

Homoeopathy in polycystic ovarian disease: A case study

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Abstract

Polycystic ovarian disease (PCOD) is a complex metabolic, endocrine and reproductive disorder affecting approximately 5-10% of the female population in developed countries. It is an emerging health problem in young females characterized by ovarian dysfunction and hyperandrogenism.⁽¹⁾ According to new study in Gynecologic Oncology women having PCOD may be at greater risk of developing some type of cancer if left untreated. Existing information indicates a positive role of homoeopathy in PCOD. The case reported here is that of PCOD in 34 years female who was treated with homoeopathic medicine shows effectiveness of homeopathy.

Keywords: PCOD, Homeopathy.

Introduction

Polycystic ovarian disease (PCOD) is a problem in which a women hormones are out of balance. It can cause problems with menstrual periods and make it difficult to get pregnant. If it isn't treated .over time it can lead to serious health problems, such as infertility, diabetes and heart disease. The developing countries like china and India, undergoing rapid nutritional transitions due to westernized diets and lifestyles also indicates 9.13% prevalence⁽¹⁾ Its clinical characteristics includes include hyperandrogenism, chronic unovulations, insulin resistance and infertility and it has potential for major metabolic consequences including obesity, diabetes type 2 and cardiovascular disease while the reproductive features are prominent. No such single criterion is sufficient for diagnosis.

It has been concluded that depression and anxiety are common in PCOD patients as compared to healthy women. It may often associate with obesity and metabolic abnormality changes. The depression and anxiety did not show a significant change in PCOD after with oral contraceptive pills therapy. Homeopathic medicines being holistic might help in these aspects which evaluates emotional aspects with disease symptoms through homeopathic individual case taking for the assessment of quality of life.

Case report

A 34years female consulted on 10/8/2017 for the treatment of menstrual irregularities (last 3-4 months menses not appeared), weight gain and mild hair growth on chin and constipation since 1 years. She was on gynecologist treatment but did not found quit effective which leads to her in anxiety day by day .The subject was investigated with ultrasound (USG) of abdomen and pelvis, TFT and other necessary sex hormonal and blood investigations and were found to have an bilateral polycystic ovarian disease.

Personal History:

Patient by occupation is a house wife belonging to middle class socio economic family.

Past History:

No any history of premorbid illness.

Family History:

Father: Diabetes mellitus

Mother: Hyperacidity

On examination: NAD



Mental generals:

Physical generals:

The patient was looking anxious and hopeful about recovery. The patient is house wife and has 1 girl child of 8yrs. She was married 10 years back force fully by her parents. She had love affair with someone before her marriage but did not succeed. The patient was looking sad and reserved, dwells on the memories of love affairs. Her husband doesn't respect her in house and in front of relatives who hurt her alot so she don't share her feelings with anyone. She was so disturbed that when consoled leads to her irritability. She has fear of cancer.

Physical generals:

The patient is hot thermally. Her appetite was normal and had an aversion for sweets

Investigations:

Urine pregnancy test: Negative Thyroid Function Test: Normal BSL(R): Normal

Ultra Sonography of abdomen and pelvis: bilateral Polycystic Ovarian disease

Diagnosis: PCOD

Repertorisation: The repertorisation was done by using Radar10 software with Synthetic repertory and following rubrics were taken

