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A case report on homoeopathic management of infertility with PCOD: An evidence based homoeopathy

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Abstract

PCOD stands for Poly Cystic Ovary Disease. The condition affects the ovaries in women by causing cysts. This leads to a hormonal imbalance with the body producing more male hormones than needed. The hormonal imbalance leads to problems in menstruation and fertility apart from other issues. PCOD causes infertility as it reduces the frequency of ovulation in the body¹. Here a 25 years old married young lady reported a symptom of pain in abdomen with irregular menses since 2 months (PCOD with infertility since 7 years). With the help of individualized homoeopathic medicine this lady not only get rid of symptoms of PCOD she conceived within three months of treatment. The improvement is followed-up and recorded with reports of before and after treatment.

Keywords: PCOD, infertility, homoeopathy, constitutional, graphites

Introduction

What are the common signs and symptoms of PCOD problem / PCOS?

Some females start seeing symptoms around the time of their first period, some women only discover when they have gained a lot of weight or trouble getting pregnant. The most common signs and symptoms of PCOD Problem or PCOS in females are:

Irregular menstruation (Oligomenorrhea)

Skipped or absence of menstruation (Amenorrhea)

Heavy menstrual bleeding (Menorrhagia)

Excessive Hair growth (face, body - including on back, belly, and chest)

Acne (face, chest, and upper back)

Weight gain

Hair loss (hair on the scalp gets thinner and fall out)

Skin darkening (Neck, in the groin, and under the breasts^[2])

PCOD (Polycystic Ovarian Disease) is a medical condition in women, where the ovaries produce multiple immature eggs which, over time, become cysts on the ovaries.

What is Polycystic Ovary Disorder (PCOD)?

Ovaries are the reproductive organs of a female which control the menstrual cycle and the production of hormones like estrogen, progesterone, inhibin, relaxin etc. The accumulation of the eggs swells the ovary and makes it release large quantities of male hormone thus causing infertility^[3].

irregular periods or no periods at all. difficulty getting pregnant (because of irregular ovulation or no ovulation) excessive hair growth (hirsutism) – usually on the face, chest, back or buttocks. weight gain^[4].

What Problem PCOD May Cause?

The symptoms associated with PCOD often leave a lasting impact on women's physical and mental well-being. It is estimated that about 34% of the women suffering from PCOD problem also suffer from depression, and nearly 45% suffer from anxiety. This makes it essential to diagnose and manage the symptoms early to prevent PCOD problems in future.

Many of the women diagnosed with PCOD problem also experience poor quality of life-related to-

- Mood swings
- Negative social relationships
- Low self-confidence
- Negative self-image
- Disruption of eating and sleep patterns
- Low motivation ^[5].

Homoeopathy treats the patient as a whole, not just the disease, thus the infertility cases with PCOD are also treated with Homoeopathy by means of internal medication. Following is the case of infertility with PCOD 25 years old lady treated successfully with Homoeopathy.

Case report

A 25 years old married young lady came with a clinical history of irregular menses with pain in abdomen on 18 th October 2022.

Presenting complaints with detail

Pain in lower abdomen since two months very severe pain use to get 3 to 4 acute attacks in a day, < during coition. Because of it she is very much afraid of coition. Pain in abdomen (ovarian region) started initially after coition.

Past history: Had bleeding piles in past and relieved. Initially she had undergone counseling for fear of coition and was prescribed Viagra to increase sexual interest. Even she has taken Homoeopathic medicines to conceive. She has taken hormonal tablets to conceive and for PCOD.

Family History: All family members are healthy.

Patient as person

Appearance: fair & fat.

Appetite: increased loves to eat.

Thirst: increased for large quantity of water at long intervals.

Desire: spicy food

Aversion: coffee and sweets.

Stools: Regular

Urine: D/N 4-5/0-1

Sleep: sound

Thermal: Neither Chilly nor Hot.

Dreams: fearful some times.

Menstrual history: menarche at 14 years of age.

Menses irregular with scanty flow just for two days.

Life space history

Born and brought up in a middle class family with good socio-economic status.

She has a good relationship with husband. She has a love marriage.

She has married at the age of 18 years against the will of their parents.

Now she is 25 years old and desperately wanted to conceive. She is a working women.

Mind

Talkative, irritable < after stressed.

Affection about children, responsible easily tired,

Fear of intercourse thinking that it would be pain full and bleeding.

Repeated thoughts of children and dreams of baby.

Depressed because of not conceiving.

General physical Examination

Hair: No hair fall, no greying.

Scalp: No dandruff

Eyes: Sclera- clear & Conjunctiva- pink.

Skin: Eruptions on the face.

Nails: No pallor, no clubbing.

