

Conventional Homeopathic Treatments For Polycystic Ovarian Syndrome (Pcos): A Leading Alternative

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ABSTRACT

Millions of women around the world are affected by the complex, multifactorial disease known as polycystic ovarian syndrome (PCOS). The alarming frequency of this disease in India, which is 22.5%, highlights the need for effective therapies. Drugs such as metformin and clomiphene are available in the market, but they come with their own set of side effects that, when used frequently, can be harmful to your health. Fortunately, homeopathy offers an additional treatment option that treats PCOS symptoms without causing negative side effects. According to their totality of symptoms, homeopathic treatments including *Calcarea Carbonica*, *Lycopodium clavatum*, *Natrum muriaticum*, *Sepia officinalis* and *Pulsatilla nigricans* were effective in treating both PCOS and infertility in both couples. The effectiveness of homeopathic treatments in in-depth research on PCOS is highlighted by this review. In conclusion, homeopathy has proven to be a reliable and safe therapy choice for PCOS sufferers. Promoting this effective alternative therapy to women suffering from this disease around the world is critical. We can reduce the impact of PCOS on countless lives while improving overall health outcomes by using homeopathy as a complementary therapy.

Key words: Polycystic ovary syndrome, Homeopathy, Infertility, Hirsutism, *Calcarea Carbonica*, *Lycopodium clavatum*, *Natrum muriaticum*, *Sepia officinalis*, *Pulsatilla nigricans*.

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INTRODUCTION

A difficult hormonal condition known as PCOS is characterised by the Rotterdam criteria, which also include oligo-ovulation or clinical or biological hyperandrogenism, anovulation, and ultrasound detection of the ovary with polycysts. India is a country where the significance is higher, and PCOS is a health problem experienced by many women [1]. It is crucial to realise that PCOS not only affects reproductive health, but also has negative metabolic implications, including obesity, type II diabetes and cardiovascular diseases [2], and so women suffering from PCOS must receive proper treatment.

Homeopathy has proven to be an effective alternative therapy for PCOS through lifestyle modification [3]. Homeopathy remedies are made from natural ingredients and work to improve the body's ability to heal itself, taking into account

factors such as personality, heritage and medical history [4]. Homeopathy not only cures the disease itself, but also its symptoms, including hirsutism, acne and hair loss [5,6]. This review, based on PubMed, Google Scholar, and Research Gate, shows how PCOS patients can find treatment with powerful homeopathic remedies.

PCOS and Homeopathy

Homeopathy can undoubtedly be beneficial in the management of PCOS and other related problems, although there is currently not enough research-based data to fully support its effectiveness in the treatment of certain pathological conditions. Many problems caused by PCOS have been alleviated by homeopathic therapy. It can restore a regular menstrual cycle, reduce morbid weight gain and

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restore reproductive capacity, which will improve quality of life. For menstrual control and conception, Individualized Homeopathic Therapy (IHT) may help reduce the need for long-term conventional pharmaceutical use. Therefore, homeopathic medicines can provide a safe and effective alternative to potentially dangerous hormonal medications for women with PCOS or other reproductive problems [7].

One of the main problems of modern medicine is the diseases of the female reproductive system. One of the most common gynaecological complaints, irregular periods can affect several elements of a woman's health, including her physical, emotional and social well-being [8]. Due to hormonal abnormalities and amenorrhea caused by PCOS, many women find it difficult to get pregnant and stay pregnant. Homeopathy is effective not only in the case of PCOS [9,10,11,12], but also in the case of secondary amenorrhea if the drug is prescribed according to all symptoms [13]. Homeopathy has proven to be the best method to treat infertility in both couples when an irregular menstrual cycle is caused by obstructions in the corneal ducts. In a woman with bilateral tubal blockage, a case study found that homeopathy restored menstrual regularity and encouraged fertilisation [14]. Homeopathy has proven to be the best method to treat infertility in both couples [15,16,17,18,19]. The story of Valentina and her child testifies to the success of homeopathy in curing medical conditions. Zincum metallicum was administered in varying doses until delivery, despite a difficult and ongoing diagnosis of hydrocephalus during pregnancy. The child's miraculously normal birth indicates that homeopathy was crucial to healthy fetal development. This caption demonstrates the beneficial effects of alternative medicine and emphasizes the need for further research on it [20]. When used to treat polycystic ovary

