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Homoeopathy and PCOS: A case study

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Abstract

PCOS (polycystic ovarian syndrome) is one of the most attended female complaints in clinics of the reproductive age group. Homoeopathy can be used as an option for treatment and management of patients suffering from PCOS, as it can be seen from the case report presented of a 32 years female who was suffering from PCOS and treated within 2 years with Homoeopathic similimum which was selected on the basis of individualisation. Normal USG report and regular menstrual cycle with mental calmness of patient shows effectiveness of homoeopathic medicines. After normal USG, the case was observed for further 4 months and there was no recurrence of symptoms, USG again shows a normal study suggesting the good prognosis for PCOS cases.

Keywords: Homoeopathy, PCOS, Individualisation

1. Introduction

PCOS is a heterogeneous disorder that affects at least 7% of adult women [1]. Symptoms of PCOS- Irregular or absence of menses, weight gain, hirsutism (excessive hair growth on face and body), acne, difficulties in conception, thinning of scalp hair, black pigmentation around neck, knuckles, elbows, below breast and groins. Women with PCOS have higher rates of endometrial cancer, cardiovascular disease, dyslipidaemia, and type -2 diabetes mellitus [2]. PCOS has been attributed to several causes including change in life style, diet and stress. Initially, the ovaries were thought to set the changes in the endocrine pattern. Genetic and familial environment factors were added as etiological factors in the development of PCOS. [3].

2. Material and Method

Case: A female of 32 years presented with complaints of irregular menses, hair fall, weight gain and acne over face since 2 years. She also has headache over vertex region since 3 months.

2.1 History of present complaint

Patient was apparently well 2 years back. Since menarche she had regular menstrual cycle with slight pain in pelvic region. But since 2 years her menstrual cycle was irregular and menstrual flow scanty. She had gradual hair fall. She was overweight according to her height and she has gained approximately 10 kg weight in 2 years. She also has acne over face. Since 2 years she was under allopathic treatment and she was totally dependent on allopathic medicines for her menstrual cycle as when she skips the medicine there was amenorrhoea.

2.2 Past history

Patient had history of fracture of left leg at the age of 12years and typhoid fever at the age of 19 years.

2.3 Family History

Family history revealed father to be hypertension and mother had rheumatoid arthritis and hypothyroidism.

2.4 Physical generals

She has difficulty in tolerating cold weather and feels more comfortable in the hot weather. She drinks 1-2 glasses of water per day. Her appetite is good. She has aversion for milk.

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2.5 Mental generals

She is a home-maker, married since 6 years. She lives with her husband, 3 year old son and her mother-in-law. She is very sensitive since childhood and if someone talks to her rudely she gets hurt and starts crying. Her husband is very dominating so she can't do anything according to her own wish which makes her mostly angry but she never used to express her anger to anyone, neither discuss anything with

her parents because she thinks if "I will tell them then what will they think about me and my husband". The mother-in-law used abusive words for her mostly but she never answers back to her because she thought she is my mother, I should respect her.

2.6 Analysis and Evaluation of symptoms

Table 1: Evaluation of symptoms

S. No.	Symptoms	Mg/Pg/Particulars	Intensity
1.	What others think about me	MG	++
2.	Always suppress anger	MG	+++
3.	Sensitive to rudeness	MG	+++
4.	Menses irregular	PG	++
5.	Thirst-less	PG	++
6.	Chilly	PG	++
7.	Milk aversion	PG	+++
8.	Head pain vertex	Particular	+

2.7 Repertorial totality

1. Mind-Sensitive-opinion of others; to the
2. Mind-AILMENTS FROM-anger -suppressed
3. Mind-Sensitive-rudeness, to
4. Female Genitalia/Sex-Menses-irregular
5. Stomach-Thirstless

