**

RS – AEBE/ vesicular sound

CNS –conscious/oriented

CVS – S1S2-Normal

Per abdomen – bowel sound- normal,  
Hair growth on abdomen on midline.

**PHYSICAL GENERAL**

Craving –sweet+2 Milk with sweet,  
Burger pizza chicken eggs

She bites soap with aromatic smell in childhood,  
like pastries butter, ghee

Desire for warm food and

She like smell of petrol and diesel kerosene+2

Salty desires+3

Aversion –doesn't like raw mango sour fruits  
lemon

Perspiration –axillae, back, upper lip+2

Constipation- stool pass alternative days

Thirst normal

Hairy body

**MENTAL GENERAL**

Weakness+2 mental

Introverted+2

Desire to lying down after college+2

Not desire for work study. +2

Anger but cool easily

Sympathetic to peoples+2

Sentimental+2

She weeping in solitude by brooding+2

Sentimental when others are sad crying+2

Watching TV travelling desire for

She like pet animals+2

**Analysis and evolution of symptoms**

<b>Sr. No</b>	<b>Symptoms</b>
1.	Weakness+2, symptoms /mental/general/ characteristics / non-diagnostic/
2.	Introverted+2 Attributes /mental/general/ characteristics / non-diagnostic/
3.	Not desire for work study. +2 Attributes /mental/general/ characteristics / non-diagnostic/
4.	Sympathetic to peoples+2 Attributes /mental/general/ characteristics / non-diagnostic/
5.	Sentimental+2  She weeping in solitude by brooding+2 Attributes /mental/general/ characteristics / non-diagnostic/

6.	She like pet animals+2 Attributes /mental/general/ characteristics / non-diagnostic/
7.	Salty desires+3 Physical /general/ characteristics / non-diagnostic/
8.	Constipation- stool pass alternative days Physical/general/ characteristics/ diagnostic
9.	She like smell of petrol and diesel kerosene+2 Physical /general/ characteristics / non-diagnostic/
10.	Perspiration –axillae, back, upper lip+2 Physical /general/ characteristics / non-diagnostic/
11.	<b>Aggravation</b> <before menses+2  <b>Aggravation</b> <during menses+2  Physical /general/ modalities/ characteristics / non-diagnostic/

**Totality:**

Weakness+2 mental	Salty desires+3
Introverted+2	She like smell of petrol and diesel kerosene+2
Not desire for work study. +2	Perspiration –axillae, back, upper lip+2
She weeping in solitude by brooding+2	Constipation- stool pass alternative days
Desire to lying down after college+2	Aversion –doesn't like raw mango sour fruits lemon
She like pet animals+2	

**Susceptibility criteria**

Define with reasons the state	Potency choice	Repetition
Susceptibility ( tissue)	female genital system - chronic pathology – low to moderate potency	Infrequent
Sensitivity (mind & nerve)	Mind - high – moderate to high Nerve- low	Infrequent
Suppressions	Allopathic Rx taken- low potency Self taken homeopathic medicine –low	Infrequent
Correspondence( degree and level)	Constant Rx Totality match –high	Infrequent
Correspondence(degree and level)	Sector Rx	
Correspondence(degree and level)		
Functional changes	Ovarian tissue	Infrequent
Structural changes	Ovarian cyst Structural reversible pathology? Low	Infrequent
Fundamental miasm	Family history –sycotic- low to moderate potency	Infrequent
Dominant miasm	Mixed miasm- syco-tubercular – low	Infrequent

**Susceptibility of patient: mind and body level.**

*Moderate to high susceptibility*

**Follow-up criteria**

- |                       |                          |
|-----------------------|--------------------------|
| 1. Weakness.          | 4. menses- black clotted |
| 2. Desire to lie down | 5. Hirsutism             |
| 3. Menses – LMP       | 6. Desire for study.     |

