



POLYCYSTIC OVARIAN SYNDROME (PCOS) - A CASE STUDY WITH CONSTITUTIONAL HOMEOPATHIC TREATMENT

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Abstract

Polycystic Ovarian Syndrome (PCOS) has become a common physiological disorder affecting the menstrual cycle and fertility in women. The hormonal imbalance can cause acne, facial hair growth, balding and overweight and may also lead to life threatening conditions including hypertension, kidney problems, type II diabetes, cardiovascular disease and heart disease if left untreated. Homeopathy has a significant role as an alternative treatment in the cases like polycystic ovarian disease where conventional treatment fails to improve or cure the patient. The present case report presents a 28 year old female with complaints of secondary amenorrhea since past 3 months, scanty menstruation since past one year and severe pelvic pain. She visited the outpatient department of SKS Homeopathic clinic Chrompet, Chennai in the month of November 2021. History revealed that she was suffering from PCOS since menarche and she was under allopathic treatment for a period of one year with no progressive improvements. Her ultra sonogram (USG)-pelvis revealed the confirmatory diagnosis of Polycystic ovaries. The patient was treated with homeopathic medicine *Sepia* a day for a period of 90 days after which she was showing signs of improvement in her symptoms of menstrual flow and pelvic pain. The follow up USG abdomen revealed the successful outcome with absence of cyst and reduction in ovarian size and volume. The present case report support the use of Homeopathic natural source medicine towards the management of Polycystic Ovarian Syndrome (PCOS)

Keywords: PCOS, Homeopathic medicine, *Sepia*, Natural medicine, Oligomenorrhoea, Lachesis

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1. Introduction

Polycystic Ovarian Syndrome otherwise called PCOS OR PCOD [Polycystic Ovarian Disorder] or Stein-Leventhal Syndrome is the most common and typical hormonal problem causing female infertility among the women of Childbearing age. PCOS is additionally called as after two specialists who originally depicted it in 1935.[1] In developed countries like China and India, an estimated 5 to 10 percent of women have been diagnosed with PCOD due to westernized diet pattern and lifestyle.

According to Rotterdam 2003 criteria, PCOS is characterized into 3 key criteria in particular, oligoovulation and anovulation, hyperandrogenism and polycystic ovaries [PCO].[2][3] PCOS causes "ovarian androgen excess" and the condition if left untreated, can lead to various life-threatening conditions including hypertension, kidney problems, type II diabetes, cardiovascular disease and heart disease.

Homeopathy is one among the complementary AYUSH system of medicine that utilizes natural substances from plants, animals and mineral sources towards the treatment of any acute or chronic disorders.[4] In case of PCOS, the homeopathic treatment involves in identification and correction of main cause of the condition, corrects hormonal dysfunction, dissolves and removes cysts, helps in normal functioning of ovaries and help in maintaining menstrual cycle [5][4]

Literature review on Homeopathic medicine Sepia (Inky juice of cuttle fish) [6]

Sepia is an inky juice found in a bag like structure in the abdomen of the cuttlefish is a cephalopodus mollusc which belongs to the family Sepiadae. The cuttlefish ink is an excretory liquid contained in a bag about the size and shape of a grape within the abdomen of a sepia. It is blackish brown and discharged by these animals to darken

the water when they wish to catch their prey or escape from their pursuers. [7]

According to the concepts of homeopathy, *Sepia officinalis* is one of the most important woman's remedy in homeopathy used for gynecological disorder.[8] Homeopathic literature reveals that *Sepia officinalis* is a very good medicine for Distress During Climacteric Years (DDCY), if prescribed on the totality of symptoms of patients. Literature review reveals some of the characteristic indications of patients prescribed with *Sepia officinalis* are as follows:

Sepia acts specifically on the portal system with venous congestion and stasis. It acts as an important uterine remedy, for all pains from below up, Ptosis of viscera, Tendency to abortion, hot flushes at menopause with weakness and perspiration and in emotions of weariness and misery. It also acts in Sensation of lump in the throat; Right sided headache; Sudden urging for urination; Paleness of skin, weakness, yellow complexion, bearing down sensation especially in women, easy fainting sensation, Tubercular patient with chronic hepatic troubles and uterine reflexes. In subjects who feels cold even in a warm room. pulsating headache in cerebellum.

