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Role of homeopathic medicines in the cases of poly cystic ovarian syndrome

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There is an alarming rise in ovarian related problems in females these days. About 4/5 females suffer from ovarian related disorders during the reproductive period of their life. The reasons can be contributed to the increased mental and physical stress in our life, unhealthy lifestyle, hormonal imbalance, and carelessness with the delay in treatment simply aggravate the condition. The exact cause of PCOS is still unknown. It is believed that the hormonal imbalances and genetics play important role in its pathogenesis. Females with PCOS often struggle with the higher-than-normal production of androgens. This affects the development and release of eggs during ovulation. In many cases, excess serum insulin may cause high androgen levels. Although there are conventional medicines treating patients in various ways including control pills, laparoscopic ovarian drilling, cyst aspiration. Homoeopathy, on the other hand, take a holistic approach to health and treat the person rather than the diagnosis alone. There is no "one" specific remedy designed for the treatment of PCOS. Instead, each prescription and treatment plan is unique and designed according to the individual's needs.

Methodology & Theoretical Orientation: Two homeopathic doctors volunteered for the present study. Questioners were designed on the basis of socio-economic and health conditions. Patients were characterized in two states chronic and acute. Individualization and use of repertorisation, remedy selection was done using RADAR 10.0, following which potency selection was done. In follow-ups, scaled changes in three majors (mild, moderate, major) categories. The key diagnosis factors were LH/FSH and ultrasounds reports.

Findings: Treatment was given to 23 affected patients, depending on the extent of the problem, physiological health of women. The present study shows ~73% of cases were successfully treated, ~21% of cases were under observation with improvement; ~6% of cases were not supportive and were difficult to treat. Pulsatilla shows polychrest characters in the present study making it the most effective medicine.

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