

Review Article

Polycystic Ovarian Syndrome: Role of Homoeopathy

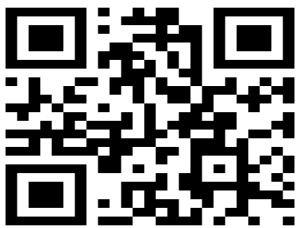
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ABSTRACT

This article explains about Polycystic ovarian syndrome and a case study report, illuminating the role of Homoeopathy for curing the disease with individualised approach.

Keywords: PCOS, oligomenorrhoea, rubrics, homoeopathy



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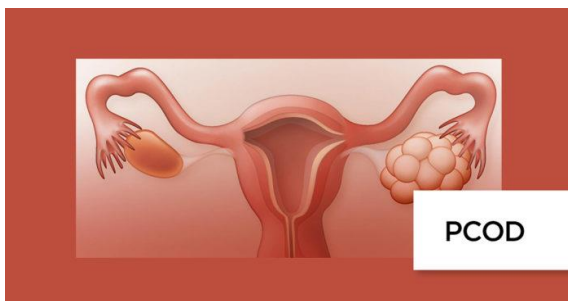
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INTRODUCTION

Polycystic Ovarian Syndrome (PCOS) is a complex metabolic, endocrine, reproductive and psychosocial disorder that impacts quality of life of a female patient. Polycystic Ovarian Disease (PCOD) is a hormonal condition that affects approximately 5- 10% of women in their childbearing ages (12 to 45-years). While the prevalence of PCOD differs, it affects around 9% to 22% of Indian women. The numbers are about 2% to 7% in China and Sri Lanka. It impairs *femininity* due to menstrual abnormalities, infertility, obesity, hirsutism, hair loss, and facial acne.



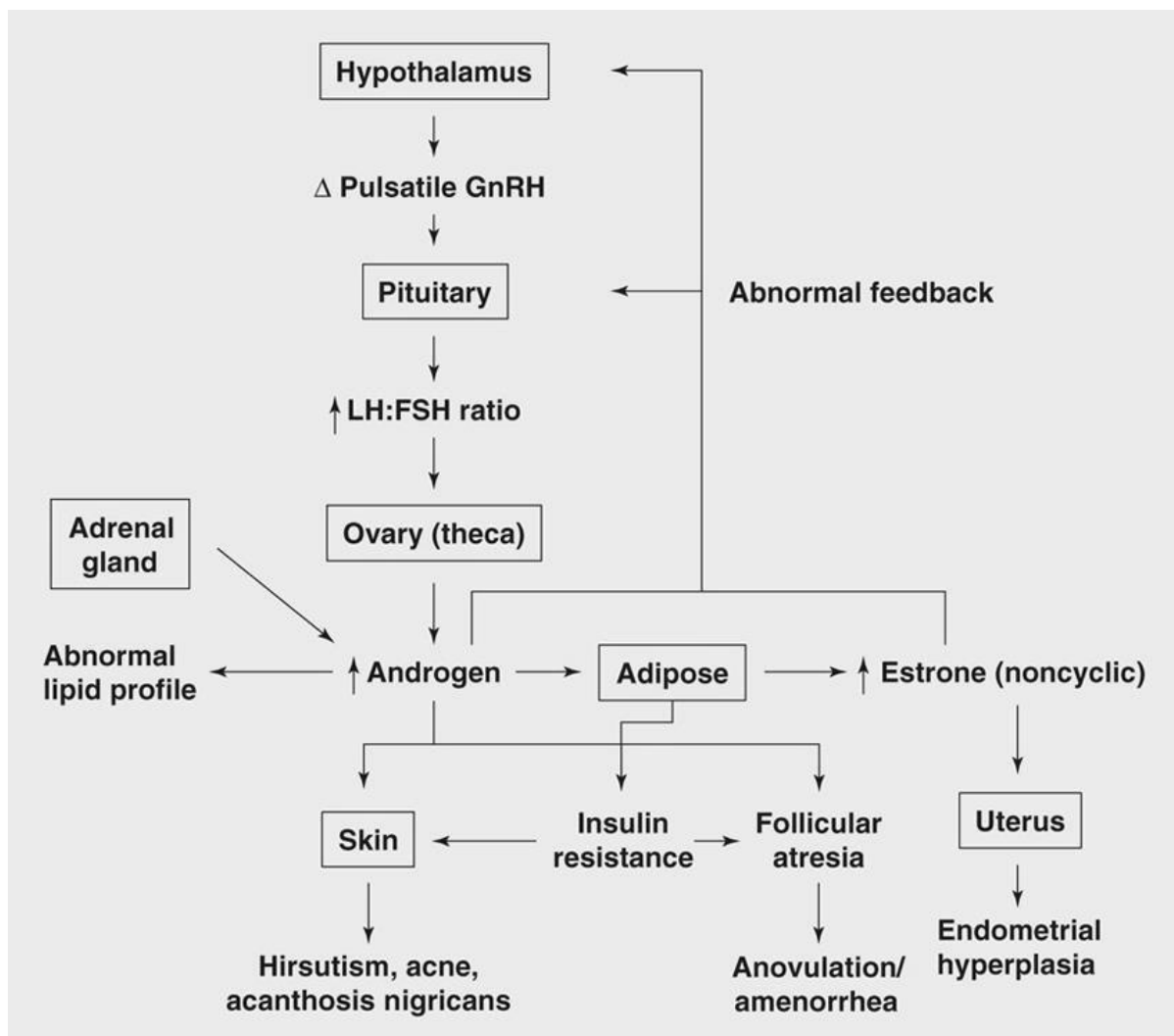
PCOS affects a woman’s ovaries, the reproductive organs that produce estrogen

