

Is Homoeopathy Being a Viable Alternative For Treating Polycystic Ovarian Syndrome?

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Abstract

Keywords

- Polycystic ovarian syndrome
- homoeopathy
- menstrual irregularities
- alternative medicine
- hormonal balance
- integrative therapy
- adolescent health
- lifestyle modification
- reproductive health

Polycystic ovarian syndrome (PCOS) is one of the most common endocrine disorders affecting women of reproductive age, with a significant prevalence among adolescent girls in India. Despite its high incidence, PCOS remains underdiagnosed, with many women seeking treatment only when facing infertility issues. Conventional treatments, while effective, often involve costly medications and undesirable side effects, leading many patients to explore alternative therapies like homoeopathy. Homoeopathic medicine, with its individualized, non-invasive, and non-hormonal approach, has shown promising results in managing PCOS symptoms such as menstrual irregularities, hirsutism, acne, and obesity. Several studies and clinical trials in India have demonstrated notable improvement in PCOS-related symptoms and quality of life following homoeopathic intervention. However, challenges such as lack of mainstream acceptance, the need for standardized research, and integration with lifestyle changes remain. While homoeopathy is not a standalone cure, it represents a valuable complementary strategy in PCOS management when combined with conventional medicine and lifestyle modifications.

Overview

One of the most prevalent endocrine conditions affecting women of reproductive age is polycystic ovarian syndrome (PCOS).¹ Note that 9 to 18% of women who are of reproductive age have PCOS.² PCOS affects 9.13% of adolescent girls in India. Therefore, it is important to focus on early PCOS diagnosis in adolescent girls.³ It is believed that the main causes of this problem are a lack of awareness and lifestyle changes. PCOS in teenage girls is currently a widespread health problem. Nearly 40% of Indian women are affected by PCOS. However, just 60% of them actually seek out appropriate medical care. They do not seek treatment until they have an infertility problem.⁴ Despite its great incidence, PCOS is

still a syndrome that is underdiagnosed and the majority of cases are not treated.⁵ Women with PCOS have more chances to have type 2 diabetes, cardiovascular disease, anxiety, and depression.⁵ PCOS is also exacerbated by obesity. In modern medicine, metformin, oral contraceptives, antiandrogens, clomiphene citrate, and thiazolidinediones are commonly used for medical management but at the cost of being expensive and gastrointestinal problems like nausea, vomiting, or diarrhea and sometimes cause lactic acidosis.^{6,7}

Hence, due to prolonged side effects, being expensive, and different invasive procedure in modern medicine, a good number of patients are turning toward homeopathy as a long-term, harmless, and efficient alternative treatment option. Homoeopathic medicines can modify the general

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tendencies and treat individual according to their symptomatology. Ample of studies on PCOS favoring homoeopathy were available in different literature.^{6,7}

Homoeopathy in PCOS: Research Perspective

Based on scientific research, homoeopathic treatment may help restore ovulation, control menstrual cycles, and lessen symptoms like weight gain, hirsutism, and acne. Homoeopathy is also a popular option for women looking for natural remedies because it is harmless and nonhormonal. Lamba et al conducted a randomized placebo-controlled trial in India and found that 60% of patients in the Individualized Homoeopathy (IH) + Lifestyle modification (LSM) group had improvement in menstrual irregularities and other signs/symptoms, while no patients in the placebo group did.⁸ Gupta's clinical investigation on 50 PCOS cases found that 44% were completely resolved, while 12% showed significant improvement.⁹ Malvekar et al found in their study, homoeopathic intervention has improved 46.66% of irregular menstrual cycles, 63.3% of acne, and 83.3% of health-related quality of life in PCOS patients.¹⁰ There are many published case reports that show that homoeopathic medicines are effective in treating the symptoms of PCOS.¹¹⁻¹⁴

A systematic review evaluates homeopathy's effectiveness in managing clinical, hormonal, and metabolic disorders, as well as ultrasound imaging reports of PCOS. The study found that homoeopathy effectively manages PCOS in women. In the future, high-quality randomized controlled trials, comparison studies of homoeopathy with conventional medicine, and in vitro and animal model research will be necessary to support the efficacy of homoeopathic therapeutics in PCOS.¹⁵

Challenges

Despite encouraging findings, homoeopathy is not widely accepted in mainstream medicine. Homoeopathic research lacks standardization, the necessity for long-term treatment, and competent practitioners are required, making mainstream acceptance difficult. Furthermore, in cases of severe metabolic dysfunction, homoeopathy alone may not be sufficient; integrative methods incorporating nutrition, exercise, and conventional medical care may be required.

Conclusion

Homeopathy is not a panacea for PCOS, it does provide a promising and comprehensive strategy to controlling the problem. As more women seek alternatives to conventional therapies, homoeopathy may be a useful adjunct therapy for balancing hormones, regulating menstrual cycles, and alleviating symptoms. However, further rigorous study is re-

quired to validate its efficacy. Until then, women with PCOS may benefit from an integrative strategy that blends homoeopathy and conventional therapy.

Conflicting Interest

None declared.

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