



# An Initial Exploration of Homoeopathic Medicines Effectiveness in Treating PCOS: A Pilot Study

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## Pilot Study

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## Abstract

**Introduction:** Polycystic Ovary Syndrome (PCOS) is a common endocrine disorder that affects reproductive-age women worldwide. Conventional treatments for PCOS often include hormonal therapy and lifestyle modifications, but these approaches may have limitations and side effects. In this scenario, Homeopathy offers an alternative approach to managing PCOS, by focusing on individualized treatment. This pilot study aimed to explore the efficacy of individualized homoeopathic remedies in the treatment of PCOS.

**Materials & Methods:** 10 female patients were randomly selected from the OPD of Sarada Krishna Homoeopathic Medical College Hospital. Based on the Rotterdam criteria, cases were included for the study, between the age group of 18-35. Cases with other systemic diseases or Co morbid conditions were excluded from the study. Those ten patients diagnosed with PCOS were treated with the homeopathic remedies over a period of three months.

**Result:** Among the ten patients, Pulsatilla, Calcarea carbonicum, Thuja occidentalis were given in 200th potency. There was significant symptomatic improvement with changes in USG reports which highlights the decrease ovarian volume, reduction in number and size of follicles. Also, there was decrease in FSH and LH ratio. **CONCLUSION:** Therefore, the results demonstrated significant improvements in PCOS symptoms, and other variables suggesting the potential of the commonly indicated remedies as part of a comprehensive PCOS management strategy.

**Keywords:** PCOS; Pulsatilla; Calcarea Carbonicum; Thuja Occidentalis; Individualized Medicine

## Abbreviations

PCOS: Polycystic Ovary Syndrome; CAM: Complementary and Alternative Medicine.

## Introduction

Polycystic Ovary Syndrome (PCOS) is a complex endocrine disorder affecting approximately 5-10% of reproductive-age women. It is characterized by irregular

menstrual cycles, anovulation, hyperandrogenism, and polycystic ovaries. Conventional treatments for PCOS often include hormonal therapy and lifestyle modifications, but these approaches may have limitations and side effects. PCOS is associated with various health issues, including infertility, metabolic syndrome, and an increased risk of long-term complications such as type 2 diabetes and cardiovascular disease [1]. Conventional treatments for PCOS primarily focus on managing symptoms and improving insulin sensitivity, often involving pharmacological interventions

[2]. However, an increasing number of women are turning to complementary and alternative medicine (CAM) approaches, including homoeopathy, as a means to manage their PCOS symptoms [3]. This article aims to explore the potential of homoeopathy in managing PCOS, discussing its principles, mechanisms of action, and clinical evidence.

Homoeopathy is a system of medicine based on the principle of “like cures like,” has been practiced for over centuries. Homoeopathic individualized treatment based on the patient’s unique symptoms and constitutional factors, aiming to address the root cause of the disease rather than merely alleviating symptoms [4]. In the context of PCOS, homoeopathy focuses on treating the hormonal imbalances, insulin resistance, and other underlying factors contributing to the disorder.

Several clinical studies have investigated the efficacy of homoeopathy in managing PCOS symptoms. A randomized controlled trial (RCT) conducted by Kaviraj compared homoeopathic treatment to clomiphene citrate, a conventional drug used to induce ovulation in women with PCOS. The study found that both treatments significantly improved ovulation rates and hormonal profiles, with no significant difference between the two groups. However, the homoeopathic group reported fewer side effects compared to the clomiphene citrate group [5]. Another RCT by Srivastava et al. evaluated the use of homoeopathic medicine, *Thuja occidentalis*, in women with PCOS. The results showed a significant improvement in menstrual cycle regularity, hirsutism (excessive hair growth), and biochemical parameters, such as insulin levels and total testosterone, in the treatment group compared to the placebo group [6]. These findings suggest that homoeopathy may offer a viable alternative to conventional treatments for PCOS.

Also, Homeopathic medicine offers an alternative, holistic approach to PCOS treatment, aiming to address the underlying causes and promote overall well-being. This pilot study aimed to assess the efficacy of individualized homoeopathic medicines in 200C potency in a group of PCOS patients.

