

Effect of homoeopathic constitutional medicines in cases of PCOD in reducing the symptoms caused due to the disease in females of age group 15-35 years- A case series study

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Abstract

Purpose/Background:

PCOD is a disorder of the ovary where the Graafian follicles fails to mature and rupture and thus resulting in the formation of cysts in the periphery of the ovary. It is evident that PCOD is result of psychosomatic ailment. According to Homoeopathy, it is the man who is sick and not his body and as a matter of fact he needs to be treated. It is here the concept of individualization comes into practice, where the physical as well as the mental characteristics of the individual is taken. The aim was to study the effect of homoeopathic constitutional medicines in cases of PCOD in reducing the symptoms caused due to the disease in female of age group 15 to 35 years. With an objective to find out if Homoeopathic constitutional medicines are effective in regulating menstrual cycles in females having PCOD. **Methods** : simple random technique of sampling with 30 cases in which the patient was enrolled till the target of 30 cases was achieved. The cases were selected on the basis of inclusion and exclusion criteria. All cases were taken as per the case record format prepared for the study. Cases were collected from college OPD, Peripheral OPD and Private OPD. The case selection was done randomly. The remedy selection in individual cases was based on the analysis of constitutional picture, Repertorial references and Homoeopathic Materia Medica. Outcome assessment was done on the basis of self-made scale at the commencement and conclusion of the study duration.

Result:- Out of 30 cases, 19 cases (63.33%) showed marked improvement, 7 cases (23.33%) were recovered and 4 cases (13.33%) not improved. **Conclusion**:- This study provides evidence to say that, Homoeopathic constitutional medicines are effective in reducing the symptoms and regulating the menstrual cycles in PCOD in the females of age group 15-35 years.

Keywords:- Homoeopathic simillimum, Remedy, PCOD, Homoeopathy

Introduction

Polycystic ovarian syndrome (PCOD) is one of the most common female endocrine disorders and a common inherited genetic condition.

Polycystic ovarian disease is the multisystem endocrinopathy in women of reproductive age with the ovarian expression of various metabolic disturbances and a wide spectrum of clinical features such as obesity, menstrual abnormalities and hyperandrogenism. Polycystic ovarian disease is a problem in which a woman's hormones are out of balance. It can cause problems with the menses and make it difficult to get pregnant. PCOD may also cause unwanted changes in the way one looks. If it is not treated, over time it can lead to serious health problems, such as diabetes and heart disease. Polycystic ovarian syndrome disease is common, affecting as many as 1 out of 15 women. About 15 – 20 % of women in reproductive

age group are affected by PCOD. The symptoms of PCOD may begin in adolescence with menstrual irregularities, or a woman may not know that she has PCOD until later in life when symptoms and/or infertility occur. In modern system the line of management is usually by hormonal therapy or surgery. But if a condition is removed by surgery without any attempt being made to correct the constitutional state that has led to a disease, the chances of recurrence are great and it worsens the condition. So the cause of the disease should be removed and not the result. Considering the psychosomatic relationship in polycystic ovarian syndrome, a detailed case taking is necessary to obtain a psychological profile which helps in person diagnosis, disease diagnosis and management of case, both specific as well as general. As there is no much curative treatment for PCOD in modern system of medicine where the treatment is palliative or suppressive, Homoeopathy based on the law of similars, it plays a major role in managing the cases of PCOD.

Materials And Method:

Study Design: A case series study.

Study Setting: The cases were collected from College OPD, Peripheral OPD, and Private OPD.

Duration of study: 18 months

Study Population: The patient with signs and symptoms of polycystic of ovarian disease eligible as the study population.

Sample Size: 30 cases. **Sampling Technique:** Simple Random Sampling.

Method of selection of study subjects:

Inclusion Criteria: 1] Female of 15 to 35 years of age group. 2] Both unmarried and married females. 3] Those who present with sign and symptom of PCOD. 4] Those who had taken conventional treatment with temporary/no relief.

Exclusion Criteria: 1] Pregnant women. 2] Diabetes mellitus, metabolic and Cardiovascular diseases. 3] Endometrial neoplasia and all other ovarian cysts. 4] Immuno-compromised patient.

Withdrawal Criteria: If patient starts with any other system of medicine during the duration of study, If patient is irregular for the follow-up's.

Operational Definitions: "All females within the age group of 15-35 years, having the symptoms of Polycystic ovarian disease fulfilling the Rotterdam criteria will be taken."

Matching criteria: patient itself is his matching criteria.

