



**POLYCYSTIC OVARIAN SYNDROME AND MANAGEMENT THROUGH
ALTERNATIVE APPROACHES W.S.R. TO HOMEOPATHY**

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ABSTRACT

Polycystic ovarian syndrome is the common gynecological endocrine disorder of unknown etiology. PCOS is affecting about one in every ten women worldwide. It is characterized by the polycystic ovaries, chronic ovulation and gonadotropin abnormalities. Hyperandrogenism, a clinical hallmark of PCOS, can cause inhibition of follicular development; formation of microcysts in the ovaries, anovulation, and menstrual changes. It is the common metabolic and hormonal abnormality associated with obesity, type 2 Diabetes mellitus, and dyslipidemia. The aim of this article is to present our review of PCOS. Its surgical and hormonal treatments can have some side effects; like uterine cancer in cases of hormonal treatment but Homeopathy focus on the root cause of the PCOS and helps to regulate the imbalanced hormones and menses.

KEYWORDS: *Gynecological, Endocrine, Homeopathy, PCOS.*

INTRODUCTION

Polycystic ovarian syndrome is a hormonal disorder which is the main cause of female infertility around the world. Women who suffer from PCOD produce a large amount of male hormones and this causes imbalance in female hormones which affect ovulation. In women with PCOS, ovaries are enlarged and contain multiple small cysts (fluid filled sacs). PCOS is also called as Stein-Leventhal syndrome, after its description given by two doctors in 1935. They described it as a condition in which ovarian follicles does not develop properly because of hormonal imbalances. According to the National Institute of Health Office of Disease Prevention, PCOS affects approximately 5 million women of child bearing age. Research suggests that 5-10% of females at 18 to 44 years of age are affected by PCOS making it the most common endocrine abnormality among women of reproductive age. Many studies conducted show that PCOS is hereditary; women with family history of PCOS are 30% more likely to develop PCOS. According to study, PCOS is affecting approximately 6-7 percent of the population around the world. Prevalence of PCOS in India ranges from 3.7 to 22.5 per cent depending on the population studied and the criteria used for diagnosis. In India PCOD may affect 35% of women with symptoms like irregular period, heavy bleeding, dysmenorrhea, weight gain and unusual hair growth. The symptoms of PCOS are obesity, irregular menses, hirsutism, metabolic disorders and hormonal disorders.

Causes of PCOS

The exact cause of polycystic ovarian syndrome is unknown but it may be related to some abnormal hormone levels. Factors that might play a role include.

- ❖ **Excess of insulin-** Insulin is a hormone produced by the pancreas to use the sugar (glucose) present in the blood. It helps the body cells to convert sugar (glucose) into energy. If the cells become resistant to the action of insulin or if body does not produce enough insulin; blood sugar levels can rise and to balance this body produces more of insulin to keep the blood sugar levels normal. This elevated level of insulin can cause ovaries to produce more androgens (like testosterone). These androgens interfere with the development of follicles and prevent natural ovulation. Insulin resistance may also be caused by having a body mass index above the normal range.
- ❖ **Hormonal imbalances** - High levels of androgens (testosterone) in women can prevent the ovaries from releasing an egg (ovulation) during each menstrual cycle. Androgens control the development of male traits. Thus increased amount of androgens in female result in Hirsutism (extra hair growth) and acne, which are also the signs of PCOS.
- ❖ **Hereditary** - PCOD is found to be hereditary in nature. If there is family history of any close relative (mother, sister) suffering from PCOS then chances of PCOS is increased.

- ❖ **High level of luteinizing hormone** - This hormone helps in stimulation of ovulation but if its level increases then it may affect ovulation.
- ❖ **Low-grade inflammation** - Some research has shown that women with PCOS suffer from low-grade inflammation that stimulates polycystic ovaries to produce androgens, which causes heart and blood vessel problems.