## Objective

To explore the efficacy of individualized homoeopathic medicines in 200C potency in a group of PCOS patients.

## Materials and Methods

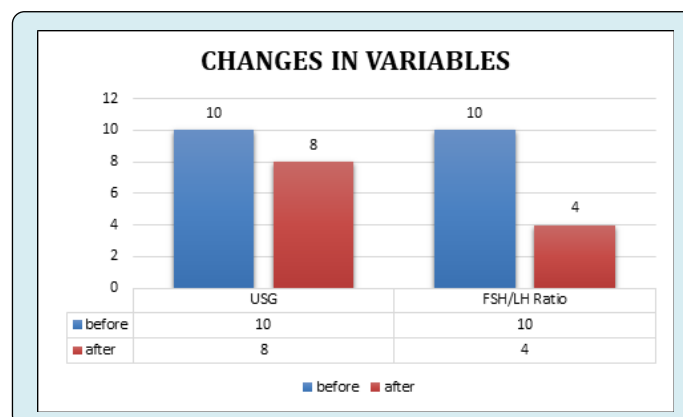
It is an observational case series study. The Study was conducted at OPD of Sarada Krishna Homoeopathic Medical College Hospital. Ten female patients diagnosed with PCOS, aged between 18 to 35, were recruited for this pilot study. All participants were provided the informed consent. Based on the Rotterdam’s criteria, the patients were included in the study. Cases with other systemic diseases or Co morbid conditions were excluded from the study. Proper case taking was done. Patients were administered with individualized homoeopathic remedy. The remedy selection was based on individualized assessments, considering the totality of each patient’s physical, emotional, and mental symptoms. The intervention period lasted for three months. Baseline data were collected for each patient, including medical history, physical examination findings, and laboratory investigations (e.g., hormonal profiles, ultrasound scans). Follow-up evaluations were conducted at monthly intervals during the three-month intervention.

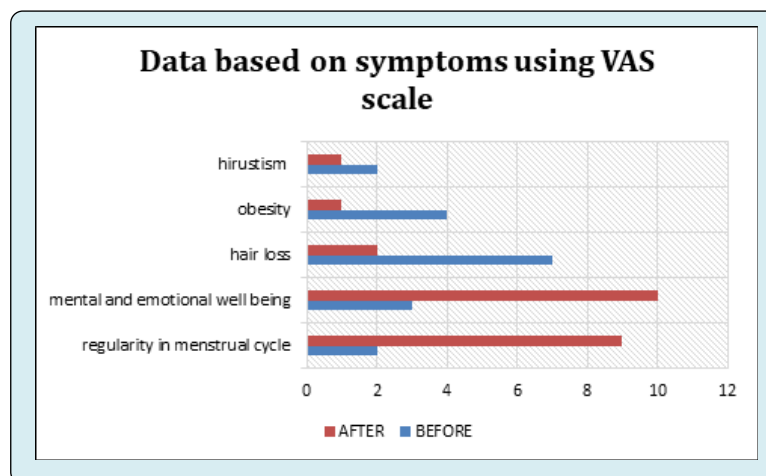
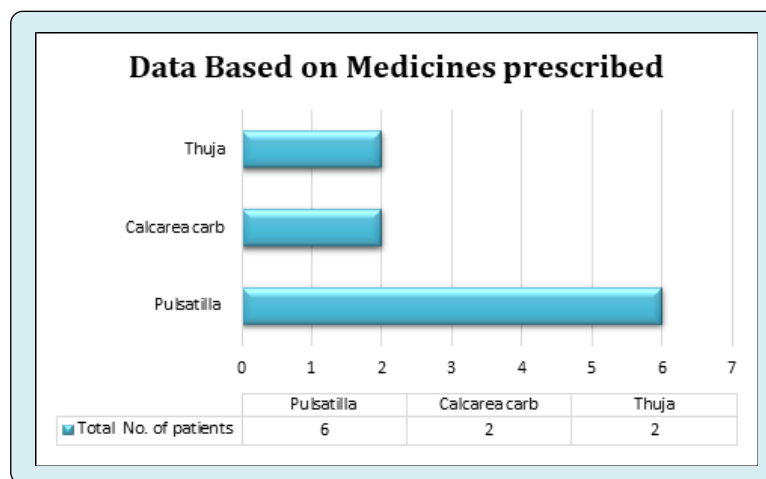
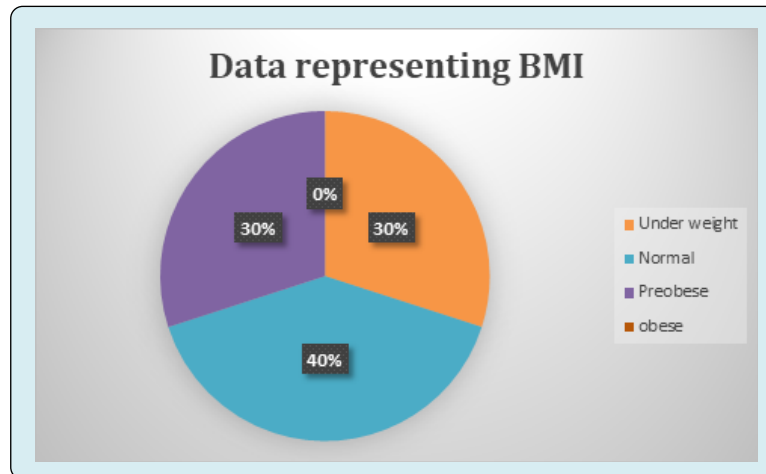
The following outcome measures were used to assess the efficacy of the treatment:

