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# Polycystic Ovarian Disease (PCOD) successfully treated with Lachesis: An evidence based case report

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#### **Abstract**

This article explores the effectiveness of homeopathy in the treatment of Polycystic Ovary Syndrome (PCOS), a common endocrine disorder affecting reproductive-aged women. PCOS is associated with hormonal imbalances and can result in a range of symptoms, including irregular menstrual cycles, acne, weight gain, and fertility issues. This case study result show PCOS who were successfully treated with homeopathic remedies, highlighting the potential benefits of this treatment. The results suggest that homeopathy may offer a safe and effective treatment option for women with PCOS, although further research is needed to confirm these findings.

Keywords: PCOS, Homoeopathy, Case Report, Lachesis

#### Introduction

Poly cystic ovarian syndrome (PCOS) is a heterogeneous disorder which affects up to 10% of women of reproductive age [1]. International studies report the prevalence of PCOS to be in the range of 4-10 percent of women of reproductive age [2]. The prevalence of PCOS is high among young girls in India which steadily increases with age; menstrual irregularity for 2 years can be used as an early indicator for PCOS; and obesity, insulin resistance, and hypertension are the metabolic parameters associated with PCOS [3]. Polycystic ovarian syndrome described in 1935 by Stein and Leventhal as a syndrome which is manifested by Amenorrhea/Oligomenorrhea, Hirsutism, acne and Obesity associated with enlarged polycystic ovaries. Prevalence of PCOS is increased in adolescent females when associated with menstrual irregularities, obesity, type 2 diabetes mellitus, hirsutism and acne. PCOS is the most common disorder of endocrine system in a woman of reproductive age. Although there are no universally accepted criteria to define PCOS, the diagnosis of PCOS is made up of the presence of two of the following three criteria: [American Society for Reproductive Medicine (ASRM)/European Society of Human Reproduction and Embryology] (ESHRE), 2003].

- Oligo and/or anovulation
- Hyperandrogenism (clinical and/or biochemical)
- Polycystic ovaries.

In PCOS genetic factor play a role, but the severity and course are determined by the patient's lifestyle especially from body mass index (BMI).

#### Case report

A female patient age 21 years came with complaints of menstrual irregularities. Her menses lasts only 2days since menarche and scanty bleeding. Leucorrhoea was thick, aggravates during urination.

# **History of present illness**

Irregular menses since menarche (menarche- at the age of 14 years)

She was advised for hormonal treatment for irregular menses but found no relief and ultimately came for Homoeopathic treatment.

# History of previous illness

Typhoid at the age of 16 years, she took Allopathic treatment for it.

# Physical generals

Thirstless

Thermal: Towards hot

Sleep: Sometimes there is salivation from mouth

# Mental generals

Extroverted, lazy, sleepy all day, jolly nature, jealousy

# Physical appearance

Comedones on face

# **Family history**

Mother: Hypertension

Father: Diabetes Mellitus type-2

# Laboratory investigation

16/04/2022

USG scan report-

Multiple small follicles in right ovary

Ovaries- right ovary measures 32.26.30 mm

Impression- Residual right polycystic ovarian pattern (H/O

PCOD on treatment)

29/09/2022

USG scan report-

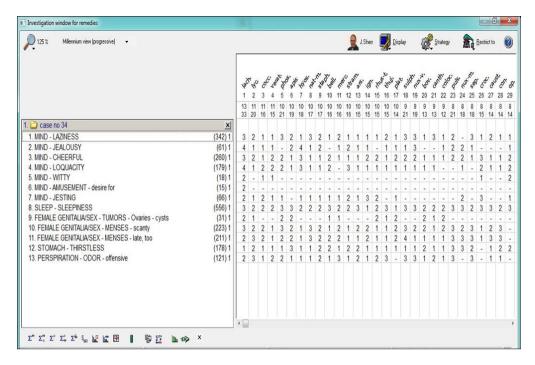
Impression- No Sonographic abnormality detected

