

## Review Article

### Homeopathic Management of PCOS: A Review

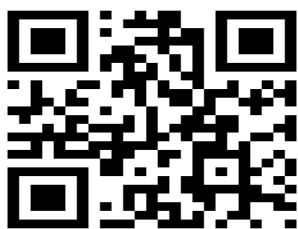
Sandhya Pandey\*

RKDF Homoeopathic Medical College Hospital & Research Centre, Bhopal, India-462026

#### ABSTRACT

Polycystic ovarian syndrome is one of the most common endocrine disorders affecting consequences of PCOS are far reaching and affect reproductive, metabolic and cardiovascular health. These disorders are related cluster, not simply and unfortunate happenchance. Homeopathy is a science based on sound logic and vast experimental data. Homeopathy is the only medicinal science where data has been collected by proving on human beings. Several homeopathic drugs have been used for management of PCOS.

**Keywords:** Endocrine Disorder, PCOS, Management



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#### Address for Correspondence:

**Dr. Sandhya Pandey**

MD Scholar

RKDF Homoeopathic Medical College Hospital & Research Centre, Bhopal, India-462026

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#### INTRODUCTION:

Polycystic ovarian syndrome is one of the most common endocrine disorders affecting consequences of PCOS are far reaching and affect reproductive, metabolic and cardiovascular health. These disorders are related cluster, not simply and unfortunate happenchance.

PCOS is not a disease, in fact it is a syndrome particularly because of the wide range of symptoms; it does not just repress one disease but several disease processes. It is a condition which is long ignored by people, the only focus just remained on infertility and there are many myths connected with PCOS like if you get pregnant your PCOS will cure..... But the truth is its symptoms can be treated, and the doctors have now started becoming more aware of this.

Other names for this syndrome include polycystic ovarian syndrome (also PCOS), polycystic ovary disease (PCOD), functional ovarian hyperandrogenism, Stein-Leventhal

syndrome (original name, not used in modern literature), ovarian hyperthecosis and sclerocystic ovary syndrome.

PCOS is characterized by a variety of symptoms. They can include irregular periods, vaginal bleeding, hair loss, irregular hair growth, acne, insulin resistance, weight gain in the upper body, sleep apnea, chronic pelvic pain, high blood pressure, and infertility. Another symptom can be the presence of cysts on the ovaries, hence the name Poly (many) cystic (cysts) ovarian (on the ovaries) syndrome.

Homeopathic approach towards management of PCOS is constitutional taking into account the patient's physical symptoms along with their mental and genetic makeup that individualizes the person. Early intervention with Homeopathy can assist in preventing further progress and hence deterioration caused by PCOS. Homeopathic constitutional treatment will help balance hyperactivity of the glands, regulate

hormonal balance, dissolve the cysts in the ovaries and force them to resume normal functioning. Hence, Homeopathic medicines can restore hormonal balance, normal ovulation, menstrual cycles, and also eliminate the need for hormone therapies and surgery. This can significantly increase the chances of conception. The different expressions of this disease can be managed effectively, safely and gently with Homeopathic remedies.

Homeopathy is a science based on sound logic and vast experimental data. Homeopathy is the only medicinal science where data has been collected by proving on human beings. The principles of Homeopathy have been derived & authenticated by various clinical experiments & data.

Homeopathic medicines are prepared in a standardized manner. The Homeopathic pharmacopoeia lists more than 3500 remedies, whose clinical efficiency has been proved in various clinical trials conducted all over the world. Various institutions and individuals are proving new medicines & increasing the scope of Homeopathic remedies.

For finding the correct Homeopathic remedy the patient has to give a complete case history including the emotional picture, relationships, stress causing factors i.e. mental history. If the patient co-operates in giving the correct information the case can be handled in an effective way.

When the carefully selected remedy is administered it stimulates the body and the body in turn takes care of the problem. Homeopathic medicines help in correcting the imbalance that takes place when the body is in a disease state. Homeopathic medicines act at the level of the psycho-neuro endocrinal axis.

PCOS is characterized by oligo/amenorrhea, hyperandrogenism and polycystic ovaries. Oligo/amenorrhea is an indicator of oligo/anovulation and is associated with infertility. Oligomenorrhea is usually defined as a menstrual interval of >35 days and amenorrhea is defined as the absence of menstrual bleeding >90 days. Hyperandrogenism is caused by increased

ovarian and/or increased adrenal androgen production. The typical symptoms of hyperandrogenism are hirsutism, acne and/or androgen alopecia; however, the latter being quite a poor marker of androgen excess.