PATHOPHYSIOLOGY

PCOS is a disease with a complex multipronged pathogenesis involving primary defects in the hypothalamic–pituitary axis; insulin secretion, its action and ovaries functions. Although its cause is unknown,

but it can be linked to insulin resistance and obesity. Insulin helps to regulate ovarian functions. High level of insulin can cause ovaries to produce more androgens. These androgens interfere with the development of follicles leading to anovulation. Some mechanisms of PCOS include abnormal increase of gonadotropin-releasing hormone (GnRH) which cause increase in luteinizing hormone (LH) and decrease in follicle stimulating hormone (FSH). This leads to decreased response of ovarian follicles to FSH causing follicular arrest and increased secretion of testosterone, estradiol and dehydroepiandrosterone (DHEA). **Figure 1** depicted causes of PCOS.

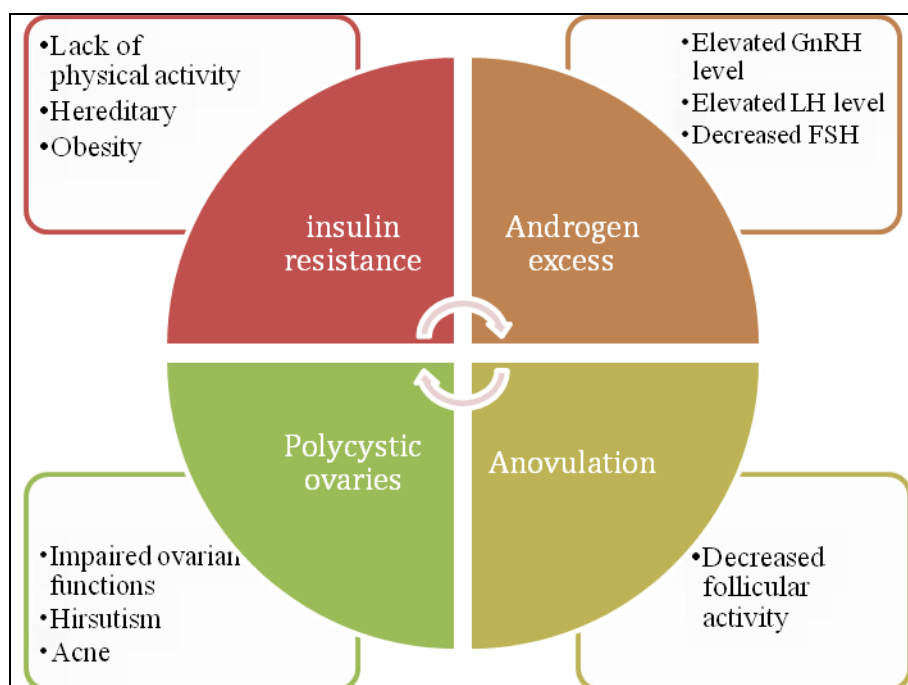


Figure 1: Causes of PCOS.

Symptoms of PCOS

The symptoms of PCOS depicted in **Figure 2**, the common features of PCOS are as follows.

- **Menstrual irregularity**- unpredictable period, missed periods or very light periods are the leading symptoms of PCOS.
- **Hirsutism** – In PCOS, ovary produces excessive amount of male hormones (androgens) which results in unwanted hair growth on face including the chest and stomach also.
- **Acne** - Excessive androgen hormones causes production of excess sebum leading to severe acne.
- **Obesity**- Due to metabolic and hormonal abnormality like resistance to insulin hormone; body mass index increases, weight gain occur, especially around the belly (abdomen) and weight loss does not occur easily.
- **Infertility**- PCOS in the leading cause of infertility nowadays.
- Deepened voice

- Small pieces of excess skin on the neck or armpits (skin tags)
- Dark or thick skin patches on the back of the neck, in the armpits, and under the breasts.