6. General -Heat- lack of vital heat
7. Generals-Food and Drinks- milk-aversion
8. Head-Pain-vertex

2.8 Repertorial sheet

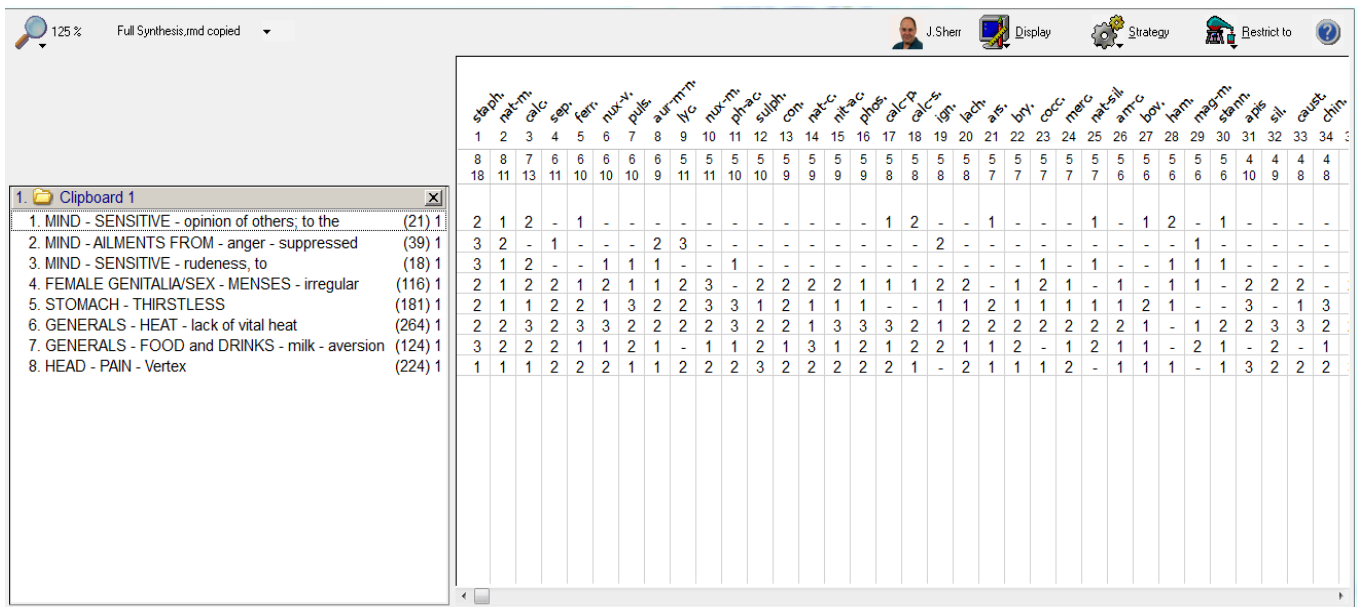


Fig 1: Show the Repertorial sheet

2.9 Repertorial analysis: 1) Staphysagria 18/8; 2) Natrium muriaticum 11/8; 3) Calcarea ostreorum 13/7; 4) Sepia 11/6 [4].

2.10 Remedy: Medicine prescribed was Staphysagria 200-single dose, placebo 30-bd/30 days-09-11-2017. Staphysagria was selected after analysing the detailed case history of the patient. The most prominent symptoms were repertorised from Radar Opus software and the remedy was traced again in materia medica for confirmation. The points considered in confirming the remedy from various texts are as follows:

Sphere of action genito-urinary organs [5].

Very lachrymose [6].

Too dignified to fight [7].

Very sensitive as to what others say about her [8].

The potency was selected according to the susceptibility of the patient. In chronic cases, the treatment should be started with a single dose to allow the best action of the medicine and avoid unnecessary aggravation as has been said in aphorism 278 that only true experience is the best guide for a physician to know how much small dose should be in order to bring upon a cure without causing unnecessary aggravation of the disease [9].

2.11 Follow up chart

Table 2: Timeline including follow up of the case

Follow-up date	Symptoms	weight	Medicine, potency, doses
11/12/2017	LMP-04.09.2017, hair fall, acne same.	72.1kg	Placebo 30-bd/ 30 days
10/01/2018	LMP-07.01.2018, acne slight better	71.2kg	Placebo 30-BD/30 days
15/02/2018	LMP, no menses yet	71.2kg	Placebo 30-BD/ 30 days
11/03/2018	LMP-11.03.2018, ADV USG	69.5kg	Placebo30-BD/ 30 days
25/04/2018	LMP-14.04.2018,acne,hairfall better	69.5kg	Placebo 30-BD/30 days
16/05/2018	LMP-16.05.2018,new acne, hair fall better	69kg	Placebo 30-BD/ 30 days
22/06/2018	LMP-21.06.2018,hairfall better, acne same	69kg	Placebo30- BD/30 days
18/07/2018	LMP-17.07.2018,hairfall,acne better	69kg	Placebo30-BD/ 30 days
21/08/2018	LMP-21.08.2018,hairfall,acne better	68.5kg	Placebo 30-BD/ 60 days
24/10/2018	LMP-25.09.2018 LMP-23.10.2018	68kg	Placebo 30-BD/ 30 days
23/11/2018	LMP-23.11.2018,face clear, anger less	66.4kg	Placebo30-BD/ 30 days
24/12/2018	LMP-22.12.2018,hairfall better	66kg	Placebo30-BD/30 days
24/01/2019	LMP-23.01.2019, better	65.2kg	Placebo30-BD/ 30 days
24/02/2019	LMP-22.02.2019,better	65kg	Placebo 30-BD/ 60 days
25/04/2019	LMP-22.03.2019 LMP-23.04.2019	65kg	Placebo30-BD/30 days
25/05/2019	LMP-24.05.2019,face clear, slight hair fall	65kg	Placebo30-BD/ 30 days
26/06/2019	LMP-23.06.2019ADV USG	64.1kg	Placebo30-BD/ 60 days
24/08/2019	Aug LMP-22.07.2019 LMP-22.08.2019	63.9kg	Placebo30-BD/30 days
26/09/2019	LMP-23.09.2019,better	62kg	Placebo30-BD/30 days
25/10/2019	LMP-23.09.2019,better	61.5	Placebo30-BD/30 days
25/11/2019	LMP- 22.09.2019ADV USG	59.8kg	Placebo30-BD/ 30 days
25/12/2019	LMP-23.09.2019, clear skin, no hair fall, USG shows normal study. Mind calm	59.2kg	Placebo30-BD/ 30 days

