

# Efficacy of Complete Repertory in Management of Hormonal Imbalance in Females

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**Abstract:** *Hormones are chemical messengers produced and released into the bloodstream by endocrine glands. When glands do not produce the right amount of hormones, diseases develop that can affect many aspects of life. Factors affecting endocrine organs include puberty, aging, pregnancy, the environment, genetics, certain diseases, and medications, including naturopathic medicine, herbal supplements, and prescription medicines such as opioids or steroids. Hormones are vital to overall health and wellbeing throughout the body. This study investigates the effectiveness of homoeopathy and the utility of the Complete Repertory through RADAR 10 in managing hormonal imbalance in females through proper case taking and prescribing medicines based on symptom similarity. Result: Out of 50 random patients in the study, 46 showed mild improvement, 30 showed marked improvement, and 20 showed no improvement after prescribing homoeopathic medicine. The impact of homoeopathic medicine on the patients was found to be statistically significant using the paired t test. This study has demonstrated the efficacy of the Complete Repertory in managing hormonal imbalance. Further studies are needed to raise awareness and highlight the potential of homoeopathy in managing hormonal imbalance cases.*

**Keywords:** Hormonal imbalance, Homoeopathy, Complete Repertory, RADAR 10, Clinical study.

## 1. Introduction

Hormones are chemical messengers that the endocrine glands produce and release into the bloodstream. Hormones help regulate many bodily processes, such as appetite, sleep, and growth. Sex hormones are those that play an essential role in sexual development and reproduction. The main glands that produce sex hormones are the adrenal glands and the gonads, which include the ovaries in females and testes in males.

### Functions of Sex Hormones

Puberty and Sexual development, Reproduction, Sexual desire, Regulating bone and muscle growth, Inflammatory responses, Regulating cholesterol levels, Promoting hair growth and Body fat distribution.

Factors that can affect the levels of female sex hormones are age, menstruation, pregnancy, menopause, stress, medications, environment.

### Hormonal Imbalance

A hormonal imbalance happens when you have too much or too little of one or more hormones — your body's chemical messengers. Signs and symptoms of hormone imbalances can include: Irregular periods, Excess body and facial hair, Acne, Vaginal dryness, Low sex drive Breast tenderness, Gastrointestinal problems, Hot flashes, Night sweats, Weight gain, Fatigue, Irritability and Irregular mood changes, Anxiety, Depression, Difficulty sleeping.

Hormonal imbalances can be a sign of an underlying health condition.

In females, potential causes of hormonal imbalances include: Polycystic ovary syndrome, Primary ovarian insufficiency, Hormonal birth control, Hormone replacement therapy, Excess body weight, Ovarian cancer, Stress, Infertility.

Diagnosis can be done: Ultrasonography whole abdomen, hormonal blood profile.

## 2. Method and Approach

Study was a clinical study that was carried out in the out patient department of Sri Guru Nanak Hospital and college, Ludhiana and its peripheral OPDs. Patients of 8 to 64 are considered. Inclusion Criteria, Patients who are willing to participate study and complying with the regular follow up. Exclusion Criteria, Patients with advance pathologies, pregnant women, Thyroid dysfunctions and Diabetes.

## 3. Discussion and Conclusion

After going through multiple literature on hormonal imbalance, it is evident that though allopathic medicine was mostly taken by patients as per their belief that it is the only quick solution for the problem. Through my study I have found homoeopathy offers possibility of genuine cure in majority of cases. During my study, 50 cases were taken up at random for study, out of which more than 95% were on hormonal pills. After taking case history, medicines were selected on the basis of totality of symptoms. Homoeopathy treats man in disease not the disease in man.

## 4. Future Scope

Homoeopathy is an alternative therapy that has been used over 200 years. Homoeopathic remedies are used in hormonal imbalance to offer genuine cure in majority of cases. The conventional approach of hormonal pills may provide quick solution temporary. However such treatment can never amount to more than symptomatic control and complete control cannot be achieved. Many clinical trails and case control trails have been published about effectiveness of homoeopathy in hormonal imbalance. This was the modest effort on part to contribute in medical community towards finding the treatment for hormonal imbalance through homoeopathy.

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