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PCOS AND HOMOEOPATHY

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ABSTRACT: (PCOS) or Polycystic ovary syndrome is a disorder in which the ovaries produce extra amount of a male sex hormones called androgen which usually found in less amounts in females. Polycystic ovary syndrome itself describes the multiple small cysts filled with fluid that forms in the ovaries. It causes irregular menstruation, acne, hirsutism, obesity and mood disorders. In today's society majority of women are suffering with PCOS, and it has become common cause of infertility in women. Exact cause of PCOS is not known it may be because of genetic tendency, environmental factors like- unhealthy food, drinks, lack of physical exercise etc. In this article we are discussing about PCOS, cause of PCOS, risk factor, complication, diet management and homoeopathic treatment. As homoeopathy works on dynamic plane and it stimulates body's self-healing power so medicine should be given on individuality of patient.

KEYWORDS- PCOS, Homoeopathy, Homoeopathic management

I. INTRODUCTION^{1,2}

(PCOS) Polycystic ovarian syndrome, or polycystic ovary syndrome, is the most common endocrinal disorder in women of child bearing age. PCOS is a hormonal disorder that affects 10 million women in the world. Women having PCOS may produces high levels of androgens, which are male sex hormones, generally Women have low amounts of androgen in their body. PCOS may causes irregular menstrual periods, heavy bleeding, hirsutism, pelvic pain, acne, difficulty in getting pregnant, the exact aetiology of PCOS is unknown.. Early diagnosis and treatment along with weight and diet management may reduce the risk of long-term complications like type 2 diabetes and heart diseases. In PCOS, multiple small, sacs of fluid grow inside the ovaries. The word polycystic means multiple cysts these sacs are actually follicles, each one containing an immature egg. Consequently, ovulation is never brought on by mature enough eggs.³

According to data from an international survey, the prevalence of PCOS could be as high as 26% among some particular populations, though ranges between 4% to 18% are estimated for general populations. Cause of polycystic ovary syndrome is not well known, it may involve a combination of environmental and genetic factors.⁴ Symptoms include excess hair growth, menstrual disturbances acne and obesity. A majority of women with PCOS have insulin resistance and are obese, which is a strong risk factor for insulin resistance. Elevated insulin levels contribute to the abnormalities seen in the hypothalamic pituitary ovarian axis that lead to PCOS.⁵

II. THERE ARE 4 DIFFERENT TYPES OF PCOS: ^{6,7}

1) Insulin resistance PCOS	It occurs in 70% Of cases
2) Adrenal PCOS	Occurs because of massive stressful periods
3) Inflammatory PCOS	Due to chronic inflammation, inflammatory PCOS can occur
4) Post pill PCOS	It may develop after using multiple birth control pills

III. ETIOLOGY⁸

PCOS is a heterogeneous disorder of uncertain cause. According to literature it is a combination of genetic and

Environmental factors.

IV. RISK FACTORS FOR PCOS INCLUDE^{9,10}

• Women of reproductive age	• Heredity
• Women using birth control pills	• Increased androgen levels
• Stress, anxiety, depression,	• Obesity
• Sleep apnea	• Insulin resistance

CLINICAL FEATURES^{11,12}

1. **Missed or irregular Menstruation:** Because of deficiency in progesterone, periods comes irregularly and the cycle is longer than normal. Patients experience unpredictable menstrual cycles with heavy bleeding because uterine lining builds up for a long time of period of, so the periods comes with heavier bleeding.
2. **Infertility:** PCOS can impair the ovaries ability to develop and release of eggs.
3. **Hirsutism, Acne and hair loss:** Excess hair growth on the face and body, hair loss of male-pattern on head, acne with dark patches on face.
4. **Weight Gain:** some women with PCOS gains unexpected weight or become obese, it also occurs in thin women,
5. **Mood Disorders:** Anxiety, depression, mood swings,
6. **Insulin Resistance:** Skin darkening, velvety patches of skin around the neck, armpits, and groin can be signs of insulin resistance,
7. **Fatigue:** Sleep apnea, which makes you feel sleepy during the day, is commonly reported in women with PCOS.
8. **Darkening of the skin:** Dark patches of skin on the neck, in the groin, and under breasts.
9. **Headaches:** Headache can be caused by hormone imbalances.

DIAGNOSIS^{13,8}

Diagnosis is based on two of the following three findings:

1. Anovulation,
2. High androgen levels,
3. Ovarian cysts. Cyst can be shown in ultrasound.

Some other conditions that can show similar symptoms include: adrenal hyperplasia, hypothyroidism.

A complete history-taking of patient including family history, specifically for menstrual pattern, hirsutism, acne and obesity.

Gynecological ultrasonography: to find out ovarian follicles these can be shown as a result of disturbed ovarian function with anovulation, reflected by the irregular or absent menstruation. In a normal menstrual cycle, one egg is essentially released from dominant follicle, a cyst is the reason which causes obstacles to release the egg.

According to the Rotterdam criteria, which are widely used for diagnosis of PCOS, 12 or more small follicles should be seen in a ovary on ultrasound report. Some of recent research shows that there should be minimum 25 cysts in an ovary to declare it as a polycystic ovarian syndrome.

Laparoscopic: examination can give result of thickened, smooth, pearl-white outer surface of the ovary.