Statistical technique: Pie diagram & bar charts have been used to depict the observation..

Method of Measurements : The result was drawn on the basis of improvement of sign & symptoms and regulation of menstrual cycles.

Study instrument/Data Collection Tools: Detail Homoeopathic case taking Clinical examination and necessary investigations according to requirement of the case.

Method of Data Collection Relevant to Objective:

Details Homoeopathic case taking, Clinical examination and necessary investigations according to the requirement of the case, Self made scale for assessment at monthly interval.

Data Management and Analysis Procedure:On the basis of totality of symptoms appropriate Homoeopathic medicines are prescribed. Cases are assessed on consecutive follow-ups as per need. The results criteria is:**Recovered:-** Total relief of all the signs and general well-being.,**Improved:-** Decreased in signs or mild relief of symptoms with general well-being of patient.**Not improved:-** No relief of sign.
RESULT:-Out of 30 cases, 19 cases (63.33%) showed marked improvement, 7 cases(23.33%) was recovered and 4 cases (13.33%) not improved.

OBSERVATION AND RESULT:-

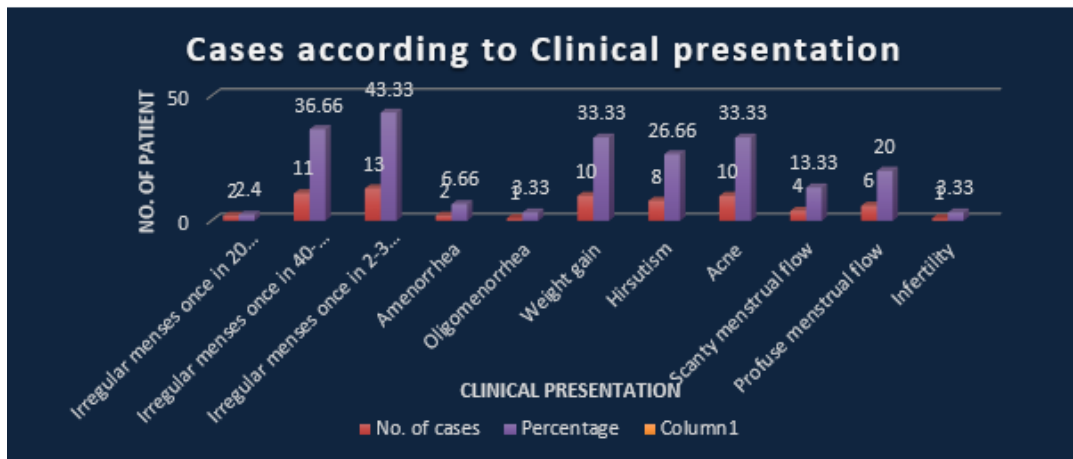


Fig.No.1- BAR DIAGRAM REPRESENTING THE DISTRIBUTION OF CASES ACCORDING TO CLINICAL PRESENTATION.

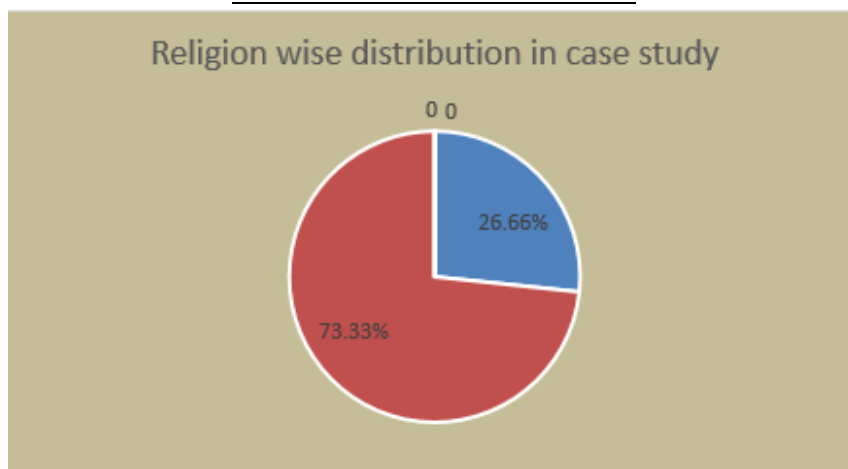


Fig.No.2- PIE DIAGRAM REPRESENTING THE RELIGION WISE DISTRIBUTION OF CASES.

