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REVIEW ARTICLE

MIASMATIC ANALYSIS AND HOMOEOPATHIC APPROACH IN CASES OF POLYCYSTIC OVARIAN DISEASE

Ruchi Gaur¹, Anupriya²

¹Ph. D (Scholar), ²Supervisor, Tantia University, Sri Ganganagar Homoeopathic Medical College Hospital & Research Institute, Sri Ganganagar

Abstract

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Key Word- Polycystic ovarian syndrome (PCOS), anovulation, infertility, miasm, hirsutism, repertory.

Corresponding Author:- Ruchi Gaur, Ph. D (Scholar), Tantia University, Sri Ganganagar, Rajasthan.

Polycystic Ovarian Syndrome is a very common or highly prevalent disorder now – a -days. It is the most common endocrine -metabolic disorder in reproductive aged women. The cardinal clinical features of PCOS are Hirsutism, anovulation, menstrual irregularities and infertility. Obesity is usually seen in PCOS patients. PCOS patients usually complain of not having regular menstrual cycles. Females present with hair growth on chin and upper lip area due to excessive androgen production. Infertility is another major difficulty female suffers with. Miasm has a major role in the development of the disease, occurrence of symptoms and in the treatment as well. In δ204 Hahnemann says, that the real homoeopath treats only the miasm. Not the symptoms of miasm, disease gets cured according to the Hering's law of cure. Every disease is ascribed to the miasms. In δ 205-206 he explained the role of miasms and their treatment that how real homoeopath elucidate it by many years of reflection, observation and experience. He has endeavoured to point out in his work on *chronic diseases*, to which he has referred. Miasm is a genetic defense mechanism of every individual, it is the most important thing to be considered in the path of recovery, without which permanent cure can not be achieved.

INTRODUCTION

Polycystic ovarian syndrome (PCOS) is a hormonal and metabolic disorder. Irregular menstrual cycle is a hallmark of the disease. It has impact over

the hormonal and metabolic system of the females who are in their reproductive age. It might occur since the menarche or any age of her reproductive life. The cause of PCOS is not known but sometimes it is

said to be a contribution of genetic and environmental factors. In PCOS ovaries are held responsible for producing male hormones in women which is supposed to cause irregular or absence of menses, unwanted hair growth and infertility. The pathophysiology of PCOS comprises of the interaction of genetic and environmental changes, it shows manifestations like primary ovarian abnormality, neuroendocrine alterations, signs of androgen excess, endocrine and metabolic abnormalities. Androgen excess, observed in approximately 60-80% of patients with PCOS. Hirsutism and hyperandrogenism, commonly demonstrated by elevated free testosterone in circulation. The classic ovarian phenotype of enlarged ovaries with string of pearl morphology and theca interstitial hyperplasia depicts androgen exposure. Abnormal interactions among the endocrine, paracrine and autocrine factors responsible for follicular maturation which may cause ovarian dysregulation in PCOS¹. Depending on diagnostic criteria, this disorder affects 6% to 20% of reproductive aged women. The persistence of symptoms is associated with impaired hypothalamic-pituitary feedback, LH hypersecretion, premature granulosa cell luteinization, aberrant oocyte maturation and premature arrest of activated primary follicles. PCOS runs in

the families and number of genetic abnormalities appear to result in features of the syndrome and account for the heterogeneity of the symptoms. Environmental influences, such as nutrition and life style, further influence expression of the syndrome.

Not all women with PCOS will be showing all the symptoms, they may be having variety of symptoms from asymptomatic form to metabolic form.

Classification²:

PCOS may be classified into 4 subtypes based upon severity of symptoms into:

Asymptomatic form	Women with only polycystic ovarian morphology
Mild form	Polycystic ovarian morphology along with anovulation
Classical form	Hyperandrogenism along with ovarian dysfunction
Metabolic form	Combination of mild and classical forms with presence of obesity and /or insulin resistance

Common symptoms of PCOS include:

- Irregular menses or complete absence of menses.
- Difficult conception

- Excessive unwanted hair growth on face and other body parts.
- Weight gain or obesity.
- Thinning of hair and hair loss from the head.
- Acne.
- Oily skin.
- Dark pigmentation on the nape of neck and axillae.

Having PCOS can increase the chances of developing other health problems in later life³.

For example:

- Type II diabetes.
- Depression and mood swings
- High blood pressure.
- High cholesterol
- Heart disease.
- Sleep apnoea.

Diagnostic Criteria:

According to ICD 10 criteria of diagnosis it is grouped into E28 ovarian dysfunction and 28.2 includes polycystic ovarian disease.

ICD 10 code for PCOS is E28.2.⁴

A diagnosis of PCOS can usually be made if other rare causes of the same symptoms have been ruled out and you meet at least 2 of the following 3 criteria:

- You have irregular periods or infrequent periods – this indicates that your ovaries do not regularly release eggs (ovulate).

- Blood tests showing you have high levels of “male hormones”, such as testosterone.
- Scans showing you have polycystic ovaries.

As only 2 of these need to be present to diagnose PCOS.

Miasmatic Analysis Of Pcos Patient

There would not be any disease prevailing without the involvement of the miasms. Miasms are the only causative factor behind every disease whether it is acute or chronic but according to conventional system of medicine it is of unknown etiology. Lifestyle diseases means that patient's lifestyle is exaggerating the disease, it can not be considered as the cause of the disease. Dr. Hahnemann took 12 long years to study the cause of chronic diseases⁵ and published his work in to “*chronic diseases*”, so that every true physician can understand the evolution of chronic illnesses.. He wondered when he saw that after removing the symptoms of disease from the best similitum remedy, disease comes back again after sometime. He concluded that there is something which is not letting the disease to be cured permanently. Then he discovered miasms as the root cause of the disease and if it is not treated according to law of similia, diseases will keep on coming back. In

PCOS cases there is all three miasms are lurking behind the development of symptoms such as when there are changes at the functional level only, it is psora which is causing it. When sycosis comes into the action, patient develops structural changes in the ovary and these changes are not only limited to the organ, it can be

seen in whole system of the patient including physical as well as mental level. Body built of the patient may be changed from psora to sycosis. If syphilitic miasm becomes dominant then it may bring destructive changes in the patient both at physical and mental level.