2.12 Investigations

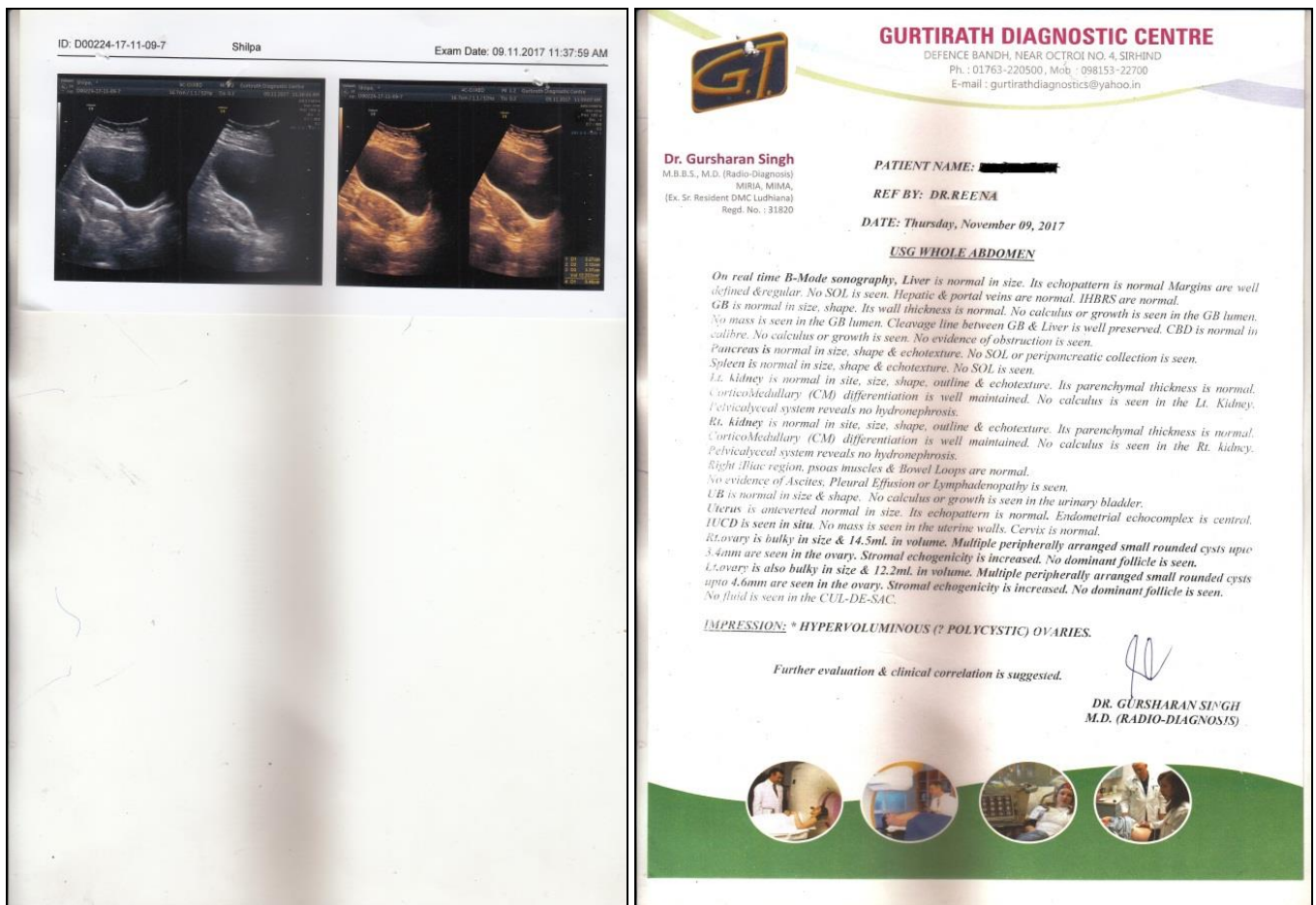


Fig 2: Pre-treatment USG report

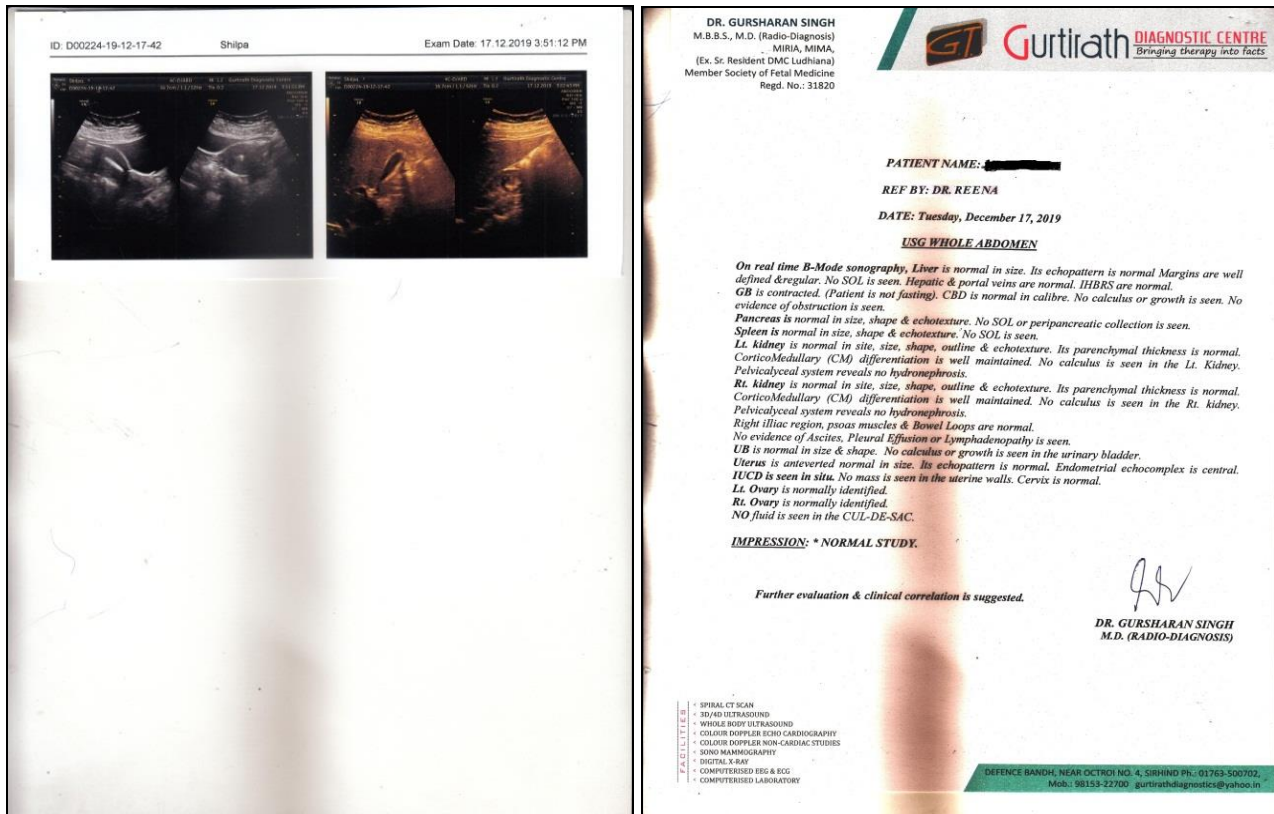


Fig 3: Post treatment USG report

3. Result and Discussion

Homoeopathy acts dynamically on the medium of the sentient faculty of the nerves and induces our body to regulate the hormonal imbalance and brings back the perfect equilibrium of health^[10]. In this case, patient first visited on date 09/11/2017 with symptoms of irregular menses (L.M.P.04.09.2017), acne over face, weight gain, hair fall and an USG report of the same day showing multiple cysts in the ovaries. So the diagnosis of PCOS was confirmed. Homoeopathy considers patients as a whole and constitutional medicines are suggested rather than the disease specific remedies^[11]. As rightly said by Thomas Skinner "Constitutional treatment alone was and is all that is necessary for successful treatment of all vaginal, uterine and ovarian diseases". Similarly medicine *staphysagria* 200 single dose was prescribed on the basis symptoms similarity and constitutional basis with reference to materia medica. On 25/04/2018 patient comes with a USG report of reduction in the volume of both ovaries. Reports of 12/08/2019 show normal ovaries. Case is further followed for 4 months and USG on 17/12/2019 shows normal study. It means there was no recurrence of symptoms in the patient for 4 months which shows effect of homoeopathic medicine in such cases.

4. Conclusion

Homoeopathy has opened new vistas in the field of clinical research in gynaecological problems. Early recognition and proper treatment of PCOS is important to prevent long term sequels. The results from the above case can be a basis in saying that homoeopathic medicines works effectively in such gynaecological problems.

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