and progesterone — hormones that regulate the menstrual cycle. The ovaries also produce a small amount of male hormones called androgens. The ovaries release eggs to be fertilized by a man’s sperm. The release of an egg each month is called ovulation. Follicle-stimulating hormone (FSH) and luteinizing hormone (LH), which are produced in the pituitary gland, control ovulation. FSH stimulates the ovary to produce a follicle — a sac that contains an egg — and then LH triggers the ovary to release a mature egg.

Aetiopathogenesis

There is multiple underlying pathogenesis due to the heterogeneity of disorder.

- a) An alteration in gonadotropin releasing hormone secretion results in increased luteinizing hormone (LH) secretion.
- b) An alteration in insulin secretion and insulin action results in hyperinsulinemia and insulin resistance.



c) A defect in androgen synthesis that results in increased ovarian androgen production. Genetic and environmental contributors along with other factors, including obesity, complicate the pathogenic cycle. Obesity increases hyperandrogenism, hirsutism, infertility and pregnancy complications both independently and by exacerbating PCOS.

Clinical features

The most common symptoms of PCOS include:

Irregular periods Abnormal menstruation involves missing periods or not having a period at all. It may also involve heavy bleeding during periods.

Abnormal hair growth: Excess facial hair and heavy hair growth on the arms, chest and abdomen (hirsutism). This affects up to 70% of women with PCOS.

Acne: PCOS can cause acne, especially on

the back, chest and face. This acne may continue past the teenage years and may be difficult to treat.

Obesity: About 80% of women with PCOS are overweight or have obesity, and have trouble losing weight.

Darkening of the skin: Patches of dark skin, especially in the folds of your neck, armpits, groin (between the legs) and under the breasts. This is known as acanthosis nigricans.

Cysts: Many women with PCOS have small pockets of fluid in their ovaries.

Skin tags: Skin tags are little flaps of extra skin. They're often found in the armpits or on the neck in women with PCOS.

Thinning hair: People with PCOS may lose patches of hair on their heads or start to go bald.

Infertility: PCOS is the most common cause of female infertility. Decreased frequency or

lack of ovulation can result in not being able to conceive.

Differential Diagnosis

Pregnancy

Hyperprolactinemia.

Hypothyroidism

Ovarian tumor.

Adrenal tumor.

Cushing's syndrome.

Presence of two out of the following three criteria is required for diagnosis of PCOS (Rott erdam consensus workshop 2003):

1. Oligomenorrhoea/ amenorrhoea,
2. Hyperandrogenism (clinical and/or biochemical),
3. Polycystic ovary on ultrasound with exclusion of other etiologies.

Investigation

1. LH (measured on day 2-3 or any day if amenorrhic)
2. FSH (measured on day 2-3 or any day if amenorrhic)
3. TSH
4. Prolactin
5. Lipid Profile
6. Fasting Insulin
7. Glucose tolerance test
8. DHEAS (dehydroepiandrosterone sulfate) test.
9. Total and free testosterone.