syndrome (PCOS), a multidisciplinary approach often has negative side effects and, in some situations, fails. The combination of constitutional therapy with ant-miasmatic drugs appears to be effective. Homeopathic medicines have significantly reduced PCOS symptoms. Therefore, individualised homeopathic remedies have been preferred, and it is also important to assess their effectiveness. By improving the hormonal profile and reducing ovarian cysts, homeopathy offers promising results in the treatment of PCOS. When allopathic hormone therapy or surgery is suggested, homeopathy can treat a person's chronic hormonal syndrome. PCOS can be successfully treated with appropriate IHT and lifestyle control [21]. A recent randomised controlled trial on the homeopathic treatment of PMS verifies the clinical expertise of homeopathic practitioners on the usefulness of homeopathy in PMS; it illustrates how homeopathy can be used to treat premenstrual symptoms and problems [22,23]. Another prevalent reproductive condition is uterine fibroids. These benign tumours cause excessive bleeding, irregular menstruation, and irregular bleeding in between menstrual cycles. It also lessens the likelihood of becoming pregnant. Homeopathy works well in treating these noncancerous fibroids locally [24]. Women with PCOS are more likely to have anxiety and depressive symptoms [25] in addition to an increased risk of ovarian, breast and endometrial cancers [26]. However, holistic homeopathy is also effective in treating several illnesses; it has proven its potency in treating postpartum disorders, including depression [27].

Most studies have shown that homeopathic medicines are helpful in treating PCOS and other related diseases, as shown in Table 1.

Table 1: Studies assessing the efficacy of homeopathic medicines in the treatment of PCOS and related complications.

Sl. No.	Title of the study	No. of subjects taken	Treatment Given	Author

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1	“Evaluation of the effectiveness of homeopathic medicine in the management of polycystic ovarian syndrome: A Prospective observational study.”	45	<i>Pulsatilla nigricans, Natrum muriaticum, Calacarea carbonica, Lycopodium clavatum, Natrum thyroidinum, Aurim muriaticum, Calcarea fluoricum</i>	Kumaran GS
2	“Polycystic ovarian syndrome treated with individualized homeopathy: a case report”	1	<i>Calacarea carbonica,</i>	Lamba P
3	‘Evaluation of homeopathic treatment in polycystic ovary syndrome: A single-blind, randomised, placebo-controlled pilot study’	60	<i>Pulsatilla nigricans, Calacarea carbonica, Natrum muriaticum, Lycopodium clavatum, Sepia officinalis, Belladonna, Nux vomica, Phosphorus, China, Sulphur</i>	Lamba CD
4	“Effectiveness of Homoeopathic Medicines, in the Treatment of Polycystic Ovarian Disease - A Retrospective Case Series”	35	<i>Apis mellifica, Pulsatilla nigricans, Natrum Phosphoricum, Natrum Muriaticum, Thuja occidentalis, Calcarea Carbonica, Silicea, Lachesis, Sulphur, Pituitarinum, Belladonna, Cinchona Officinalis, Thyrodinum</i>	Shareena CP and Vinita ER
5	“Role of Homoeopathic Medicines in, Cases of Polycystic Ovarian Disease Assessed by Modern Diagnostic Parameters”	50	<i>Calcarea carbonica, Natrum Muriaticum, Pulsatilla nigricans, Lycopodium clavatum,</i>	Gupta G
6	“Homoeopathic management of polycystic ovarian syndrome – A case series”	7	<i>Natrum muriaticum, Lycopodium clavatum, Silicea terra, Pulsatilla nigricans , Sepia oficinalis</i>	Raizada S
7	‘Efficacy of two traditionally used potentized homeopathic medicines; Calcarea	40	<i>Calcarea carbonicum, Lycopodium clavatum</i>	Das D