Nose: No DNS, No polyp.

Mouth: No caries of teeth.

Lymph nodes: No cervical lymphadenopathy.

Vital signs: Temp: Afebrile

PR: 78 bpm, RR:18 cpm

BP: 110/70mmhg.

Systemic examination

Respiratory System: NAD

Cardio-vascular system: NAD

Per Abdomen: inspection- scaphoid shaped, no scar mark

Palpation: tenderness in lower abdomen.

Percussion: tympanic note, no dullness.

Auscultation: normal bowel sounds heard

Nervous system: Patient is conscious and well oriented.

Usg report before treatment

Time :
8.30 a.m. to 8.00 p.m.
Mobile No. : 98200 92962
Clinic 2617 5065
2611 0312

DR. SAMIR K. SHAH M.D., D.M.R.D.
DR. RUJUTA SHAH M.B.B.S., D. M. R. D.
Consultant Radiologist & Sonologist

R. S. IMAGING CENTRE
SONOGRAPHY - 3D / 4D - SCAN - WHOLE BODY COLOR DOPPLER CLINIC

A-2, Rameshwar Building, Opp. Khira Nagar, S. V. Road, Santacruz (West), Mumbai - 400 054.

Dt. 15. 04. 2022.

PATIENT'S NAME : M s. Kajal.
REF. BY : Dr.
EXAMINATION : ABDOMEN and PELVIC SONOGRAPHY.

LIVER : Real time sonography of liver shows normal size and echo texture of parenchyma. No evidence of any abnormal focal or general lesion is seen. Portal and hepatic veins appear normal. No evidence of dilatation of intra hepatic biliary canaliculii.

GALL BLADDER : Shows normal echo free lumen. Gall bladder is normally distended. No gall stones are seen. CBD is normal in caliber.

PANCREAS : Shows normal size and echo texture. No evidence of any solid or cystic lesion is seen.

SPLEEN : Shows normal size and echo texture.

RENALS : Are normal in size shape position and show smooth contour and normal parenchymal thickness and echo texture. Cortex and pyramids are normally differentiated. No evidence of calculus or hydronephrosis or SOL is seen. No evidence of ascites or SOL or para aortic lymphadenopathy is seen.

PELVIC sonography shows normal size and echo texture of uterus. Both ovaries are mildly enlarged and shows multiple tiny follicles around the periphery of both ovaries. Right ovary measures 35 x 31 x 23 mms – 13 ccs. Left ovary measures 36 x 32 x 23 mms – 14 ccs. No evidence of any intra uterine pregnancy is seen. Urinary bladder is partially distended and shows normal wall thickness.

IMPRESSION :

Normal sonographic appearance of ABDOMEN and PELVIS is seen.
Bilateral polycystic ovarian disease is seen.

Dr. Samir K. Shah
with regards.

Clinical diagnoses

Infertility with bilateral PCOD
 Totality of symptoms
 Talkative.
 Irritability < after stressed.
 Affection towards children.
 Thinking of baby.
 Wants to conceive desperately.
 Fear of intercourse because of pain and bleeding.
 Fearful dreams.
 Dreams of children or baby.
 Depressed because of not conceiving.

Appetite: increased loves to eat.
Thirst: increased for large quantity of water.
Desires: spicy food.
Aversion: coffee and sweets.
Menses: irregular with scanty flow.
 Colicky type of pain in lower abdomen, < during menses < by motion, > by rest.

Table 1: Analyses of symptoms according to Dr Kent

Symptoms	First grade	Second grade	Third grade
Generals	Talkative, irritability, Dreams of children. Affectionate towards children, Fear of coition	Thirsty for large quantity of water. Desires spicy food. Aversion to sweets and coffee	nil
particulars	.nil	Colicky Pain in lower abdomen < during menses and during coition. Menses irregular and scanty, short duration	nil