The primary clinical indicator of hyperandrogenism is the presence of hirsutism, which is a masculine pattern of body hair. The Ferriman-Gallwey system is a scoring system for the extent of hirsutism and seems to be the most widely used system today.

Homeopathic remedies act on the various glands to produce the hormones in the required manner. Gradually the hormonal levels become normal. Homeopathic treatment has dynamic action in revitalization and regulation.

#### **HOMEOPATHIC MANAGEMENT:**

Homeopathy roots the basic problem to regularize the serum testosterone level. Gradually the hair growth recedes and the other allied problems also find solution together. It can be illustrated with a case.

Homeopathy is the fingerpost on the crossroads of healing which directs the way to safe and permanent cure. Homeopathy works towards nature. All homeopathy medicines are proved in human beings. It is very refined. It comforts modern living. The medicines have no negative side-effects. They are safe, effective and easy to attain cure.

In homeopathy, medicines are given to induce ovulation in a natural way rather than causing menstruation. Homeopathy medicines will not create any artificial menstruation. They go with nature. The system treats the condition. By taking homeopathy medicines, ovulation and menses can be attained in a natural way. In Homeopathy, medicines are given to induce ovulation in a natural way rather than causing menstruation. Homeopathic medicines do not create any artificial menstruation. They go with nature. The system treats the condition. By taking Homeopathic medicines, ovulation and menses can be attained in a natural way.

### HOMEOPATHIC THERAPEUTICS:

**The common drugs** coming up for PCOS according to its clinical presentation are, - Thuja, Bryonia, Pulsatilla, Lycopodium and Apis mel, Nat mur, Kali Karb, Kali Bich, Calc Carb, Sepia, Lachesis, Radium brom, calcarea flour, calcarea phos, belladonna colocynthis, mag phos, cimicifuga, senecio Q, thalaspia, kreosote, Sabina, etc.

**Apis mellifica:** Few remedies cause as many ovarian symptoms as Apis. 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. Mercurius corrosivus. Hughes prefers this remedy in ovarian neuralgia. Peritoneal complications also indicate it. Bovista has also cured ovarian tumors.

**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. Ovaries sensitive, burning pains in them, bearing down, chronic ovarian irritation with sexual excitement. Much ovarian induration is present. Palladium. Swelling and induration of right ovary. It lacks the mental symptoms of Platinum, such as mental egotism and excitement. Aurum. Ovarian induration. Lillium. 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:** 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. 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 the right ovarian region with delayed scanty menses.

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

**Lycopodium:** Lycopodium helps to normalize irregular menses, menses that are too late, delayed, or too profuse. It is a great remedy, especially for right ovarian cysts, with severe pain in the region of the right ovary (lower abdomen). There occurs occasional leucorrhoea (white discharge from the vagina). Associated features are bloating and fullness of the abdomen, excessive gaseousness, and appearance of acne, due to the increased production of male sex hormones.

**Thuja:** Menses are very scanty, late, or absent. Thuja treats ovarian cysts and inflammations, especially of the left ovary. There occurs, profuse, thick, green leucorrhoea. This homoeopathic drug has a marked action on the genital system and skin, producing curative effects. *It* is often indicated for discomfort on left side. Vaginal dryness despite the presence of green discharge. menstrual period may be late.

**Mercurius corrosivus** – used for treating ovarian neuralgia.

**Platinum** – For sensitive ovaries, burning pain and chronic ovarian irritation with sexual excitement.

**Palladium** – Tumefaction and induration of the right ovary.

**Aurum** – Ovarian induration.

**Lillium** – Ovarian neuralgias.

**Staphisagria** – Remedy for ovarian irritation that occur in nervous women.

**Lacheis (Lach)** – Discharge from the womb alleviates pain in left ovary.

**Graphites** – Tumefaction and induration of the left ovary.

**Arsenicum (Ars)** – Right ovary affected by burning pain. Women thirsty, irritable and restless.

**Colocynth** – Ovarian colic.

**Hamamelis** – Ovaritis and ovarian neuralgia.

**Thuja** – Chronic grumbling pain in the ovaries.

**Podophyllum** – Pain in the right ovary.

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