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	carbonica and Lycopodium clavatum, used for treating PCOS patients: I. Effects on certain important external guiding symptoms'			
8	Management of PCOS through Homoeopathy-A case report.	1	<i>Calcarea carbonicum</i>	Rath P
9	"A Clinical Study to See the Effect of Homoeopathic Medicines in Polycystic Ovarian Syndrome of Reproductive Age Group between 12-45 Years"	30	<i>Calcarea carbonicum, Lycopodi clavatum, Pulsatilla nigricans, Natrum muriaticum, Sepia officinalis, Phosphorous, Graphites, Borax,</i>	Malvekar PA
10	'Homoeopathic treatment of women with polycystic ovarian syndrome: A prospective observational study'	38	<i>Calcarea carbonicum, Lycopodium clavatum, Natrum muriaticum, Pulsatilla, Nux vomica, Sepia, Staphysagria</i>	Gupta G
11	"An Open, Randomized, Pragmatic, Non-Inferiority, Pilot Trial of Oophorinum In Polycystic Ovarian Syndrome"	64	<i>Natrum muriaticum, Calcarea carbonica, Pulsatilla nigricans, Ignatia amara, Thuja occidentalis, Staphysagria, Arnica Montana, Kali carbonicum, Natrum sulphuricum, Nux vomica, Pyrogenum, Sepia officinalis, Sulphur, Thyroidinum</i>	Rai M

Discussion

Many women of childbearing age and teenage girls have the condition known as polycystic ovarian syndrome. There are several symptoms including hirsutism, acne, hair loss and black neck, and it has a multifactorial etiology. PCOS can also include metabolic side effects such as obesity, type II diabetes, and cardiovascular disease. Sedentary behavior contributes significantly to the development of this disease and other related health problems. Rapid prognosis of PCOS aware the sufferer to credible reproductive problems, high risk of cardiovascular diseases, obesity, unusual bleeding, diabetes, hypertension, endometrial cancer, and dyslipidemia. Therefore, it is important in understanding the causes of PCOS and explores possible treatments using a comprehensive approach. Several conditions, including

autoimmune and metabolic disorders, can trigger the immune response known as inflammation. Many diseases and conditions are primarily caused by inflammation, which is caused by oxidative stress. This can lead to chronic organ failure and metabolic diseases such as PCOS and diabetes. Women with PCOS are more likely to have anxiety and depressive symptoms in addition to an increased risk of ovarian, breast and endometrial cancers. Cancer, osteoporosis, hepatitis and other inflammatory diseases are now treated in innovative ways with homeopathy [28,29,30]. Traditional homeopathic treatments for inflammation have improved people's lives with fewer side effects [31,32,33]. Metformin and clomiphene are two medications that can be used to treat PCOS, but they both have a unique set of side effects when taken repeatedly to promote ovulation in patients with PCOS. Homeopathy is a powerful therapeutic

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approach that effectively treats long-term chronic conditions while addressing lifestyle changes. Homeopathy offers a permanent solution that addresses the root cause of the problem, ensures correct diagnosis and prevents metabolic side effects such as PCOS-related endometrial cancer. Therefore, homeopathy should be considered as an alternative or complementary treatment option for women with PCOS, especially those who cannot accept conventional medication or choose a natural remedy for their health problems.

Conclusion

Homeopathy has always been a controversial topic; while some say it's just a placebo effect, others vouch for its effectiveness. However, there is some evidence that homeopathic medicines work well in treating long-term conditions such as PCOS. Homeopathic medicines are derived from natural sources and are fortified in high potencies, unlike conventional medicine which often relies on synthetic chemicals associated with various negative effects. Homeopathy also addressed the underlying cause of disease and provides lasting cures rather than just treating the symptoms. Treatment of common PCOS symptoms, including hirsutism, acne, black neck and hair loss using homeopathy has been successful in the past. *Calcarea Carbonica*, *Lycopodium clavatum*, *Natrum muriaticum*, *Sepia officinalis* and *Pulsatilla nigricans* are some of the medications that can be used to treat PCOS. Case reports and observational studies provide sufficient data to support the usefulness of these treatments in the treatment of PCOS, although the exact mechanism of action is still unclear. Overall, homeopathy is a great alternative to conventional medicine and offers longer-lasting treatments for chronic health conditions. People with PCOS can live happy lives without worrying about long-term consequences, with effective homeopathic treatments available to control PCOS symptoms and improve overall reproductive health. The potential benefits of homeopathic treatments for the treatment of polycystic ovary syndrome (PCOS) and other infertility problems are also highlighted in this review

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Data availability

The data that support this manuscript are available from the corresponding author upon reasonable request.

Ethics Declarations

Ethical approval was not required for this study as it is a systematic review based on the analysis of previously published literature. This research did not involve direct interaction with human participants, the collection of identifiable private information, or any interventions. All data utilized were retrieved from public databases and are appropriately cited.

Declaration of Conflict of Interest

The authors declare no competing interests.

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