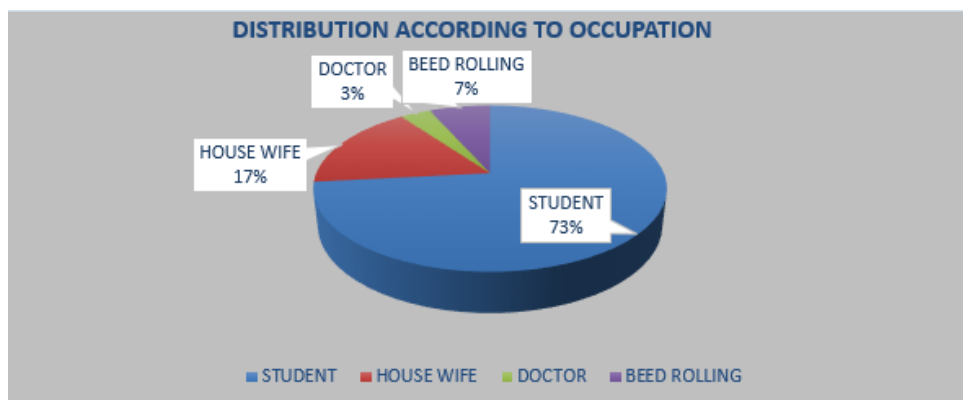


Fig.No.3-PIE DIAGRAM REPRESENTING DISTRIBUTION OF CASES ACCORDING TO OCCUPATION.

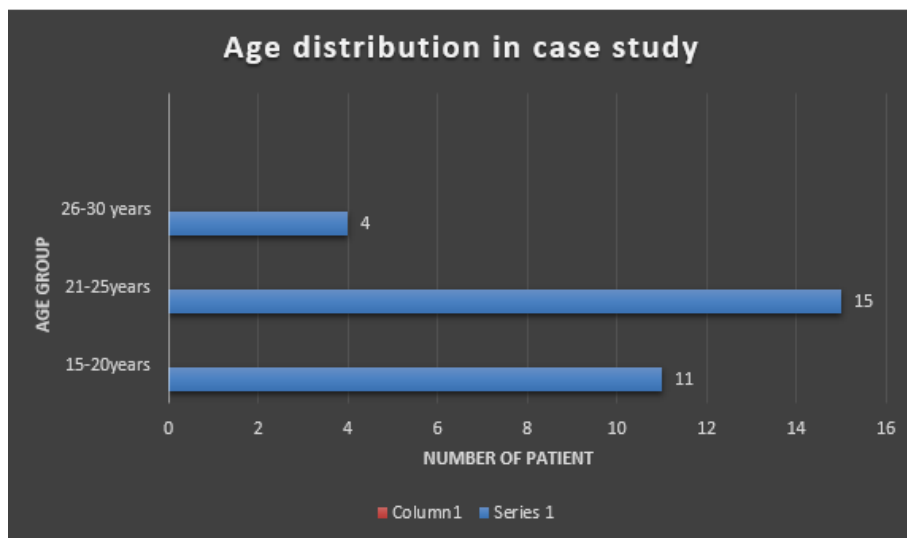


Fig.NO.4- BAR DIAGRAM REPRESENTING AGE DISTRIBUTION OF THE CASES.

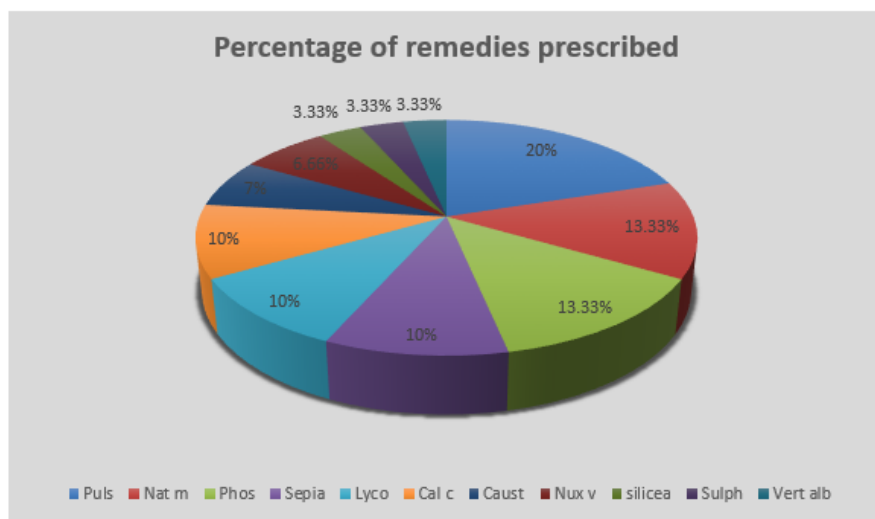


Fig.No-5. PIE DIAGRAM REPRESENTING PERCENTAGE OF REMEDIES PRESCRIBED IN CASES.

