

Holistic Management of Polycystic Ovarian Syndrome Using Constitutional Homoeopathic Medicine: A Case Report

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Abstract: *Polycystic Ovarian Syndrome (PCOS) is one of the most common endocrine disorders affecting women of reproductive age, characterized by irregular menses, anovulation, hyperandrogenic features, and polycystic ovarian morphology. Its prevalence varies widely across populations, with a significant proportion of cases remaining undiagnosed. Conventional management focuses on lifestyle modification, cosmetic measures for hirsutism, and pharmacological interventions such as metformin and anti-androgenic drugs. This case study highlights the role of individualized homoeopathic treatment in managing PCOS based on totality of symptoms and constitutional assessment. The selected remedy, Calcarea carbonica, prescribed in ascending potencies, brought notable improvement in menstrual regularity, general well-being, and associated complaints. The case demonstrates the holistic and patient-centred potential of homoeopathy in chronic endocrine disorders such as PCOS, emphasizing individualized remedy selection and long-term follow-up. Further clinical documentation and larger studies are warranted to explore its broader therapeutic applicability.*

Keywords: PCOS, Constitutional medicine, Homoeopathy, Potency Selection

1. Introduction

PCOD is the most common endocrine disorder of women in their reproductive period manifested by irregular menstrual cycles and polycystic ovaries, excess unwanted hair and baldness, although not all patients have all these features. The term 'polycystic' means 'many cysts', and PCOS gets its name because of the clusters of small, pearl-size cysts in ovaries. These cysts are fluid-filled bubbles (called follicles) that contain eggs that have not yet been released because of the hormonal imbalance. ⁽¹⁾

Polycystic ovarian syndrome (PCOS) is the most common endocrine disorder among females of the reproductive age group, worldwide. Globally, the prevalence estimates of PCOS are highly variable, ranging from 2.2% to 26%. The prevalence of PCOS in India ranges from 3.7% to 22.5% depending on the population studied and the criteria used for diagnosis.⁽²⁾ The condition affects an estimated 8–13% of women of reproductive age, and up to 70% of cases are undiagnosed. The prevalence of PCOS is higher among some ethnic group and these groups often experience more complications related to metabolic problems.⁽³⁾

Some precipitating and maintaining factors for polycystic ovarian syndrome are family history of ovarian cysts, obesity, stress, lack of physical activity, high lipid levels, increase insulin and glucose, hypertension, and increased testosterone. ⁽⁴⁾

The Rotterdam criteria require the presence of two of the following for diagnosis: Oligo/anovulation, hyperandrogenism or polycystic ovaries on ultrasound. ⁽⁵⁾

Symptoms include anovulation, irregular menses, hyperandrogenism, clinically manifested by hirsutism, acne, androgenic alopecia. Endocrine dysfunctions like insulin resistance dyslipidaemia, obesity, acanthosis nigricans, type 2 diabetes mellitus, obstructive sleep apnea, metabolic disorders, cardiovascular diseases, endometrial neoplasia& high cholesterol level.⁽⁶⁾

Weight loss and increased physical activity are generally recommended as the first-line therapy for overweight or obese individuals with PCOS and also for hirsutism, conventional medicine advocates cosmetic hair-removal methods such as bleaching, chemical epilation, plucking, waxing, shaving, electrolysis, and laser hair removal. In addition to lifestyle modifications, modern medicine recommends treatments with drugs like metformin and androgen receptor blockers ⁽⁷⁾

Homeopathy, a complementary therapeutic system, is based on the principle of "like cures like," with remedies chosen to stimulate the body's natural healing processes. The constitutional approach in homeopathy is highly individualized, focusing on a patient's unique physical, emotional, and psychological profile rather than isolated symptoms⁽⁸⁾

In this context, the present case report highlights the successful treatment of the multifaceted nature of PCOS case using a constitutional homoeopathic medicine.

Patient Information:

A 17-year-old female student presented with complaints of irregular menses for the past 2 years (since 2021). Initially her menses were delayed and comes every 2 or 3 months. Concerning the history of presenting complaints, the patient had consulted a gynaecologist eight months back and took allopathic medicines to regularise periods but there is no

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improvement. Now since 4 months she had absence of menses. When she stops taking allopathic medicines, she ended up with absence of menses. She also complained of acne on the face, gradual weight gain over the past 1- year, occasional constipation, and on observation there is facial hair on upper lips. There was no history of thyroid disease.

Past History: No major illness.