Miasmatic Analysis

	PSORA	SYCOSIS	SYPHILIS
MENSES	Absence of menses Or intermittent	Cystic proliferation or growth in ovaries. Menses has fish brine odour.	Profuse flow or no menses at all. Offensive Metallic odour
PAIN	mild pain	spasmodic & colicky pain	Intolerable pains with lumbago & bone pains.
DISCHARGES	Bland and scanty	Acrid, clotted and dark pitch type.	Acrid, putrid and offensive
FACE	Dry, itching, scaling. Simple acne	Rounded, pale, comedones	Oily, greasy face, hard nodular boils
INFERTILITY	Impotency & sterility from lack of desire without any organic defect.	Incapability to conceive due to hormonal imbalance	Infertility due to ovarian failure
GENERAL MANIFESTATION	Low immunity, weakness, nutritional disorders	Hypertrophies abnormal growth, accumulation & deposition	Degenerations destructions
NOURISHMENT	Do not assimilate well	Over nutrition	Disorganised digestion
SKIN	Dry	Hyperpigmentation in patches in face,	Depigmentation, permanent scars due

		axillae & nape of neck	to acne.
BODY BUILT	Mild obesity due to lack of exercise & activity.	Moderate to severe obesity.	Not always obese due to degenerative process.
MENTAL STATUS	Anxious about her health	Fearful due to disease	Ignorance, indifference to herself

Homoeopathy And Its Approach In Pcos

Dr. Hahnemann said in his book of Organon⁶ in § 14 that “there is, in the interior of man, nothing morbid that is curable and no invisible morbid alteration that curable, which does not make itself known to the accurately observing physicians by means of morbid signs and symptoms- an arrangement in perfect conformity with the infinite goodness of all wise preserver of human life”. He explained that any disease which manifests symptoms is curable with homoeopathy which annihilate the disease in the shortest, most reliable and most harmless way. In PCOS, patient’s presenting complaint, past history, family history, personal history, physical, mental generals, miasm of the patient and of the disease as well everything is taken into consideration to find the most similar remedy to treat person in disease not the disease in person. If the removal of symptoms is not

followed by a restoration of health, it can not be termed as cure⁷. There should be a corresponding inward improvement whenever an outward symptom has been caused to disappear, and this will be true whenever disease has been displaced by order⁸. Hence, in PCOS there should be production of menses as outward manifestation and inward changes in the size of ovaries and cystic growth should also be reversed with the treatment.

Utility Of Repertory In PCOS

The word repertory means an indexing of symptoms or collection of symptoms. Repertory is like a tool to reach an important group of medicines in order to select the final remedy. Repertory helps in narrowing down the search for the similimum. C.M.F. Baron Von Boeninghausen⁹ was first stalwart who graded the remedy and known as father of repertory. The father of Homoeopathy Dr. Samuel Hahnemann prepared the first repertory known to world as “Fragmenta de viribus medicamentorum positives” in

1805. Every well proved drug has got thousands of symptoms and for a man of average intelligence, it is almost impossible to recollect all the symptoms of so many drugs and establishing the association between drug and disease. Repertory helps in overcoming this difficult task faced by every practitioner while prescribing. Systematic and logical arrangement of medicines in repertory helps in narrowing down the extensive search of similimum.

Homoeopathic Therapeutics And Rubric Selection

Remedies covering totality of symptoms according to synthesis repertory using RADAR OPUS¹⁰ software are:

RUBRICS	REMEDIES
Menses – absent	Aur, carb-s, con, graph, lyco, puls, sulph, tub, sep, sil ¹¹
Menses -absent - grief from	Ign.
Menses – acrid, excoriating	Kali -c, lach, sil
Menses – before-agg- ovaries- left	Coloc, thuj, lach
Menses – before – agg – ovaries - right	Apis, graph, lac – c
Menses- copious – alternate	lach

period, every absent	
menses – early, too -scanty and	acon, calc, graph, merc, bov
menses – painful- horrible pain, crying & weeping	cact, coff, cupr
menses- suppressed menses	bell, con, cycl, dulc, ferr-I, kali -c, lach, puls, senec, sil

Prognosis

Prognosis is an opinion, based on medical experience, of the likely course of a medical condition.

PCOS has significant reproductive implications for women, including increased risk of anovulatory infertility, miscarriage, and pregnancy related complications. In addition, patients are at a markedly increased risk of type II diabetes, and cardiovascular disease in later life.

If PCOS has been treated with Homoeopathy, there is less chance of the disease to get complicated and very low chances of having type II diabetes and cardiovascular disease in later life.

CONCLUSION

Homoeopathy is the only system where permanent cure can be seen in incurable cases in the shortest and most harmless way. It is the system which

comprises science and art together as it is based on scientific principles and bringing out the correct similitum and its application on the patient is the art of the homoeopathic physician.

PCOS and other incurable cases can be treated with homoeopathy very efficiently without causing any harm to the patient.

Hippocrates wrote “primum non nocere”, which means first, do no harm. He said “as to diseases, make a habit of two things- to help, or at least to do no harm.”

PCOS in itself is a stressful and painful condition where women have to go through physical and mental agony, in such cases Homoeopathy cures them as a whole.

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