Androgens, such as **androstenedione and testosterone**, may have higher serum (blood) levels. (DHEA-S) levels above 700–800 ng/dL are strongly indicative of adrenal insufficiency since the adrenal glands produce DHEA-S.

And free testosterone level can be the best measure, with around 60 % of PCOS patients.

Glucose tolerance testing: In 15-33% of women with PCOS, a two-hour oral glucose tolerance test (GTT) in women with risk factors (obesity, family history, history of gestational diabetes) may suggest impaired glucose tolerance (insulin resistance).

Elevated levels of insulin can be helpful to predict the medication response and may also indicate women requiring higher doses of medication to maintain the insulin levels.

COMPLICATIONS¹¹

- Infertility
- Gestational complication
- Obesity
- Type 2 diabetes
- Endometrial cancer
- Cardiovascular diseases

DIET MANAGEMENT: ⁹

- PCOS is associated with overweight, successful weight loss is the most effective method of restoring normal ovulation/menstruation.
- High fiber foods can help slow down the digestion and reducing the effect of sugar on the blood, and it can be beneficial for people with PCOS.

Some examples of high fiber foods:

Cruciferous vegetables, like cauliflower, broccoli, and sprouts

- Green vegetables, including red leaf lettuce.
- Beans and lentils
- Berries
- Almonds
- Pumpkin
- Protein sources like chicken, tofu, and fish are very nutritious dietary option for people with PCOS.
- Foods that help in reduce inflammation may also be beneficial. These foods include:
 - Spinach
 - Olive oil
 - Tomatoes
 - Walnuts and almonds
 - Fruits, like strawberries and blueberries
 - Fish high in omega-3 fatty acids, like sardines and salmon

FOOD TO AVOID¹⁰

Refined foods high in carbohydrates, like white bread and muffins

Sugary snacks and drinks

Inflammatory foods, like processed and red meats

Sugary desserts

ROLE OF HOMOEOPATHY:

Homoeopathy is a system of medical sciences and it works by stimulating the body's own natural healing capacity and this healing capacity depends person to person and their susceptibility, so homoeopathic medicine is prescribed on very individual basis with symptom similarity after taking a complete history of patients and family. Few homoeopathic medicines are described below

VI. HOMOEOPATHIC MANAGEMENT¹⁴:

- *Apis mellifica* - One of the best and commonly used Homeopathic medicines for the treatment of PCOS with stinging pains in ovarian region with tenderness over abdomen. Source of Apis mellifica is honey bee and its characteristic pains are also like the sting of a honey bee. Patient is not able to tolerate heat and complains worse in summers. It affects the right side more commonly. There may even edematous swellings of various body parts present.

- ***Pulsatilla*** – One of the best and repeatedly used Homeopathic medicines for PCOD with late and scanty menses. Patient is usually thirst less and takes little quantity of water. General temperament of the patient is mild and gentle. There are changeable moods in which patient is happy at one moment and she becomes irritable at the very next moment. Pulsatilla is often suited to young girls who have problem starts at puberty age.
- ***Sepia*** –It presents peculiar symptom of bearing down pains. When the patient has bearing down pains from the back and abdomen. Sepia could be one of the best homeopathic remedies. There is a feeling of a “ball” like sensation in the inner parts, menses are irregular, some cases menses are too late and scanty and other cases they are early and profuse. There may present greenish or yellowish leucorrhea.
- ***Lachesis*** – One of the best suitable Homeopathic remedies for PCOD with aversion to tight clothes. When patient have aversion or intolerance to tight clothes, Most of the complains are on the left side only. The menses are too short and flow is scanty, pains in the abdomen which get better when flow starts. There is great loquacity in the patient and is often seen jumping from topic to topic. Jealousy is also important symptom present in such patients.
- ***Graphites***: One of the best Homeopathic medicine for PCOS with constipation. When there is constipation along with other symptoms, patient is fat, cannot tolerate cold and is always feeling chilly, menses are too late pale and scanty. There is tearing pain in the stomach and feeling of hardness in the ovarian region.
- ***Calcarea carb***: This homeopathic medicine helps women who suffer with profuse bleeding in periods as well as longer periods than usual. It can also help women in controlling excessive weight gain.
- ***Natrum mur***: It is effective in women with PCOS who have irregular menstrual cycles. It helps by regularizing periods and can also help women who have difficulty in conception due to PCOS.
- ***Thuja***: This remedy is suited to women with delayed menstrual flow due to PCOS . Thuja acts by reducing abnormal tissue growth and treating excessive body hair due to hormonal imbalance.
- ***Kali carb***: Kali Carb is another polycystic ovary homeopathic treatment for women who do not get their periods for several months due to cysts. It helps to maintain a regular menstrual flow.
- ***Senecio***: Senecio can help women who experience the symptoms of periods even when their menstrual cycle is suppressed. It is beneficial for women with PCOS who experience heaviness or pain in their pelvic region even during the absence of periods.
- ***Euphrasia***: This medicine can help women who suffer from a shorter menstrual cycle than usual i.e. one hour to one day, due to presence of cysts. Euphrasia can manage periods that only last for one or two days
- ***Silicea***: PCOS-related painful acne is a common symptom for female patients. According to research, the homoeopathic remedies silica and sulphur are useful in treating severe, pus-filled acne.

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