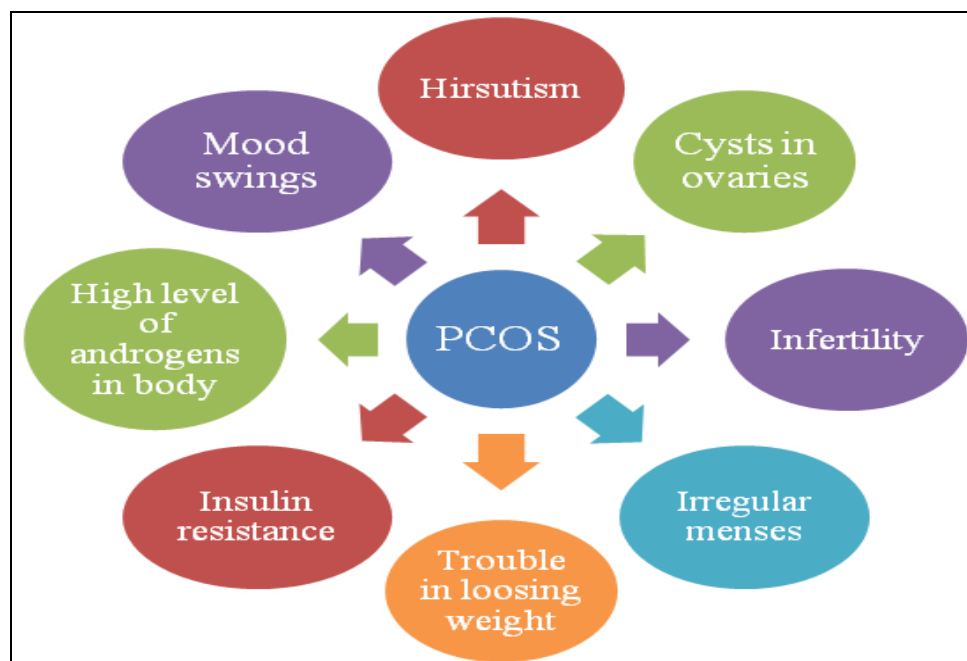


Figure 2: General symptoms of PCOS.

Management of PCOS

PCOS is a complex disorder. Treatment of PCOS includes physical activity, balanced diet and Homeopathic medication which can completely cure this complex disorder. Homeopathy adheres in preventing PCOS in a natural way. The aim of PCOD management is to resolve the leading symptoms of PCOD including the balance of hormones, regular menstrual cycle, proper regular ovulation, and also to resolve the associated risk factors like diabetes mellitus, obesity and hyperlipidemia.

Medication for PCOS as per Homeopathy

1. *Apis Mel*

Used to treat congestion of the right ovary which can cause soreness in the inguinal region with burning sensation, stinging pain and swelling. If there is numbness down the thigh this remedy is surely indicated.

2. *Calcarea carb*

Used to treat polyp of uterus and ovaries. Also used in treating PCOS in obese women with cutting pains in uterus during menstruation. It also has good effects in treating early menses as well as long lasting menses with vertigo. It also relieves icy cold feet symptom.

3. *Conium Mac*

It is useful in treating acne which are worse before appearance of cycle and then disappear after the start of menstrual cycle. These medicine shows good therapeutic effects in the patients who complains of suppressed, scanty menses with tearing pain in the enlarged ovaries.

4. *Lachesis*

When patient is suffering from pain and swelling in the ovaries predominantly on the left side and cannot bear

tightness around the waist. *Lachesis* is the best medicine which can provide relief.

5. *Oophorinum*

It is used to treat ovarian cysts and atrophy of ovaries. It is helpful in production of eggs in women who are sterile due to non production of eggs.

6. *Sepia*

Sepia is best medicine for irregular, late and scanty menses with bearing down sensation in the pelvic region. The ovaries enlarge with fluid filled cyst in them. *Sepia* is also used in cases where facial hairs appear especially on the chin and upper lip area.

7. *Natrum mur*

The leading symptoms of PCOS are irregular and suppressed periods. *Natrum* is an effective remedy for such symptoms, and also for infertility due to PCOS.

8. *Thuja*

When multiple cysts are present in the left ovary. These cysts may not cause much inflammation but will be quite painful. *Thuja* is very effective in dissolving cysts and correcting hormonal imbalances.

CONCLUSION

Polycystic ovarian syndrome is a most prevalent endocrinopathy. It is suggestive of a chain of pathological and hormonal reactions. Incidence of this disease is increasing now days because of sedentary lifestyles, pollution, and excessive intake of junk food. PCOS leads to metabolic syndromes like hyperinsulinemia, obesity, dyslipidemia, hypertriglyceridemia, hypertension, atherosclerosis, increased risk of development of type II diabetes and cardiovascular disease. Its surgical and hormonal

treatments can have some side effects thus Homeopathy focus on the root cause of the PCOS and helps to regulate the imbalanced hormones as well as try to make the menstrual cycle proper and regular.

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