General management

1. Diet improvement
2. Weight loss.
3. Lifestyle modification.
4. Exercise.
5. Supplements -Omega-3 fish oil, Vitamin D, and Vitamin B complex are some nutritional supplements that can effectively manage PCOS

Homoeopathic approach

Homeopathic approach towards management of PCOS is constitutional, taking into account the patient's physical symptoms along with their mental and genetic make-up that individualises the person. In the foot note of aphorism 94 of Organon of medicine, Dr Samuel Hahnemann mentions in detail the points to be noted in case taking of chronic diseases of females. Homeopathic constitutional treatment helps to balance

hyperactivity of the glands, regulate hormonal balance, dissolve the cysts in the ovaries and enhances the normal functioning of ovaries thereby eliminating 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. Proper case taking, analyses and evaluation of case followed by repertorisation is the ideal homoeopathic approach.

Important Rubrics for PCOS with medicines

Kent repertory

Genitalia female, tumors, ovaries, cysts: *Apis*, *Bov*, *Bufo*, *Canth*, *Carb-an*, *Coloc*, *iod*, *Kali-br*, *Lach*, *Merc*, *Murx*, *Plat*, *Prun*, *Rhod*, *Rhus-t*, *Thuj*.

FEMALE GENITALIA – MENSES, – absent, amenorrhoea

Acon. *aesc.* *agar.* *agn.* *alet.* *Am-c.* *am-m.* *Ant-c.* *Apis* *Apoc.* *arg-n.* *Ars.* *Ars-i.* **AUR.** *Bar-c.* *Bell.* *benz-ac.* *berb.* *Borx.* *Bry.* *Calc.* *calc-s.* *canth.* **CARBON-S.** *carb-v.* *card-m.* *Caul.* *Caust.* *Cham.* *chel.* *Chin.* *chinin-ar.* *cic.* *cimic.*

cina *Cocc.* *colch.* *Coll.* *Coloc.* **CON.** *croc.*

crot-

t. *Cupr.* *Cycl.* *dig.* *Dros.* **DULC.** *euph.* **FER**

R. *Ferr-ar.* **FERR-I.** *Ferr-*

p. *gels.* *Goss.* **GRAPH.** *Guaj.* *Ham.* *Hell.* *hel*

on. *Hyos.* *Ign.* *Iod.* *Kali-ar.* **KALI-C.** *kali-*

i. *Kali-n.* *Kali-p.* *kali-s.* *Lach.* *lil-t.*

lob. **LYC.** *Mag-c.* *Mag-m.* *Merc.* *mill.* *nat-*

c. *Nat-m.* *nat-p.* *Nux-m.* *Nux-v.* *ph-*

ac. *Phos.* *Plat.* *podo.* **PULS.** *Rhus-*

t. *Sabad.* *sabin.* *sang.*

sec. **SENEC.** **SEP.** **SIL.** *Staph.* *stram.* **SULP**

H. **TUB.** *Valer.* *verat.* *verat-v.* *xan.* *Zinc.*

GENERALS – OBESITY

agar. *ambr.* *Am-m.* *Ant-c.* *asaf.* *Aur.* *bar-c.*

borx. *bry.* **CALC.** *Calc-ar.* *camph.*

canth. **CAPS.** *chin.* *cocc.*

con. *Cupr.* *euph.* **FERR.** **GRAPH.** *guaj.* *iod.*

ip. *Kali-bi.* *Kali-c.* *Lac-d.* *lach.*

laur. *Lyc.* *mag-c.* *merc.* *mur-ac.* *nat-c.* *nux-m.*

olnd. *op.* *plat.* *plb.* *Puls.* *sabad.* *sars.* *seneg.*

sep. *sil.* *spig.* *spong.* *Sulph.* *thuj.* *verat.*

SKIN – DISCOLORATION, – blackish

acon. *ant-c.* *Apis* *Arg-n.* **ARS.** *asaf.*

aur. *Carb-v.* chel. *Crot-h.* *Lach.* nit-ac. ph-ac. phyt. **PLB. SEC.** spig.

Repertory of Hering's Guiding Symptoms of our Materia Medica

Genitalia, female, ovaries, affections (undefined) – (page 1130) **ARN, KREOS, LYC,** Pall, Plat.