**FOLLOW-UP**

<i>Date</i>	<i>Symptoms</i>	<i>Interpretation</i>	<i>Action</i>
24/06/2024	Case taking done Lmp-12/05/2024 <b>USG-uterus size-66*36*43 mm.</b> <b>Endometrial thickness- 5.3mm</b> <b>Rt ovary-38*20mm follicle cyst</b> <b>Lf ovary-37*23mm follicle cyst</b>	Case as above	<i>Acidum phosphoricum 200CH 1 dose given</i>
28/06/2024	Menses come with black discharge Very painful in lower abdomen. Weakness+2 Sore of breast	Remedy acted well Acute complaint of <b>? menses as acute exacerbation of chronic miasm</b>	<i>Mag. Phos 200CH TDS for 1 day given</i>
15/07/2024	No desire for work Anger with weeping in small matter No desire for study Hirsutism-sq	Disease activity in control. Mind – susceptibility restore	<i>Acid phosphoricum 200 CH 1 dose given</i>
29/07/2024	LMP- 28/06/2024 Sensation as if menses would come. Pain in abdomen Hirsutism-SQ	Disease activity in control Mind- susceptibility restores. Complain- amelioration	<i>Wait and watch till menses.</i>
02/08/2024	Menses come normal without black discharge. No sore in breast Weakness Abdominal pain-mild	Disease activity in control Mind- susceptibility restores. Complain- amelioration	<i>Sac.lac given</i>
18/08/2024	Weakness- better Desire for study Join gym	Disease activity in control Mind- susceptibility restores.	<i>Sac.lac given</i>
03/09/2024	LMP-28/08/2024 Mild pain in breast No black discharge before menses Feeling better No weakness Hirsutism- growth decrease on cheek.	Disease activity in control Mind- susceptibility restores. Complain- amelioration	<i>Sac.lac given</i>
01/10/2024	LMP-27/09/2024 No pain in breast No black discharge before menses Mild abdominal pain	Disease activity in control Mind- susceptibility restores. Complain- amelioration	<i>Sac.lac given Adv. Follow-up USG</i>

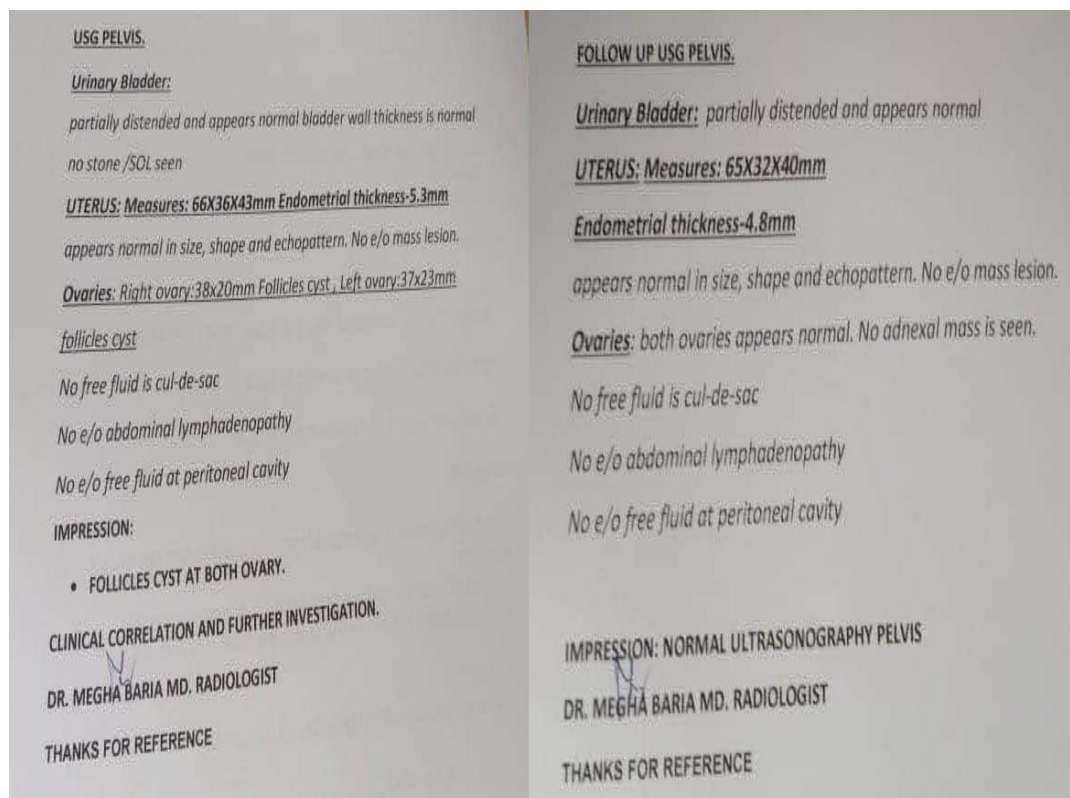
	<i>No weakness Desire for study Feeling happy.</i>		
04/11/2024	<i>LMP-29/10/2024 No Any complaint No weakness Stool- normal-daily-soft pass Desire for playing with friends after college. <b>USG -65*32*40mm</b> <b>Endometrial thickness- 4.8mm</b> <b>Both ovary appear normal</b> <b>No free fluid in cul-de-sac</b></i>	Disease activity in control Mind- susceptibility restores. Complain- amelioration	<i>Sac.lac given</i>
02/12/2024	<i>LMP-29/11/2024 <b>Hirsutism – decrease significantly</b> No black discharge before menses No pain in breast before menses Stool-normal soft pass Desire for study Playing with friends after college.</i>	Disease activity in control Mind- susceptibility restores. Complain- amelioration	<i>Sac.lac given</i>