#### Intervention

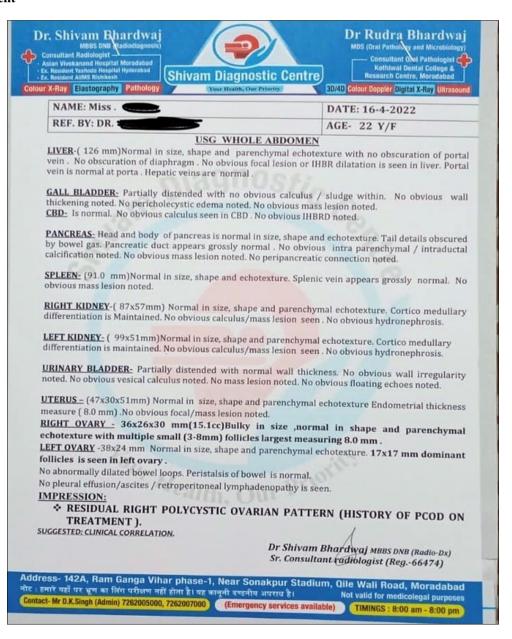
Lachesis 200C medicated on 30 size globules was dispensed single dose with placebo dose three times a day for 15 days after thorough analysis and evaluation of the symptoms the medicine was selected after Repertorisation and further consulting Materia Medica [4]. The potency was selected 200C due to predominance of the mental generals in the case [5].

The patient was advised to do exercise daily, avoid fast food.

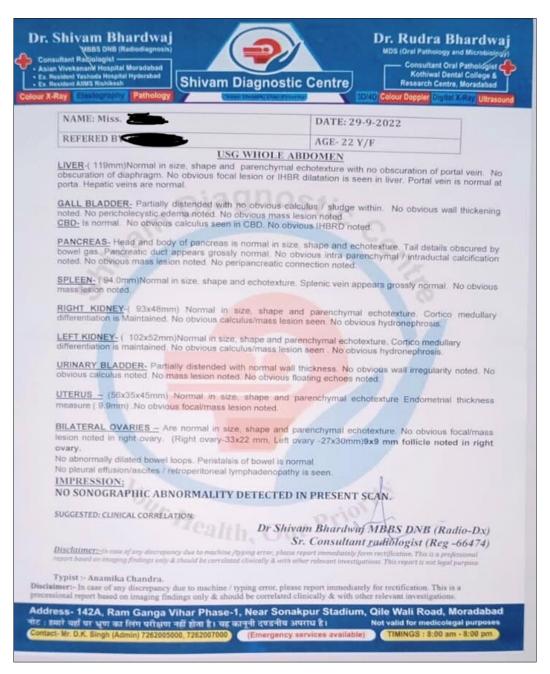
Date	Change in complaints	Prescription
11/03/2022	Irregular menses	Lachesis 200C one dose stat
	Comedones on face	Rubrum 30/T.D.S./15 Days
24/03/2022	Some relief in symptoms	
	Comedones on face	Rubrum30/T.D.S./15 Days
	Hair falling	
13/04/2022	Dryness in palms and soles	Rubrum30/T.D.S./15 Days
	Redness in palms	
25/04/2022	Dryness on palms	
	Menes didn't come	Lachesis200C/ 1dose/stat
	Leucorrhoea persistent	Rubrum30/ T.D.S./ 15 Days
	Eruption on face	
09/05/2022	Menses didn't come	
	Dislike warm food	Rubrum30/T.D.S./15 Days
	Wants luxury life	
25/05/2022	Menses didn't come	Rubrum30/T.D.S./15 Days
	No new symptoms	
08/06/2022	Relief in dry palm	Rubrum30/T.D.S./15 Days
	No new symptoms	
	LMP-26/05/2022	
22/06/2022	Hair falling	Rubrum30/T.D.S./15 Days
	No new symptoms	
28/07/2022	LMP-12/07/2022	Rubrum30/T.
	No new symptoms	
31/08/2022	LMP- 12/08/2022	Rubrum30/T.D.S./15 Days
	Small eruptions on face	
	Hair falling and dryness	
16/09/2022	Dull skin	Lachesis200C/1dose/stat Rubrum30/T.D.S./15Days
	Hair falling	
	LMP-09/09/2022	
01/10/2022	No new symptoms	Rubrum30
29/10/2022	LMP-06/10/2022	Rubrum30/T.D.S./15Days
	No new symptoms	



#### **Before Treatment**



#### After treatment



#### Discussion

In this case Lachesis was the indicated medicine which was selected after Repertorisation. It is quite evident from the reports attached that it gave beneficial effects in the menstrual irregularities. After 2 doses of the Lachesis 200 at the interval of 15days the remedy has shown wonderful results on the patient.

## Conclusion

We may conclude that when the Homoeopathic medicine are selected and prescribe as per the low of Similia and cardinal principles of Homoeopathy they heal in rapid, gentle and permanent manner. The individualized Homoeopathic treatment plays a very vital role in such cases. Further studies are suggested for evaluating more remedies in treating cases of PCOS.

# **Conflict of Interest**

Not available

# **Financial Support**

Not available

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#### **How to Cite This Article**

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