Genitalia, female, ovaries, congestion- (Page 1131) Apis, **BELL,** Ham, Polyg-h, **SEP,** Syph, Ust **Genitalia, female, ovaries, swelling** (see congested, enlarged, inflammation, tumour)- (page 1136) **APIS,** bell, **BUFO,** Con, Ham, **IOD, LACH, LIL-T,** Ust

Genitalia, female, ovaries, tumours – Page 1136 **APIS,** Apoc, **APS, BAR.M, CALC, COLO,** Iod, **LYC, PLAT,** Podo

Synthesis:

FEMALE GENITALIA/SEX – MENSES –absent

Acon. aesc. agar. agn. alet. all-c. aln. *Am-c.* am-m. ammc. *Anac.* *Ant-c.* *Apis Apoc.* arg-n. *Arist-cl.* *Ars.* *Ars-i.* asar. asar-c. **AUR.** aur-ar. aur-i. aur-s. aven. *Bar-c.* *Bell.* bell-p. benz-ac. berb. *Borx.* brass-n-o. brom. *Bry.* *Calc.* calc-i. calc-o-t. calc-p. calc-s. calc-sil. cann-s. canth. carb-v. **CARBN-S.** card-m. *Caul.* *Caust.* *Cham.* chel. *Chin.* chinin-ar. chlorpr. cic. cemic. cina *Coca Cocc.* *Coch.* colch. *Coll.* *Coloc.* **C ON.** cortico. cortiso. croc. crot-t. *Cupr.* *Cupr-act.* *Cycl.* *Cypr.* dam. dig. dream-p. *Dros.* **DULC.** euphr. eupi. **FERR.** *Ferr-ar.* **FERR-I.** ferr-m. *Ferr-p.* ferr-r. gast. gels. *Glon.* goss. **GRAPH.** *Guaj.* *Ham.* hede o. *Hell.* helo. helon. hoit. *Hyos.* hyper. ictod. *Ign.* indg. *Iod.* joan. *Kali-ar.* **KALI-C.** kali-i. *Kali-n.* *Kali-p.* *Kali-perm.* kali-s. kreos. lac-d. lac-f. *Lach.* lil-t. linu-c. lob. luf-op. **LYC.** m-arct. *Mag-c.* *Mag-m.* mag-s. mand. mang. med. *Merc.* *Merl.* mill. *Mit.* nat-c. *Nat-m.* nat-p. nat-sil. nep. *Nux-m.* *Nux-v.* ol-an. *Ol-j.* op. orot-ac. ovi-p. parth. ph-ac. *Phos.* *Phyt.* pin-l. pitu. *Plat.* plb. podo. polyg-pe. polyg-xyz. polytr-c. **PULS.** puls-n. rhod. *Rhus-t.* rub-t. *Sabad.* sabin. sang. sanic. sec. **SENEC. SEP.** sieg. **SIL.** *Sin-*

n. spong. *Staph.* stram. sul-i. **SULPH.** syc. symph. tanac. tep. ther.

thiop. *Thuj.* thyr. **TUB.** urt-u. ust. *Valer.* verat. verat-v. vib. wies. wye. x-ray xan. yohim. *Zinc.* zinc-p.

SKIN – HAIR – Unusual parts; on carc. lyc. med. thuj. thyr.

SKIN – DISCOLORATION – blackish =acon. ant-c. *Apis Arg-n.* arn. **ARS.** asaf. aur. *Carb-v.* chel. *Crot-h.* lac-e. *Lach.* nit-ac. ph-ac. phyt. **PLB. SEC.** sol-t-ae. spig.

BOGER:

GENERALITIES – Obesity – am-c. *Ant-c.* bell. bufo-s. **CALC.** *Caps.* ferr. graph. kali-bi. phyt. puls. sulph.