MIND - AILMENTS FROM - love; disappointed

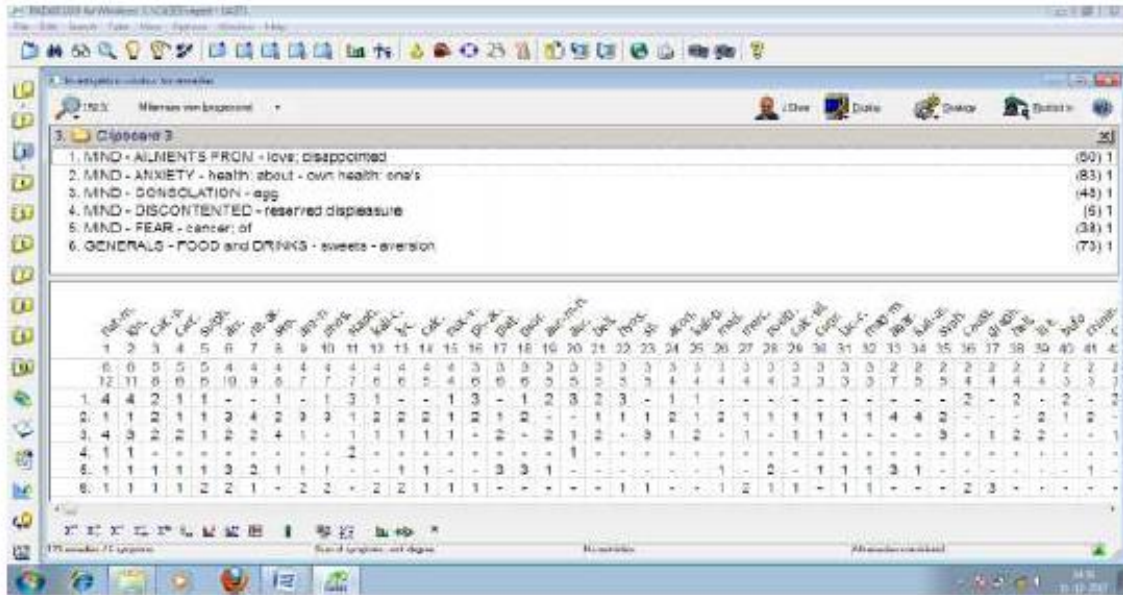
MIND - ANXIETY - health; about - own health; one's

MIND - CONSOLATION - agg.

MIND - DISCONTENTED - reserved displeasure

MIND - FEAR - cancer; of

GENERALS - FOOD and DRINKS - sweets – aversion



First Prescription:

Natrum muraticum 30 two doses 12 hourly and Phytum 4pills TDS for 15 days Basis of prescription: The similimum was selected on the basis of totality of symptoms. In repertorisation Ignatia (6/11), Calc-phos (5/8), Carcinosis (5/6), Sulphur (5/6) were coming. In this case Natrum muraticum was coming very close to Ignatia but it was selected as it was most suitable to patients history of chronic grief and its causation which disturbed patient mainly. Some exercises for weight reduction was advised to the patient.

Follow ups:

Date	Symptoms	Medicine	Dose
10/8/2017	Menstrual irregularity, weight gain, constipation, mild hair growth on chin	Natrum muraticum 30 Phytum	2 doses BID For 15 days/4pills TDS
26/8/2017	-General condition -constipation reduced -menses not appeared yet	SL 1dose Phytum	Stat For 15 days/4pills TDS
13/9/2017	Constipation reduced, Menses gradually appeared for 2 days	SL 1dose Phytum	Stat For 15 days/4pills TDS
2/10/2017	Constipation reduced up to 60%, Menses appeared only for 1 day, General good condition	SL 1dose Phytum	Stat For 15 days/4pills TDS
17/10/2017	Constipation reduced well, Menses not appeared General condition good	SL 1dose Phytum	Stat For 15 days/4pills TDS
8/11/2017	Constipation started again, Menses not appeared yet	Natrum muraticum 200 Phytum	single dose Stat For 15 days/4pills TDS
6/12/2017	Menses appeared with no fresh complaints Constipation reduced	SL 1dose Phytum	Stat For 15 days/4pills TDS

Discussion and Conclusion:

Homoeopathic medicines are effective in the management of polycystic ovarian disease, as the menstruation of the patient become regular and she was better symptomatically without any conventional

medicines. It shows that homoeopathic medicines are safe and can be used as an alternative line of treatment.

References:

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