OBSERVATION 7 - STATUS OF RESPONSE OF PATIENT: (Table no. 7)

Sr. no.	Response of patient after treatment	Number of patient	Percentage
1.	Recovered	07	23.33%
2.	Improved	19	63.33%
3.	Not improved	04	13.33%
	Total	30	

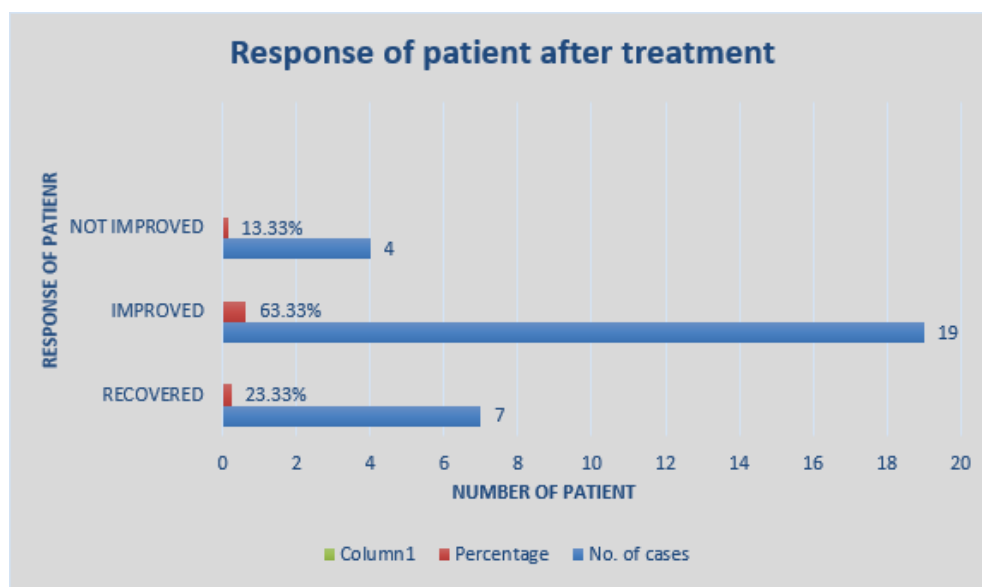


Fig.No.6- BAR DIAGRAM REPRESENTING STATUS OF RESPONSE OF PATIENT AFTER TREATMENT.

Discussion:-

Total 30 cases were selected for the study based on inclusion and exclusion criteria. These cases were followed regularly and at the end of the study there were certain conclusions arrived. Maximum numbers of cases were in the age group 21 – 25 years, 15 cases (50%). Out of 30 cases selected, regarding the occupation, the maximum number of cases of PCOS prevailed among the students, 17 cases (56.66%). All the cases were treated with constitutional medicine. The most indicated constitutional remedy was Pulsatilla. The next most indicated remedy was Natrum mur and other indicated remedies include Phosphorus, Sepia, lycopodium, Calcarea carb, causticum, Nux vomica, Silicea, Sulphur and Vertarum album. In this study 30th potency was selected for the first prescription in maximum cases and at the end of treatment 200 potency was used in a maximum cases. Since this is a time bound study, cases could not be studied for longer period. Some good cases couldn't be considered in this study because of discontinuation of treatment. A sample of 30 cases is of a small size to study the results hence furthermore results are required with a large sample size so as to explore more on the usefulness of the homoeopathic medicines in cases of PCOD. Since the study was based on subjective evaluation of patients before and after treatment, objective parameters like ultrasound, hormonal assay etc were not done. The improvement is based only on clinical symptoms and examination; hence the results could not be substantiated after treatment.

Conclusion:-

The result of this study has shown that the "Homoeopathic constitutional medicines are effective in reducing the symptoms and regulating the menstrual cycles in PCOD in the females of age group 15-35 years. In the present study the aim of using homoeopathic constitutional medicines as the treatment of PCOD cases was achieved as, results were found to be of a good success rate. Considering the total data,

Out of 30 cases, 19 cases (63.33%) showed marked improvement, 7 cases(23.33%) was recovered and 4 cases (13.33%) not improved.

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