Murphy: Female – AMENORRHEA, menses, absent

Acon. aesc. agar. agn. alet. all-c. aln. *Am-c.* am-m. ammc. *Anac.* *Ant-c.* *Apis Apoc.* arg-n. *Arist-cl.* *Ars.* *Ars-i.* asar. **AUR.** aur-i.

aven. *Bar-c.* *Bell.* bell-p. benz-ac. berb. *Borx.* brom. *Bry.* *Calc.* calc-i. calc-p. calc-s. calc-sil. cann-s. canth. carb-v. **CARBN-S.** card-m. *Caul.* *Caust.* *Cham.* chel. *Chin.* chinin-ar. chlorpr.

cic. *Cimic.* cina *Coca Cocc.* *Coch.* colch. *Col l.* *Coloc.* **CON.** cortico. cortiso. croc. crot-t. *Cupr.* *Cycl.* *Cypr.* dam.

dig. *Dros.* **DULC.** euph. eupi. **FERR.** *Ferr-ar.* **FERR-I.** *Ferr-m.* *Ferr-p.* gast.

gels. *Glon.* *Goss.* **GRAPH.** *Guaj.* *Ham.* hede o. *Hell.* *Helon.* *Hyos.* hyper. ictod. **IGN.** indgh. **PULS.** *Rhus-t.* *Sabad.* sabin. sang. sanic.

sec. **SENEC. SEP.** sieg. **SIL.** *Sin-n.* spong. *Staph.* stram. sul-i. **SULPH.** symph. tanac. tep.

thiop. *Thuj.* thyr. **TUB.** urt-u. ust. *Valer.* verat. verat-v. *Vib.* wies. *Iod.* *Kali-ar.* **KALI-C.** kali-i. *Kali-n.* *Kali-p.* *Kali-perm.* kali-s. kreos.

lac-d. *Lach.* lil-t. linu-c. lob. **LYC.** *Mag-c.* *Mag-m.* mag-s. mand. mang. *Merc.* *Merl.* mill. *Mit.* nat-c. *Nat-m.* nat-p. nat-s. nat-sil. nep. *Nux-m.* *Nux-v.* ol-an. *Ol-j.* op. ovi-p. parth. ph-ac. *Phos.* *Phyt.* pin-l. pituin. *Plat.* plb. podo. *Polyg-* wye. x-ray xan. *Zinc.* zinc-p.

Female – AMENORRHEA, menses,

absent – girls, in young *Ign. x-ray*

Female – AMENORRHEA, menses, absent – women, in *Ars. bar-c. Calc. cypr. Ign. petros. psor. Puls. SEP. sil. sulph.*

Constitutions – YOUNG, constitutions *Acon. Calc. Calc-p. ferr. gels. IGN. NAT-M. PHOS. SIL.*

Generals – OBESITY, general – uterine, complaints, with *calc. Graph. Kali-c. Sep.*

Generals – OBESITY, general – young, people, in *Ant-c. CALC. calc-act. lach.*

Skin – HAIR, skin – unusual, parts, on *carc. lyc. med. ol-j. thuj. thyr. tub.*

Skin – HAIRY, skin – women, in *carc. cortico. Sep.*

Skin – BLACKISH, discoloration, skin *acon. aeth. anac. ant-c. Apis Arg-n. ARS. asaf. aur. both. Carb-v. chel. cic. Crot-h. ferr. Lach. Led. nit-ac. ph-ac. phos. phyt. PLB. rhus-t. sabin. sars. SEC. sol-ni. spig. vip.*

PHATAK :

M – Menses – absent, suppressed, amenorrhoea

aur. bell. cimic. Con. cupr. cycl. Dulc. Graph. hell. helon. Kali-c. lac-d. lach. Lyc. nat-s.

phos. PULS. Senec. sep. Sil. Sulph. tub. xan.

M – Menses – absent, suppressed, amenorrhoea – girls, young *senec.*

BOERICKE :

O – Obesity

am-m. Ant-c. bell. bufo CALC. CAPS. Ferr. Graph. kali-bi. lac-d. lith-c. phyt. puls. rumx. seneg. sulph. thyr.

H – Hair – chin and upper lip in women; on *ol-j*

FEMALE SEXUAL SYSTEM – Menstruation – type – Amenorrhoea

Acon. alet. aln. Apis apoc. ars. aven. bell. bry. Calc. cann-

s. Caul. caust. Cimic. con. Cycl. dulc. Euphr. Ferr. Ferr-ar. Ferr-

r. gels. Glon. Graph. hedeo. Hell. Helon. joa n. Kali-c. Kali-perm. lil-t. mang-

act. Merl. Nat-m. nux-v. op. parth. ph-ac. pin-l. Plat. plb. Polyg-

h. Puls. sec. Seneg. Sep. spong. Sulph. tanac.

thyr. ust. Xan.

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