

# Key Remedies in Polycystic Ovary Syndrome - A Homeopathic Overview

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## Abstract

Polycystic ovary syndrome (PCOS) is a common hormonal disorder among woman of reproductive age. Mainly key features of PCOS reflect with various responsible factors like Hormonal imbalance, Irregular periods, Excess Androgen, Ovarian cysts, Infertility, Metabolic Issues etc. Some genetic and environmental factors may be responsible for PCOS. While conventional treatment offers symptomatic relief through hormonal pills, homoeopathy offers a holistic, individualized approach aimed at addressing the root cause & enhancing the body's self-healing capabilities. The study is based on qualitative review of classical homoeopathic Materia medica, repertories (e.g. Synthesis repertory, Kent's repertory, Boerick's Materia Medica) remedies were selected based on their frequent application & wide sphere of action in gynecological affections.

To review key homoeopathic remedies used in the management of PCOS, highlighting their indications, therapeutic scope & the philosophy of individualization in homoeopathic treatment. Various homoeopathic remedies demonstrate marked efficacy in the management of PCOS when prescribed on the basis of totality of symptoms. Remedies like Pulsatilla, Sepia, Natrum Mur, Apis Mell, Belladonna etc. are commonly indicated in hormonal imbalance. Constitutional and miasmatic approach in homoeopathy offers promising results in long term PCOS.

**Keywords:** Polycystic ovary syndrome (PCOS), Hormonal imbalance, Constitutional treatment, Homoeopathic Medicine, Repertorization.

## 1. Introduction

PCOS (Polycystic ovary syndrome), A hormonal disorder causing enlargement of ovaries with small cysts on the outer edges. PCOS is very common up to 15% of females of reproductive age. Irregular menstrual cycle occurs due to increased androgen level, missed periods & unpredictable ovulation. PCOS is one of the common causes of Female Infertility. Also is a known to be common hormonal disorder among women's.

## 2. Key features of PCOS:

- Hormonal imbalance: - elevated levels of Androgen (male hormone) in menstrual cycle.
- Irregular periods: - Patient may experience absent periods or heavy bleeding during periods. <sup>[1,2,3]</sup>
- Excess Androgen: - It may lead to acne, hirsutism, male pattern baldness.

- Ovarian cysts: - Some patients may develop small fluid filled sacs (follicles) in their ovaries.
- Infertility: - PCOS causes infertility due to absence of ovulation.
- Metabolic Issues: - Increased risk of Type 2 Diabetes is common in PCOS women, High Blood Pressure.

## CAUSES:

Some genetic and environmental factors may be responsible for PCOS. While conventional treatment offers symptomatic relief through hormonal pills, homoeopathy offers a holistic, individualized approach aimed at addressing the root cause & enhancing the body's self-healing capabilities.

## ETIOLOGY:

The cause of PCOS is not well understood, but may involve a combination of genetic and environmental factors:

- Obesity
- Lifestyle Factors: -Including diet, exercise & stress level can significantly impact the development and severity of PCOS.
- Insulin Resistance: - An increase in insulin level causes ovaries to release androgens (male hormone) which suppresses ovulation.
- Low Grade Inflammation: - People with PCOS tend to have chronic low-grade inflammation, it can increase the level of CRP & WBC which indicates the inflammation in your body.

## SIGNS AND SYMPTOMS OF PCOS:

- Abnormal menstruation involves heavy bleeding during periods or not having period at all.
- **Hirsutism** – Abnormal hair growth on face, chest, abdomen, heavy hair growth on arms.
- Acne on face, back, chest.
- **Obesity**- between 40 to 80% of people with PCOS.
- **Darkening of the skin (Acanthosis Nigricans)** -You may get patches of dark skin in the folds of neck, armpit, groin, under breasts.
- Hair thinning on scalp
- **Cysts**- Ovaries that appear larger or with many follicles on ultrasound.
- **Infertility**- Not ovulating regularly or frequently can result in inability to conceive.

## OBJECTIVE:

To review key homoeopathic remedies used in the management of PCOS, highlighting their indications, therapeutic scope & the philosophy of individualization in homoeopathic treatment.

**Homeopathic Approach to PCOS & Key Remedies:** - Homeopathy treats PCOS not as a disease but as an expression of internal disharmony. The focus is on the individuals physical, mental and emotional constitution along with their family history & susceptibility. Remedies are selected based on the totality of symptoms & the underlying maims (Psora, Syphilis & Sycosis).

