

HOMOEOPATHY AND PCOS

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ABSTRACT

PCOS is the acronym for polycystic ovarian syndrome. It is a heterogeneous endocrine disorder that affects about 1 in 15 women worldwide^[1] and characterized by hyperandrogenism and chronic anovulation. Symptoms of PCOS arise during the early pubertal years. PCOS was originally described by Stein and Leventhal in 1935 as a syndrome. Lesser used and rare medicines can be effective in treatment of PCOS.

KEYWORDS- Homoeopathy, PCOS, Rare medicines.

Abbreviations – PCOS- Polycystic ovarian syndrome.

Definition

PCOS is a hormonal disorder common among women of reproductive age.

PCOS requires the presence of two of the following three features.

Multiple cysts in the ovaries (most readily detected by transvaginal ultrasound)

. Menstrual irregularities

. Clinical and biochemical androgen excess^[2]

Women with PCOS are at increased risk of glucose intolerance and some authorities recommend screening for type 2 diabetes and other cardiovascular risk factors associated with the metabolic syndrome.

Causes^[3]

The exact cause of PCOS is not known. factors that might play a role include

- . Excess insulin
- . Low grade inflammation
- . Hereditary
- . Excess androgen

Sign and symptoms^[4]

- . Hirsutism – excessive hair growth, usually on buttocks, back, chest or face
- . Hair loss from the head
- . Acne and oily skin
- . No menstrual periods, or heavy, irregular bleeding
- . Infertility- this could be because there is no ovulation, or it is irregular or repeat miscarriages
- . Pelvic pain
- . Depression or mood swings
- . Breathing problems while sleeping (obstructive sleep apnea)

Complications^[3]

- . Infertility
- . Gestational diabetes or pregnancy induced high blood pressure
- . Miscarriage or premature birth
- . Non-alcoholic steatohepatitis
- . Type 2 diabetes or prediabetes
- . Sleep apnea
- . Depression, anxiety and eating disorder
- . Abnormal uterine bleeding
- . Cancer of uterine lining (endometrial cancer)

Obesity is associated with PCOS and can worsen complications of the disorder

HOMOEOPATHIC MANAGEMENT

In homoeopathy with the help of medicines we treat PCOS and prevent further complications of the disease. We give on constitutional, therapeutic and organ specific according to the case.

1. *Apis*- Menses suppressed with cerebral and head symptom especially in young girls. Ovaritis. Dysmenorrhoea, with severe ovarian pains. Metrorrhagia profuse, with heavy abdomen. Bearing down as if menses were to appear.^[5]

Ovarian tumors, metritis with stinging pain

2. *Aurum muriaticum natronatum* – This remedy has a most pronounced effect on the female organs.

Induration of cervix, cystic enlargement of ovary and sterility from ovarian diseases.

Has more power over uterine tumors than any other remedy (Burnett).^[5]

3. *Joanesia asoca* – Has intensive sphere of action on female organs

Pain in ovaries before menstrual flow, amenorrhoea, menorrhagia and metrorrhagia

Delayed or irregular menses, irritable bladder.^[5]

4. *Oophorinum* – It has been suggested as a chief remedy in ovarian cysts

Suffering following excision of ovaries

Climacteric disturbances generally

Cutaneous disorder and acne rosacea.^[5]

5. *Thea* – Soreness and tenderness in ovaries.^[5] Menses delayed scanty with severe cramp like pain from beginning to end of period.^[6]

6. *Vespa crabro*- Valuable remedy in affections of left ovary with pain and tenderness of ovarian region and frequent micturition. Menses preceded by mental depression and constipation.^[6]

7. *Wyethia helenoides*- Pain in left ovary, shooting down to knee. Pain in uterus, could outline its contour. Constipation, with haemorrhoids; not bleeding. Itching of anus. Throat constant clearing and hemming. Dry, posterior nares; no relief from clearing. Throat feels swollen; epiglottis dry and burning. constant desire to swallow saliva.^[5]

8. *Prunus spinosa*- Tickling, itching in region of ovaries not ameliorated by scratching or rubbing. Metrorrhagia of thin, pale blood becoming very watery the longer it lasts.^[6]

9. *Kali bromatum* – Pruritis, ovarian neuralgia with great nervous uneasiness, exaggerated sexual desire, cystic tumors of ovaries.^[5]

10. *Lycopodium clavatum* – Menses too late; last too long, too profuse. Right ovarian pain. Coition painful.

Pain in back before urinating; ceases after flow; slow in coming, must strain.^[5]

11. *Bovista lycoperdon* – Parovarian cyst, Menses too early and profuse worse at night, leucorrhoea acrid, thick, tough, greenish follows menses. traces of menses between menstruation. soreness of pubes during menses.^[5]

12. *Colocynthis* – Round, small cystic tumors in ovaries or broad ligaments. Boring pain in ovary. Must draw up double, with great restlessness. Wants abdomen supported by pressure. Bearing down cramps. Women with copious menstruation, and of sedentary habits. Cramps and twitching and shortening of muscles.^[5]

13. *Palladium metallicum* – Pain and swelling in the region of right ovary. Shooting and burning pain in pelvis and bearing down relieved by rubbing. Soreness and shooting pain from navel to breast.^[5] Urgency to urinate but scanty emission and sensation of weight and bearing down in pelvis. Shooting pain from navel to pelvis.^[6]

14. *Medorrhinum* – Intense pruritis. Menses offensive, profuse, dark, clotted; stains difficult to wash out; urinate frequently at that time. Sensitive spot near os uteri. Leucorrhoea thin, acrid, excoriating, fishy odor. Ovarian pain, worse left side, or from ovary to ovary. Metrorrhagia. Intense menstrual colic.^[5]

DISCUSSION AND CONCLUSION

PCOS is not just an endocrine disorder, but a combination of metabolic and psychosocial deterrents. Not addressing all the aspects of PCOS, such as depression, may delay the treatment of the “primary” issues such as fertility and hyperandrogenism. So with the help of homoeopathic medicines we can stop further progression of the disease. There are specific medicines which are used effectively in the treatment of all the stages of the diseases. Homoeopathic treatment can help improve the general health of a person with diabetes.

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Conflict of interest

None.

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