

## Case Report

### Efficacy of LM potency in management of polycystic ovarian syndrome

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#### ABSTRACT

Now a day in this modern era peoples have no time to pay attention towards their health due to hurry and worry of work load and adopting the western culture, western food and habits, stressful lifestyle and many more. Polycystic ovary syndrome (PCOS) is the commonest endocrine disorder affecting women of reproductive age. Some 20% of women will have polycystic ovaries on an ultrasound scan and around 7% of women have the additional clinical or biochemical features of PCOS. As a complex multisystem disorder its background can be confusing to understand. They key feature, however, is an increased production of androgen by the ovaries. This review uses ovarian biology to describe a strategy to aid understanding and explanation of PCOS. This framework can be also be used to teach about PCOS and to inform different approaches to its management. This study aimed at determining the efficacy of homoeopathic management of poly cystic ovarian disease ,its prevalence, study of obstacles and other maintaining causes as well as to correlate the clinical approach to poly cystic ovarian disease with Homoeopathic Principles as laid down by Master Hahnemann & other stalwarts and to develop evidence based support on the efficacy of Homoeopathic medicine in the treatment of polycystic ovarian disease. This study examined efficacy of the management of polycystic ovarian disease. Among the patients attending our College OPD & IPD Thirty clinically confirmed cases of pcod in which drug was indicated were recruited randomly during this 18 month study.

**METHODS:** 30 cases belong to experimental group for study purpose by random distribution. All case analyze before treatment and after treatment e.g. Pre and Post test All the selected thirty cases where homoeopathic medicine along with proper dietary advise was given. All the cases were prescribed homoeopathic medicine as per assessment criteria was pre-fixed to know the effectiveness of homoeopathic medicine. As the polycystic ovarian disease is the life style disease, managing with homoeopathic medicine and diet. Because diet plays an important role in pcodpatients, The criteria fixed to know the results of treatment were Marked improved, Moderate improved or not improved. **RECOVERED:** Feeling of mental and physical well-being and no other similar complaints observed for a period of 6 months. **IMPROVED:** Feeling of mental and physical well-being along with reduction in frequency of complaints. **NOT IMPROVED:** No response. No reduction of complaints even after defined period of treatment.

**Keywords:** Polycystic ovarian syndrome, homoeopathic management, homoeopathy



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**INTRODUCTION:**

Polycystic ovary syndrome (PCOS) is the most common hormonal disorder among women of reproductive age. Infertility is one of the most common PCOS symptoms. Polycystic ovary syndrome is a problem in which a woman's hormones are out of balance. It can cause problems with your periods and make it difficult to get pregnant. PCOS also may cause unwanted changes in the way you look. If it isn't treated, over time it can lead to serious health problems, such as diabetes and heart disease. Most women with PCOS grow many small cysts on their ovaries. That is why it is called polycystic ovary syndrome. The cysts are not harmful but lead to hormone imbalances. Early diagnosis and treatment can help control the symptoms and prevent long-term problems. Hormones are chemical messengers that trigger many different processes, including growth and energy production. Often, the job of one hormone is to signal the release of another hormone.

**Overview:-**

Polycystic ovary syndrome causes irregular menstrual cycles, excessive body or facial hair and polycystic ovaries as its main symptoms. Polycystic means "many cysts," and PCOS often causes clusters of small, pearl-sized cysts in the ovaries. The cysts are fluid-filled and contain immature eggs. Women with PCOS produce slightly higher amounts of male hormones known as androgens, which contribute to some of the symptoms of the condition.

The cause of PCOS is not known. Some women with PCOS are less sensitive to insulin than other women, a condition known as insulin resistance. Insulin resistance can cause the ovaries to produce too many male hormones. The resulting hormonal imbalance can cause the symptoms of PCOS. The condition appears to run in families, and sisters of those with it are twice as likely to have it. Currently, PCOS has no cure, but a variety of PCOS treatments can help alleviate the symptoms of this disease, including infertility.

**PCOS Symptoms:-**

PCOS is a syndrome disease defined by a collection of signs and symptoms. The

symptoms of PCOS that one patient experiences can be very different from the symptoms of another patient.

Irregular or missing menstrual periods.

Infertility

Excess or unwanted body or facial hair growth.

Thinning hair on the scalp

Weight problems, often including weight gain around the waist

Skin problems, including skin tags, darkening skin and acne

Complications of PCOS:-

The common PCOS symptoms are difficult enough for most women, but some will experience further complications, including:

Diabetes, elevated insulin levels or insulin resistance

Heart and blood vessel problems

Uterine cancer

Sleep apnea

Each of these problems can be life threatening, which is why treatment for PCOS is so important.