### Conclusion

This case of PCOD Shows That Constitutional Homoeopathic Remedy by integrated approach based on totality of symptoms is effective as holistic way. Constitutional homoeopathic remedy also helps in treatment of associated complaints with concept of Herring’s law of cure. Disappearance of the sign and symptoms within a short period along with USG evidence shows that definitely demonstrates the positive effect of constitutional homoeopathic remedy in case of PCOD. However, this is just a single case report and research evidence in this regards is very poor. Hence clinical trial to evaluate the efficacy of constitutional homoeopathic medicine in cases of such disease is suggested.

<b>Serial number</b>	<b>Modified naranjo criteria</b>	<b>Answers of the patient</b>	<b>Score</b>
1.	Was there an improvement in the main symptom or condition for which the homeopathic medicine was prescribed?	Yes	+2
2.	Did the clinical improvement occur within a plausible time frame relative to the drug intake?	Yes	+1

3.	Was there an initial aggravation of symptoms?	NO	0
4.	Did the effect encompass more than the main symptom or condition (i.e., were other symptoms ultimately improved or changed)?	YES	+1
5.	Did overall well-being improve? (suggest using validated scale)	YES	+1
6A.	Direction of cure: did some symptoms improve in the opposite order of the development of symptoms of the disease?	NO	0
6B.	Direction of cure: did at least two of the following aspects apply to the order of improvement of symptoms: –from organs of more importance to those of less importance? –from deeper to more superficial aspects of the individual? –from the top downwards?	NO	0
7.	Did “old symptoms” (defined as non-seasonal and non-cyclical symptoms that were previously thought to have resolved) reappear temporarily during the course of improvement?	NO	0
8.	Are there alternate causes (other than the medicine) that—with a high probability— could have caused the improvement? (Consider known course of disease, other forms of treatment, and other clinically relevant interventions)	NO	+1
9.	Was the health improvement confirmed by any objective evidence? (e.g., laboratory test, clinical observation, etc.)	YES	+2
10.	Did repeat dosing, if conducted, create similar clinical improvement?	YES	+1
<i>TOTAL</i>			+9



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