1. Regularity of menstrual cycles.
2. Reduction in hyperandrogenic symptoms like hirsutism, acne.
3. Improvement in emotional and mental well-being.
4. Resolution of associated symptoms like hair loss, obesity.
5. Changes in USG reports, FSH/LH ratio – Before and After treatment

## Observation

All ten patients completed the three-month intervention with individualized medicines in 200C potency (bar Charts).





## Results

The results showed significant improvements in the assessed outcome measures:

1. Regular Menstrual Cycles: All patients experienced regular menstrual cycles by the end of the study.
2. Reduction in Hyperandrogenic Symptoms: Hirsutism and acne severity decreased noticeably in all participants.
3. Emotional and Mental Well-being: Patients reported improvements in mood and overall emotional well-being.
4. Resolution of Associated Symptoms: Symptoms such as

hair loss and obesity showed significant improvement in most patients.

5. Changes in USG reports, FSH/LH ratio – Before and After treatment: Mild changes in USG reports showing reduction in Ovarian volume, decrease in number and size of follicles.

Most commonly used medicine was found to be Pulsatilla 200, Calcarea Carbonica 200, Thuja occidentalis 200. Among which Thuja occidentalis 200 is used as an intercurrent medicine in many cases.

## Discussion

The findings of this pilot study compared with previous research suggesting that individualized homeopathic treatments can be beneficial in managing PCOS symptoms. Similar studies have reported improvements in menstrual regularity, hyperandrogenic symptoms, and overall emotional well-being; [7,8]. In this study, the use of Pulsatilla, Calcarea Carb, and Thuja Occidentalis 200C showed promising results, including changes in ultrasonographic reports and the FSH/LH ratio, indicating a reduction in ovarian volume and the number and size of follicles. These findings are consistent with previous research that has demonstrated the potential of homeopathic remedies in regulating hormonal imbalances and improving ovarian health [9,10]. Moreover, the observed reduction in the FSH/LH ratio in four cases is noteworthy, as this ratio is a critical marker in the diagnosis and management of PCOS. These results suggest that individualized homeopathic treatments may offer a complementary approach to conventional therapies, providing a holistic option for patients [11-18].

Further large-scale studies are needed to confirm these preliminary findings and establish the efficacy of homeopathic treatments in the management of PCOS. However, the positive outcomes reported in this pilot study contribute to the growing body of evidence supporting the role of individualized homeopathy in women's health.

## Conclusion

This pilot study provides initial evidence of the potential efficacy of individualized homeopathic medicine in 200C potency in the management of PCOS. Homeopathic medicine, with its holistic approach, may offer a valuable addition to the treatment options available for PCOS. Further research is needed to establish the broader applicability of homeopathic medicine.

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