Repertorisation sheet

<u>Repertorisation Table</u>															
Patient Name : Mrs. kajal sarsar					Reg_No. : 12					Rep_Date : 15/03/2023					
Normal Repertorisation															
	Graph	Nat-m	Puls	Sulph	Phos	Con	Nux-v	Caust	Lach	Zinc	Calc	Cocc	Kali-c	Lyc	Sep
Totality Symptoms Covered	21	20	20	20	18	16	16	15	15	14	14	14	14	14	14
[C] [Mind]Loquacity:	1	1	1	1	2	1	1	1	4	1	1	2		1	
[C] [Mind]Irritability:	3	3	3	3	3	2	3	3	2	3	3	2	3	3	3
[C] [Mind]Irritability:Afternoon:	1	1				2				1			1		
[C] [Mind]Affectionate:Children kiss and caress:			2												
[C] [Mind]Fear:Coition:Thought of, in a woman, rape:															
[KT] [Sleep]Dreams:Children,about:	3	3	3	3	3	2	3	2	2	1	3	2	1	3	2
[KT] [Stomach]Appetite:Increased:															
[KT] [Stomach]Thirst:Large quantities:Long intervals,at:	3			2	2			2		2					
[KT] [Stomach]Aversion:Sweets:		2			2		3				3			2	
[KT] [Stomach]Aversion:Coffee:	3	3	3	2	1	2		3	1	2	2	1	3	2	2
[KT] [Genitalia female]Menses:Delayed in girls,first menses:	3	3	3	3	3	3	2	2	3	2	1	2	3	2	3
[KT] [Genitalia female]Menses:Scanty:	2	2	3	3	2	2	2		3	1		2	1	1	2
[KT] [Genitalia female]Menses:Short duration:	2	2	2	3		2	2	2		1	1	3	2		2
[KT] [Abdomen]Pain:Cramping,gripping:Menses:During:															

Total Remedies : 522

page 1 of 1

Above symptoms were repertorised by Hompath Classic software by using complete and kents repertory, after repertorisation graphites received the highest score.

Rx
 Graphites 200 3 doses TID every 4 hourly before food (Water Dose)
 RUBRUM BD For 4 weeks before food.

First Prescription: Given on 18th October 2022

Table 2: Follow up

Sl. No	date	Symptoms	Medicines/ advise
1	5/11/2022 18/11/2022	she had scanty menses Pain in abdomen reduced with regular menses	Graphites 200 1 dose Rubrum B D x 1month
2	5/12/2022 18/12/2022	She had menses in time with less flow No pain in abdomen, regular menses	Rubrum B D x 1month
3	5/01/2023 15/01/2023	She had menses with normal flow She is feeling better without any symptoms	Rubrum BD x 1month
4	5/02/2023	She missed her menses.	Advised her to wait for some time as she had irregular menses. But out of curiosity she did pregnancy test on kit. It was positive.
5	27/02/2023		Advised for USG & She did it was confirmed for pregnancy.

USG report after treatment

Time : 8.30 a.m. to 8.00 p.m. Mobile No. : 98200 92962	Clinic 2617 5065 2611 0312
DR. SAMIR K. SHAH M.D., D.M.R.D. DR. RUJUTA SHAH M.B.B.S., D.M.R.D. Consultant Radiologist & Sonologist	
R. S. IMAGING CENTRE SONOGRAPHY - 3D / 4D - SCAN - WHOLE BODY COLOR DOPPLER CLINIC	
A-2, Rameshwar Building, Opp. Khira Nagar, S. V. Road, Santacruz (West), Mumbai - 400 054.	
Dt. 27.02.2023.	
PATIENT'S NAME : Mrs. Kajal. REF. BY : Dr. S. M. Murgod & Dr. Shivani Gaikwad EXAMINATION : PELVIC SONOGRAPHY.	
Real time sonography of pelvis shows anteverted bulky uterus. Well defined smooth outlined single gestational sac is seen in the intra uterine cavity with good choriodecidual reaction all round. Yolk Sac is noted (3 mms. in dia.). Small foetal node is seen in it with NORMAL FOETAL HEART ACTIVITY on real time. Internal os is closed. Adnexa are clear. CRL is 10 mms, corresponding to 7 wks 2 days of gestation.	
IMPRESSION : Single live 7 wks 2 days intra uterine gestation. Approximate EDD is 14 / 10 / 23.	
Dr. Samir K. Shah. with regards.	
I have neither detected nor disclosed the sex of foetus to anybody in any manner.	

Discussion

PCOD is a common condition in females which can cause infertility. In this case patient had irregular and scanty menses with pain in abdomen. She used to take allopathic medicines. In allopathy there is no proper line of treatment. Usually they used to give hormonal medicines to get regular menses and for conception. She used to get regular menses only by medication. Again she used to get same complaints on stoppage of medicines.

But in Homoeopathic system of Medicine, as shown in reports, if the medicine is prescribed on the basis of law of similia, then removal of disease is possible in its whole extent and this is an excellent example of "LAW OF SIMILIA", here the Homoeopathic medicine not only relieved the symptoms of PCOD but also treated infertility with successful.

Conclusion

This case report describes the importance of individualized Homoeopathic treatment in such unyielding case of PCOD with infertility. It is possible to treat PCOD with infertility with Homeopathic medicines in a rapid and gentle way as is evident in the above case with before and after USG Reports. Hence this was a successfully treated case with Homoeopathic treatment based on detailed case taking and case analysis.

Conflict of Interest

Not available

Financial Support

Not available

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