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PCOS: Homoeopathic Approach

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Abstract

PCOS is called as Poly cystic ovarian syndrome. Poly cystic Ovarian Syndrome is an issue related to imbalance in hormones. It is to be most commonly known for endocrine and metabolic disorder. High levels of androgen is seen in this condition. Most common gynecological condition affecting both in developing and developed countries. Homoeopathy plays an important role in providing effective treatment for PCOS.

Keywords: Polycystic ovarian syndrome (PCOS), Homoeopathy, Infertility

Introduction

PCOS is a condition where abnormal amount of androgens are produced. Most common problem among reproductive grouped women worldwide. PCOS is described by Stein & Leventhal in the year 1935 characterized by amenorrhea obesity and hirsutism. It is also the primary cause of an ovulatory in infertility. Ovaries develop numerous collection of fluid filled follicle which fail to release egg due to which disturbance in menstrual cycle happens and may lead to Infertility. These days 1 in 5 women usually suffer from PCOS. PCOS is a multifactorial and polygenic condition. PCOS is hyper androgenic disorder in relation with chronic oligo-ovulation and polycystic ovarian morphology. PCOS is also associated with mood disorders, psychological impairments, depression and hyperinsulinemia. Studies revealed that women who are exposed to PCOS will have most psychological issues, this may lead to impact in reproduction hindering fertility. PCOS females will have difficulty in their day to day quality of life. Homoeopathy is ben a holistic approach since decades which helps in approach towards the PCOS female in psychological aspect, body hair, weight, menstrual problems, infertility with slight lifestyle modification.

Causes

1. Obesity with wrong dietary habits.
2. Insulin Resistance.
3. Genetic tendency.
4. Accumulation of toxins within the body.
5. Hormonal imbalance.

Types of Criteria to Assess PCOS

1. Rotterdam criteria.
 - a. Oligomenorrhoea.
 - b. Hyperandrogenism.
 - c. Pcos (on ultrasound).

NIH (National Institute of Health) Criteria

- a. Hyperandrogenism.
- b. Oligoovulation.
- c. Exclusion of other related disorders.

AES (Androgen excess society)

- a. Hyperandrogenism.
- b. Oligoovulation.
- c. Poly cystic ovaries.
- d. Exclusion of Other related disorders.

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Clinical features

1. Irregular Menses.
2. Hirsutism.
3. Insulin resistance.
4. Increased androgen levels.
5. Increased stress.
6. Infertility.
7. Acne, oily skin.
8. Acanthosis nigricans.
9. High cholesterol.
10. Pelvic pain.
11. Type II Diabetes.
12. Anxiety & Depression.
13. Decreased libido.

Homoeopathic Management**1. Lachesis**

Indicated in left side affections. Left ovary painful, swollen and indurated, ovarian neuralgia. Pain shifts from left to right. Suited especially in females with climaxis with palpitation, hot flushes, headache at vertex region. Boring type of pain in ovary. Unable to tolerate the pain. Scanty black gestural flow, she is thirsty, hot, aggravation by Hot bathing, slight touch, Am melioration by discharges, during menses, loose stools.

2. Apis mellifica

Effective in right sided ovarian cysts. Cysts with pelvic pain, scanty flow of slimy blood with stinging pain in ovaries after sexual intercourse. Pain in right ovary with pain in left pectoral region. Stinging, burning, frequent micturition during menses. Desires milk, sour, vinegar. Aversion to Drinks. Aggravation by Hot washing, pressure, warm room, warm bed. Ammelioration by Cold washing.

3. Colocynthis

Left ovarian pain, as if the part is squeezed. Ovarian neuralgia, intense boring pain she draws up double. Severe pain in both limbs with trembling. Restlessness. < From exercise, exertion, open air. Sleeps for longer duration. Severe pain in abdomen. Walks with bent posture applying pressure at the site of pain.

4. Graphites

Violent pain in left side of ovary. Very hard on touching. Tearing, twisting type of pain. Pain increases when exposed to cold or when feet is wet. Discharge of bloody pus during menses, scanty menses, amenorrhea. Aversion to coitus. Obese, hard knotty stools.

5. Lycopodium

Pain in right ovary. Burning, stinging type of pain in back before urinating. Delayed menses with profuse bleeding. White discharge with burning sensation in vagina. Bloating sensation in abdomen. Bloody discharge from vagina on passing faces. Aggravation by evening, 4 pm to 8 pm. Ammelioration by warm food.

6. Bufo

Great sensitiveness in ovarian site. Burning pain in ovaries. Menses are too early, too profuse, Violent cramping pain extends to groins. Hot patient, Desires whisky, pastry, sweets. Aversion to salt. Aggravation by open air, cold bathing. Am melioration by Feet in warm water, massage.

7. Pulsatilla

Menses are scanty. Indicated in suppressed menses, irregular cycles painful menses with nausea. Pain in pubic region. Tearful, plethoric, changeable, nervous. Suppression of menstrual flow from getting feet wet. Painful menses. Violent menstrual colic, soreness in the ovarian region.

Conflict of Interest

Not available

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