



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

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Pilot Study

Volume 9 Issue 2

Received Date: May 01, 2024

Published Date: May 28, 2024

DOI: [10.23880/pprij-16000416](https://doi.org/10.23880/pprij-16000416)

Abstract

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. 10 cases were randomly selected from the OPD of Sarada Krishna Homoeopathic Medical College Hospital. Based on the inclusion criteria all the cases were selected for the study and the diagnosis was based on clinical presentations. Those ten patients diagnosed with PCOS were treated with the homeopathic remedies over a period of three months. Among the ten patients, Pulsatilla, *Calcarea carbonicum*, Thuja occidentalis were given in 200th potency. The results demonstrated significant improvements in PCOS symptoms, 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; RCT: Randomized Controlled Trial.

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, hyper androgenise, 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 medicines in 200C potency in a group of PCOS patients [7-10].

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 20 and 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. 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.

Outcome Measures

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

- Regularity of menstrual cycles.
- Reduction in hyper androgenic symptoms like hirsutism, acne.
- Improvement in emotional and mental well-being.
- Resolution of associated symptoms like hair loss, obesity.

Statistical Analysis

Descriptive statistics were used to summarize the data. Changes in symptoms and hormonal profiles were compared between baseline and the end of the study.

Data Analysis

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

Results

The results showed significant improvements in the assessed outcome measures:

- Regular Menstrual Cycles: All patients experienced regular menstrual cycles by the end of the study.
- Reduction in Hyper androgenic Symptoms: Hirsutism and acne severity decreased noticeably in all participants.
- Emotional and Mental Well-being: Patients reported improvements in mood and overall emotional well-being.
- Resolution of Associated Symptoms: Symptoms such as hair loss and obesity showed significant improvement in most patients.

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 suggest that *Pulsatilla*, *Calcarea Carb* and *Thuja Occidentalis 200C*, when prescribed based on individualized assessments, can be effective in the management of PCOS. The improvements observed in menstrual regularity, hyperandrogenic symptoms, emotional well-being, and associated symptoms are promising [11].

However, it is important to note that this study has limitations, including a small sample size. Further research with a larger population is needed to confirm these

preliminary results and to better understand the mechanisms of action of these homeopathic remedies in PCOS.

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 [12,13].

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