PCOS Treatments:-

Polycystic ovary syndrome treatment starts with a proper diagnosis. Treatments are then chosen based on a woman's symptoms, age and future pregnancy plans. Treatment for PCOS may include:

Birth control pills to regulate menstruation

Insulin-sensitizing medications

Ovulation induction to treat infertility

Androgen-blocking medications

Topical anti-hair-growth medications

Other excess hair treatments

Treatments for hair loss

Acne treatments

Removal of other skin problems

Lifestyle and Prevention

One of the best treatments for PCOS is a healthy lifestyle. A healthy diet low in refined carbohydrates is important, as this can help regulate blood sugar levels. Exercise can also help the body regulate insulin and keep excess weight off. Losing weight is challenging with PCOS, but doing so can help reduce the male hormone levels in the body, and some women will begin to ovulate naturally. With a proper diagnosis, lifestyle changes and PCOS treatment,

women can get relief from this condition and the overwhelming health problems it can cause.

#### HOMEOPATHIC TREATMENT-

There are not any specific homeopathic remedies that are designed for the treatment of PCOS. However, there are homeopathic treatments that may help a woman with PCOS. The most common form of homeopathic treatments that address the general well being of the person. One of the Homeopathic treatments for PCOS is Apis Mellifica. Apis Mellifica is prescribed for a variety of symptoms such as edema, suppressed menses, and leucorrhoea etc.

Homoeopathy is the system of medicine, which has its principal objects, the observation and the study of the action of remedial agents in health and disease, and the treatment and cure of disease by medication, according to a fixed law or general principle. Homoeopathy has a very good number of medicines for the treatment of various types of menstrual disorder. Homoeopathic medicines are prescribed on the basis of presenting complaints, taking into account the physical, emotional and genetic makeup of the individual. This approach of homoeopathic medication treats the disease more affectively.

#### 50 MILLESIMAL SCALE OR L.M. SCALE:

The 50 millesimal scale was introduced by Dr. Hahnemann in the 6th edition of Organon of medicine in aphorism 270. This name was given by Dr. Pierre Schmidt of Geneva. Potencies prepared under this method are named by Dr. Schmidt as, 'fifty millesimal potencies' as the material part of the medicine is said to be decreased by 50000 times for each degree of dynamisation. Dr. Hahnemann himself termed this new method as, 'renewed dynamisation'. (§ 161). In footnote 1, §132 he writes 'new altered but perfected method'

Dr. Hahnemann while in active practice at Paris, toward the last few years of his life had to deal with a large number of patients with medical aggravation where the centesimal scale was fruitless or had unnecessary aggravation. This led him to the process of further minimization of drugs and using 100

successions for each potency preparation. 10 no. globules are required for saturation of medicine in LM potency. 100 globules = 1 grain.

500 globules are soaked in one drop of previous potency. One such medicated globule is required for next degree of dynamization in LM scale. Hence 1/500th of a drop instead of one full drop is used in LM potency. The material part of the medicine is reduced by 50000 times for each degree of dynamization simultaneously the curative power of the medicine increases tremendously. In Roman 'L' stand for 50 and 'M' stands for millesimal. Therefore, the terminology used for denoting this potency is 50 millesimal or LM potency

#### AIMS AND OBJECTIVES

##### AIM:

To study the Efficacy of LM Potency in Management of Polycystic Ovarian Syndrome.

##### OBJECTIVES:

To evaluate the causation and nature of PCOD.

To explore the action of LM Potency in the treatment of PCOD.

To evaluate the cases before treatment and after treatment and analyze them by Assessment criteria of PCOD.

##### NULL HYPOTHESIS:-

There will be no significant effect of LM Potency in the treatment PCOD. (Ho)

##### ALTERNATE HYPOTHESIS:-

There will be significant effect of LM Potency in the treatment PCOD. (Ha1)

##### RESULT AND CONCLUSION:

1) Polycystic Ovarian Disease is one of the life style diseases. Very commonly affecting to the age group 18 to 45 years PCOD has received scant attention in the social science literature,

2) Modern system of medicine only offers a palliative mode of treatment and Surgical interventions (i.e) Laparoscopic ovarian drilling and Ovarian wedge resection to the patients suffering from Polycystic Ovarian Disease.

3) Homoeopathy being a distinct mode of therapeutics offers curative treatment.

4) If the disease in early stage particularly at the functional level be treated with Homoeopathy it can be cured. Structural

changes (organic pathology) in early reversible stage can also be cured through homoeopathic treatment, But if structural changes become irreversible cure is not possible through Homoeopathy, only suitable palliation from time to time will help to decrease the suffering of the patients.

5) Homoeopathic remedy are effective in poly cystic ovarian disease.

6) It will be more proved if more number of cases and prolonged time is given to the study.

To conclude in Hahnemann's words "He, who has had as many opportunities as I to make observations,... he, who is induced by his desire for the welfare of his fellow beings to think and act for himself, he, who like myself feels hatred for the prejudices and preferences for old or new, or, generally speaking, for any kind of recognition or great name, and he, who eagerly endeavors, as I myself have done, to act and to think independently.... he will see excellent results for his industry which is the greatest reward that an honest physician can expect".

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