Family History: Mother – Uterine Fibroid

General Symptoms:

Physical generals:

The patient has good appetite and thirst is normal. She has Desire for sweets, fast food and indigestible things like chalk, raw rice. She has an aversion to milk. She had a constipation, finds difficulty in passing stool and resulting in poor satisfaction. Urine passes normally without any difficulty. Sweat is generalised all over body and has a sound sleep for 7-8 hrs/day. She is chilly, can't tolerate cold climate and has a tendency to catch cold easily.

Mental generals: Anxious about her health, very sensitive, easily get hurt by others words and cries easily when spoken harshly and has fear of failure in exams.

Clinical Findings:

The patient had a fair complexion. Her height was 157 cm, and weight 65 kg. BMI was found to be 26, which indicated overweight with respect to height. Her pulse rate was 76 beats per minute, along with a body temperature of 98.5°F, and a blood pressure reading of 120/80 mmHg. During clinical observation, acne was noted on her cheek and forehead, and there was evidence of abnormal hair growth on the upper lip.

Menstrual History:

LMP:12/06/2023

Duration of cycle -45 to 90 days

Duration of flow – 03 days

Quantity of flow- 03 pads/day

The character of flow- scanty flow, bright red colour , with no clots, no offensiveness

During menses- Lower back pain and Cramping pain in lower abdomen extend to both legs.

Other discharges: leucorrhoea was mild before menses.

Diagnostic Assessment:

The case was diagnosed as a case of PCOS based on clinical presentation and further confirmation was made through ultrasonographic reports, which revealed the presence of polycystic ovaries

Totality of Symptoms:

Anxiety about her health

Easily get hurt by others words.

Fear of failure

Irregular menses

Stool: Constipated: difficult to pass

Desires for indigestible things

Desire: sweets

Aversion to milk

Thermal: chilly

Acne on forehead and cheek

Tendency to gain weight

Repertorisation:

Remedy Name	Calc	Sil	Puls	Sep	Sulph	Bry	Nat-m	Nux-v	Aur	Lach	Lyc	Graph
Totally	38	33	33	32	31	29	29	29	28	28	28	28
Symptoms Covered	11	10	9	9	10	10	10	10	9	9	9	8
Kingdom												
[Complete] [Mind]Anxiety:Health, about: (317)	4	3	4	4	4	3	4	4	4	4	3	4
[Complete] [Mind]Fear:Failure, of: (102)	1	3			1	1	3	2	3		1	
[Complete] [Mind]Offended easily: (174)	4	3	4	3	3	3	3	4	3	3	4	3
[Complete] [Female Genitalia]Menses:Absent, amenorrhea: (306)	4	4	4	4	4	3	3	3	3	4	4	4
[Complete] [Rectum]Constipation: (906)	4	4	4	4	4	4	4	4	3	4	4	4
[Complete] [Generalities]Food and drinks:Milk, milk products:Aversi...	3	4	4	4	3	3	1	3		3	1	
[Complete] [Generalities]Food and drinks:Sweets:Desires: (308)	4	1	3	3	4	3	1	1	1	1	4	4
[Complete] [Generalities]Food and drinks:inedible things:Desires, pl...	3	4	3	3	1	4	3	3	3	4		1
[Complete] [Generalities]Cold:Agg.: (784)	4	4	4	4	4	4	4	4	4	4	4	4
[Complete] [Generalities]Obesity: (215)	4	3	3	3	3	1	3	1	4	1	3	4
[Complete] [Generalities]Obesity:Menses:irregular, with: (1)	3											

Figure 1: Repertorisation chart

Therapeutic Intervention:

Upon repertorisation, using synthesis repertory, taking note of the dominant miasm, which emerged out to be psora sycotic, and consulting Materia Medica, *Calcarea carbonica* was chosen as the individualised homoeopathic remedy.

On 16/10/2023 CALCAREA CARB 30 C/ 3 doses /3 days with placebo for 1month and advised for regular exercise for 30–35 min/per day with avoidance of junk or fast food and high-calorie diet. This case is followed up to as per the follow-up table

Follow Up:

