



Polycystic Ovarian Disease (PCOD) In Young Girls: A Homoeopathic Perspective

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Abstract

Polycystic Ovarian Disease (PCOD) is one of the most common endocrine disorders affecting adolescent girls and young women. It manifests with menstrual irregularities, obesity, acne, and infertility, significantly impacting physical and psychological health. The prevalence of PCOD is rising globally, with Indian adolescents showing increasing incidence due to lifestyle changes and genetic predisposition. Homoeopathy offers individualized treatment aimed at restoring hormonal balance and improving overall well-being. This article explores the causes, risk factors, clinical features, prevalence, and homoeopathic management of PCOD in young girls.

Key words : polycystic ovarian disease, menstrual irregularities, lifestyle changes, infertility.

Introduction

Polycystic Ovarian Disease (PCOD), also referred to as Polycystic Ovarian Syndrome (PCOS), is a heterogeneous endocrine disorder characterized by hyperandrogenism, chronic anovulation, and polycystic ovaries. It is a leading cause of menstrual irregularities and infertility among young women.

Causes

- **Genetic predisposition:** Family history of PCOD or diabetes.
- **Hormonal imbalance:** Increased luteinizing hormone (LH) and insulin resistance.
- **Lifestyle factors:** Sedentary habits, poor diet, obesity.
- **Environmental triggers:** Stress and endocrine-disrupting chemicals.

Risk Factors

- **Obesity** and central adiposity.
- **Early menarche.**
- **Family history** of diabetes or PCOD.
- **Insulin resistance** and metabolic syndrome.
- **Sedentary lifestyle** and poor dietary habits.

Signs and Symptoms

- **Menstrual irregularities:** Oligomenorrhea, amenorrhea.
- **Hirsutism:** Excess facial and body hair.
- **Acne and oily skin.**
- **Obesity** and difficulty losing weight.
- **Infertility** due to anovulation.
- **Psychological issues:** Anxiety, depression, low self-esteem.

Prevalence

- PCOD affects **5–10% of women of reproductive age worldwide.**
- In India, prevalence among adolescent girls is estimated at **9–36%**, varying by region and diagnostic criteria.
- Rising incidence is linked to **urbanization, lifestyle changes, and obesity.**

Homoeopathic Treatment

Homoeopathy emphasizes individualized treatment based on the totality of symptoms. Remedies commonly indicated include:

- **Pulsatilla:** For delayed periods, flow is very scanty, or irregular menses, patient is having emotional sensitivity. Easily weep on talking to others. Craves for open air or symptoms better in open air.
- **Sepia:** this medicine is used for hormonal imbalance, indifference behaviour, bearing-down sensation in females.
- **Lachesis:** used for females having congestive symptoms, suspicious nature. left-sided ovarian pain. Irregular cycle.
- **Calcarea carbonica:** For those patient having obesity, delayed puberty, profuse menses.
- **Sulphur:** Used for females who is having acne, skin complaints, irregular cycles.

Lifestyle modification, including **dietary regulation, exercise, and stress management**, is essential alongside homoeopathic remedies.

Conclusion

PCOD in young girls is a growing health concern with multifactorial causes and significant long-term implications. Homoeopathy provides a holistic approach by addressing both physical and emotional aspects of the disease. Early diagnosis, lifestyle changes, and individualized homoeopathic treatment can improve outcomes and quality of life.

References

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