## **METHOD:**

The study is based on qualitative review of classical homoeopathic Materia medica, repertories (e.g. Synthesis repertory, Kent's repertory, Boerick's Materia Medica) remedies were selected based on their frequent application & wide sphere of action in gynecological affections.

## **KEY HOMEOPATHIC REMEDIES FOR PCOS <sup>[8]</sup> :**

1. Pulsatilla
2. Sepia
3. Natrum muraticum
4. Apis mellifica
5. Lachesis
6. Belladonna
7. Phosphorus
8. Sulphur
9. Platina
10. Lycopodium

### **1. PULSATILA:**

It is preeminently a female remedy esp. for mild, gentle, yielding disposition. Amenorrhea, suppressed menses from wet feet, nervous debility. Too late, scanty, thick, dark clotted & changeable. Delayed at puberty.

**Modalities:** Worse - Warmth of air, delayed menses, rich fatty food, ice cream.

Better - Cold fresh open air, cold application.

### **2. SEPIA: <sup>[6]</sup>**

Menses absent at puberty, after weaning. Pelvic organs relaxed. Bearing down sensation as if everything would escape through vulva must cross limbs to prevent protrusion. Dull heavy pain in ovaries. Menses too late, scanty, irregular, early & profuse.

**Modalities:** Worse - Cold air, wet, snowy air, due to sexual excess.

Better - Warmth of bed, violent motion.

### **3. NATRUM MURIATICUM:**

Irregular menses. Delayed in girls, hair loss in children. Hyperthyroidism, Diabetes. Too early, too profuse menses. Reserved, easily angered.

**Modalities:** Worse - Puberty, heat of sun, warm room.

Better - Open air, cold bathing.

### **4. APIS MELLIFICA:**

Suppressed menses in young girls. Metrorrhagia. Amenorrhea at puberty. Enlargement of right ovary. Heaviness in uterus. Menses last a day or appear at interval of one day.

**Modalities:** Worse - Suppressed eruption, heat of room, hot drinks.

Better - Cool air, cold bathing.

### 5. LACHESIS:

Menses too short, too feeble. Left ovary very painful & swollen, indurated. Tensive pressing pain, sensation as if something were rolling over that side. Menses irregular. Climacteric trouble.

**Modalities:** Worse - Climaxis, by sleep, heat of sun, retarded discharges.

Better - Free discharges, open air.

### 6. BELLADONNA:

Menses too early to profuse. Sensation of weight & pressure in uterine region, burning.

Ovaritis, burning & hot hemorrhage. Discharge of milk in non-pregnant women.

**Modalities:** -Worse - Heat of sun, checked sweat, pressure, motion.

Better - Rest, in bed, in a warm room, wrapped up.

### 7. PHOSPHORUS:

Menses too early, scanty & prolonged but not profuse. Amenorrhea, vicarious menstruation. Uterine polyps, sterility, profuse menses or menses too late. CA of uterus, metrorrhagia. Bleeding between periods. Profuse leucorrhoea instead of menses.

**Modalities:** Worse - Puberty, emotions, slight causes, mental exertion.

Better - Magnetism, rubbing, after sleep, after eating.

### 8. SULPHUR:

Amenorrhea, Suppression of menses from slight physical or mental excitement. Menses often stopping suddenly. Menorrhagia has not been well since last miscarriage. Cutting pain in uterus during menses.

**Modalities:** Worse - Climacteric, suppressions, bathing, closed room.

Better - Open air, motion sweating.

### 9. PLATINA: [7]

Menses too early, too profuse, dark clotted. Amenorrhea in emigrants. Frequent sensation as if menses would appear. Sterility. Leucorrhoea like white of an egg only by day.

**Modalities:** - Worse - Emotions, coition, anger, touch.

Better - Walking in open air, sunshine.

### 10. LYCOPodium: [4,5]

Menses too late, last too long, too profuse. Delayed menses. Menses of clots & serum. Suppression of menses from fright. Dropsy of uterus.

**Modalities:** Worse - 4 to 8 pm, before & from suppressed menses. From pressure of cloths, warmth

Better - Warm drink, uncovering, motion.

### 3. Conclusion:

Homeopathy offers a unique & individualistic approach to the treatment of PCOS. By focusing on the constitutional nature of the patient & the modalities of their symptom's remedies such as Pulsatilla, Sepia, Natrum Mur etc. The strength of homoeopathy lies in its ability to work gently with body's own healing

mechanism; individuals can experience targeted relief from symptoms & restore harmony to the reproductive health.

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