Table 1: Follow up for the case

Date	Inference	Prescription	Body Weight
10/11/2023	LMP-15/06/2023 Menses not appeared. Facial hair, acne, weight gain still persist. Stool: difficult to pass stool- better Anxiety about health- persist	Calcarea carb-200/1D Placebo -30 days	65 kg
17/12/2023	LMP-10/12/2023 Menses appeared after 6 months Flow scanty. bright red colour menses, no clots. Duration of menses: 3 days Acne slightly reduced.	Placebo 30 days	65 kg
05/03/2024	LMP-10/12/2023 Menses not appeared for 2 months. Acne and facial hair persist, weight slightly reduced. Stool: difficulty in passing stool (occ)	Calcarea carb 200/1 dose Placebo 30 days	63 kg
13/05/2024	LMP-20/04/25 Bright red colour menses, clots present, dysmenorrhea along with back pain present. Weight gain present. Acne , facial hair slightly reduced.	Calcarea carb 1M/1 dose	64 kg
15/07/2024	LMP-25/05/2024 LMP-05/07/2024 Duration of cycles: 40 days Profuse menses Dysmenorrhea with severe back pain Bright red colour menses. Clots present	Calcarea carb 1M/ 1 dose Placebo for 30 days	62kg
20/09/2024	LMP- 15/08/2024 LMP- 20/09/2024 Duration of menses: 35- 40 days days Profuse menses Dysmenorrhea persist. Clots present	Calcarea carb 10M/ 1 dose Placebo for 30 days	59 kg
20/11/2024	LMP- 24/10/24 Duration of menses- 31 days, Normal flow, clots reduced, Dysmenorrhea better, Acne and Facial hair-slightly reduced	Calcarea carb 10M /1 dose Placebo for 30 days	58Kg
05/03/2025	LMP- 26/11/24, 23/12/24, 25/01/25, 28/02/25 Menses regular, duration of cycle- 28 to 30 days. Bright red colour menses, clots present, Dysmenorrhea better but persist during first day.	Placebo for 30 days	53kg
10/06/2025	Cycles remain regular. General health good. All complaints markedly improved.	No medicine	53 kg

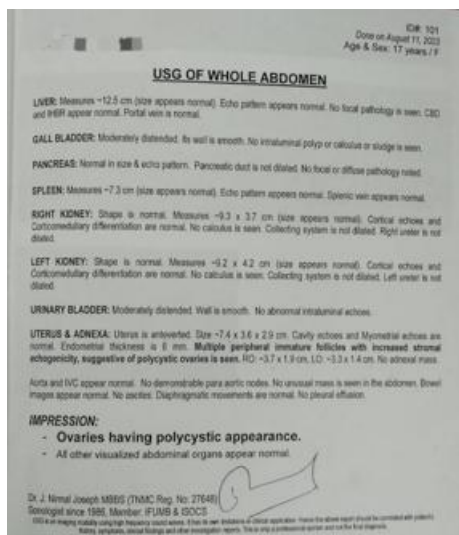


Figure 2: Before treatment

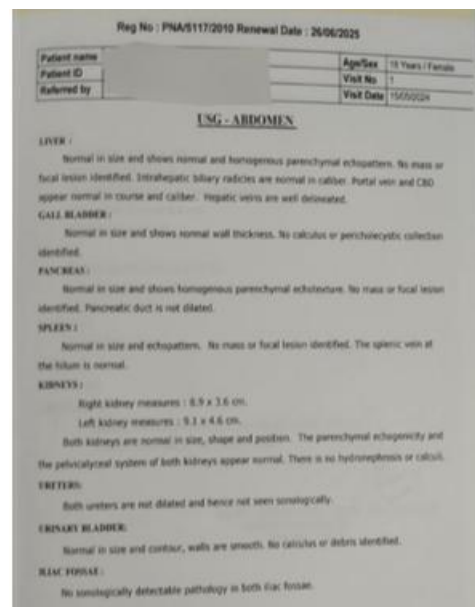


Figure 3: After treatment



Figure 4: After treatment

2. Discussion

Polycystic Ovarian Syndrome (PCOS) is a common and complex disorder that primarily affects the female reproductive system. It is responsible for various reproductive, psychosocial, and systemic complications. PCOS is closely linked to hormonal imbalance and is considered the most prevalent hormonal disorder among women of reproductive age. Early diagnosis and appropriate management are crucial, as timely treatment can help reduce the risk of developing serious long-term complications. Conventional medical management mainly focuses on symptomatic relief and lifestyle modifications, particularly weight reduction. However, these treatment options may be associated with notable side effects.

Homoeopathy provides a holistic approach to patient care, aiming to relieve suffering by treating the individual rather than focusing solely on the disease. It carefully observes and manages the patient's symptoms, leading to positive responses and overall improvement. In this case, the remedy was chosen on the basis of repertorial totality and the close similarity of symptoms. The patient showed continuous improvement after being prescribed *Calcarea carbonica* in gradually increasing potencies (30C, 200C, 1M, and 10M). The absence of recurrence over the past year indicates that PCOS can be effectively managed with individualized homoeopathic treatment combined with appropriate lifestyle modifications.

3. Conclusion

This case shows the positive results of homoeopathic constitutional medicine selected based on individualization and totality of symptoms in case of PCOS. It suggests that homoeopathy may offer a complementary approach in managing hormonal syndromes, particularly in individuals for whom conventional hormonal therapy or surgical intervention is being considered.

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