SEPIA -Titration and potencies

(A) Trituration 1 x – drug strength 1/10
Sepia in fine powder 100 g
Saccharum latis 900 g

(B) Potencies

2x and higher to be triturated 6x may be converted to liquid 8x

Prescribed dose

Twelfth, 30th & 200 potency should not be used too low or be repeated too frequently. On the other hand, Dr. Joussets unique experience is that it should be continued for some time in strong doses 1x twice a day. [9]

Case History:

A 28-year-old female case was presented in out patient unit of SKS homeopathic clinic, Chrompet, Chennai with complaints

of irregular menstruation with delayed cycles of once in 60-70 days, low back ache. History taking revealed that the menstrual bleeding was scanty, dark in colour and lasted for 1-3 days. The patient also complained of additional complaints such as burning and itching vagina, yellowish green discharge per vagina before her menstrual cycles. The diagnosis of PCOD was confirmed as bilateral polycystic ovaries by Ultrasonogram (USG Pelvis) The blood investigations revealed

Thyroid stimulating hormone (TSH) - 8.95 μ IU/ml and prolactin levels were 28.61 ng/dl that showed a provisional diagnosis of hypothyroidism and hyperprolactinemia. The patient was moderately built, BMI was 22.89, normal vital signs and was not a diabetic or hypertensive case. Her systemic examinations were normal and there was no evidence of pallor, icterus, cyanosis, clubbing, oedema, lymphadenopathy.

Table-1. Homeopathic evaluation of symptoms

Physical Generals	Mental Generals	Modalities
Very sensitive to cold air	Excessive nervous	Aggravation Early morning, cold air Amelioration Hot application and pressure
Desires for pickles, bread	Indifference (indifferent to everything)	
Extreme sadness and weeping	All gone feeling in the stomach Relieved by eating	

Diagnosis and line of treatment

Based on totality, individualization, miasmatic evaluation and consultation with materia medica, *Sepia officinalis* (*Sep. off.*) was selected as the similimum. On the first visit, a single dose of *Sep. off. 200* was

prescribed in water. Clinical follow-up of the patient was done fortnightly or as per requirement for the next 6 months. During the follow-ups, changes in potency and repetitions of doses

Table-2. Symptomatic and laboratory assessments before and after treatment with *Sepia*

S.No	Date	Dose	Symptoms
1.	12.11.2021	First visit <i>Sepia</i> 30/2 dose	LMP 9/7/2021 Irregular in every form, darkflow Too scanty Duration – shows varying degree of irregularities Leucorrhoeae – yellowish, greenish, before menses, leucorrhoea. Laboratory findings TSH – 8.95 μ IU/ml Prolactin – 28.61 ng/mL FSH – 5.18 mIU/mL LH – 5.59 mIU/mL USG Pelvis– Bilateral polycystic ovaries
2.	11.12.2021	<i>Sepia</i> Dose-2	Normal Blood flow, colour Low back pain Vaginal white discharge
3.	14.01.2022	<i>Sepia</i> Dose-3	Normal Blood flow, colour

			Low back pain-reduced No Leucorrhoea Laboratory findings Prolactin- 11.3 ng/mL TSH – 4.73 μ IU/ml ✓ USG Pelvis–Normal uterine and ovarian contour No evidence of PCOD
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2. Discussion

Polycystic ovarian syndrome has been reported to be the most common cause of ovarian dysfunction in women in recent days [10]. Multiple genetic and environmental factors attributes to the interaction between them causing the symptoms in PCOS such as chronic anovulation, hyperandrogenism, and/or the presence of polycystic ovary morphology from ultrasound examination. Efficacy of traditionally used potentized homeopathic medicine, Sepia has been investigated through this case study and the results have been found to be interestingly successful in producing beneficial effects on menstrual regularity and ovulation.

The present study advocates the utilization of the Homeopathic drug Sepia as per the indication in classical texts and has followed the prescribed dosage as indicated from previous experiences. The patient was keenly followed up every week and the investigations were repeated before and after treatment period. There was reduction in the ovarian cysts followed by reduction in TSH – 8.95 to 5.74 and also prolactin levels were reduced from 28.61 mg/dl to 11.3 mg/dl respectively.

In a previous study by Bahceci et al. Revealed that the levels of insulin and HOMA-IR were higher in PCOS patients with normal prolactin compared to the patients with hyperprolactinemia representing the role of insulin resistance in the pathogenesis of PCOS. [11] Thus the study revealed the role of Sepia in the reversal of insulin resistance associated with PCOS, thus preventing further complications of PCOS.

3. Conclusion

The Traditional Homeopathic remedies are well known for their safety and efficacy with no or negligible side effects. They can also be used as supportive therapy. The present case report motivates and provides confidence to the Homeopathic physician to use a cost effective-single drug Sepia for effective management of Ovarian cysts. The present study also warrants further research in future for the amelioration of irregularities associated with the menstrual cycle.

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