International Journal of Contemporary Research In Multidisciplinary

*Research Article*

# Individualized Homoeopathic Management of Polycystic Ovary Syndrome: Clinical Outcomes, Reproductive Health Parameters, and Organon-Based Therapeutic Decision-Making

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**DOI:** https://doi.org/10.5281/zenodo.21394369

## Abstract

**Background:** Polycystic Ovary Syndrome (PCOS) is one of the most prevalent endocrine and metabolic disorders affecting women of reproductive age. Characterized by menstrual irregularities, hyperandrogenism, ovulatory dysfunction, and polycystic ovarian morphology, PCOS significantly impacts reproductive, metabolic, and psychological health. Despite advances in conventional management, many women continue to experience persistent symptoms and seek complementary therapeutic approaches. Homoeopathy, particularly through individualized prescribing guided by the Organon of Medicine, offers a patient-centered framework that addresses constitutional susceptibility, symptom totality, and dynamic disease manifestations.

**Objective:** To critically examine the role of individualized homoeopathic management in PCOS, with emphasis on clinical outcomes, reproductive health parameters, and Organon-based therapeutic decision-making.

**Methods:** A narrative review methodology was adopted. Relevant literature pertaining to PCOS pathophysiology, conventional management, homoeopathic therapeutics, constitutional prescribing, susceptibility assessment, and Organon principles was critically analyzed and synthesized.

**Results:** Available evidence suggests that individualized homoeopathic intervention may contribute to improvements in menstrual regularity, ovulatory function, symptom burden, psychological well-being, and quality of life. Organon-based case analysis facilitates individualized remedy selection through comprehensive assessment of mental, emotional, general, and particular symptoms.

**Conclusion:** Individualized homoeopathy presents a holistic and patient-centered approach in the management of PCOS. While encouraging clinical observations exist, further well-designed prospective studies are necessary to establish robust evidence regarding efficacy and long-term outcomes.

## Manuscript Information

- **ISSN No:** 2583-7397
- **Received:** 08-06-2026
- **Accepted:** 13-07-2026
- **Published:** 16-07-2026
- **IJCRM:**5(4); 2026: 227-233

- **Plagiarism Checked:** Yes
- **Peer Review Process:** Yes

## How to Cite this Article

Khare D, Khare S K. Individualized Homoeopathic Management of Polycystic Ovary Syndrome: Clinical Outcomes, Reproductive Health Parameters, and Organon-Based Therapeutic Decision-Making. Int J Contemp Res Multidiscip. 2026;5(4):227-233.

## Access this Article Online

www.multiarticlesjournal.com

**KEYWORDS:** Polycystic Ovary Syndrome, PCOS, Homoeopathy, Organon of Medicine, Individualisation, Reproductive Health, Constitutional Treatment, Women's Health.

## 1. INTRODUCTION

Polycystic Ovary Syndrome (PCOS) represents a multifactorial endocrine disorder affecting approximately 6–20% of women of reproductive age worldwide depending upon diagnostic criteria. The condition is characterized by a constellation of reproductive, metabolic, dermatological, and psychological manifestations that substantially impair quality of life.

The Rotterdam criteria remain the most widely accepted diagnostic framework, requiring at least two of the following:

- Oligo-ovulation or anovulation
- Clinical or biochemical hyperandrogenism
- Polycystic ovarian morphology on ultrasonography

Beyond reproductive dysfunction, PCOS is associated with insulin resistance, obesity, metabolic syndrome, infertility, anxiety, depression, and cardiovascular risk factors.

From a homoeopathic perspective, PCOS represents more than a localized ovarian disorder. It reflects a deeper constitutional imbalance involving endocrine regulation, susceptibility, lifestyle influences, hereditary tendencies, and emotional stressors. The Organon of Medicine emphasizes individualized assessment and treatment based upon the totality of symptoms rather than disease labels alone.

## 2. Epidemiology and Public Health Significance

PCOS has emerged as a major women's health concern worldwide.

**Global Burden**

- Prevalence ranges from 6% to 20%.
- Increasing incidence among adolescents and young adults.
- Strong association with obesity and sedentary lifestyle.

**Indian Scenario**

Recent Indian studies indicate rising prevalence due to:

- Urbanization
- Dietary transitions
- Physical inactivity
- Genetic predisposition

**Public Health Impact**

PCOS contributes significantly to:

- Infertility
- Menstrual dysfunction
- Psychological distress
- Metabolic disorders
- Healthcare expenditure

## 3. Pathophysiology of PCOS

The pathogenesis of PCOS is complex and multifactorial.

### 3.1 Genetic Factors

Familial clustering suggests a strong genetic contribution. Multiple susceptibility genes related to insulin signaling and steroidogenesis have been implicated.

### 3.2 Insulin Resistance

Insulin resistance remains a central mechanism in many women with PCOS.

Consequences include:

- Hyperinsulinemia
- Increased ovarian androgen production
- Ovulatory dysfunction
- Metabolic disturbances

### 3.3 Hyperandrogenism

Excess androgen production contributes to:

- Hirsutism
- Acne
- Alopecia
- Menstrual irregularities

### 3.4 Neuroendocrine Dysregulation

Altered hypothalamic-pituitary-ovarian axis activity results in:

- Elevated LH secretion
- Disturbed follicular development
- Chronic anovulation

**Clinical Manifestations**

**Reproductive Features**

- Oligomenorrhea
- Amenorrhea
- Infertility
- Anovulation

**Metabolic Features**

- Obesity
- Dyslipidemia
- Insulin resistance

**Dermatological Features**

- Hirsutism
- Acne
- Androgenic alopecia

**Psychological Features**

- Anxiety
- Depression
- Reduced self-esteem
- Body image concerns

## 5. Conventional Management of PCOS

Current management includes:

**Lifestyle Modification**

- Weight reduction
- Physical activity
- Dietary regulation

**Pharmacotherapy**

- Oral contraceptives
- Metformin
- Anti-androgens
- Ovulation induction agents

**Assisted Reproductive Techniques**

- Ovulation induction
- Intrauterine insemination
- In vitro fertilization

Although effective in many cases, treatment limitations include symptom recurrence, adverse effects, and incomplete patient satisfaction.

## 6. Homoeopathic Perspective on PCOS

### 6.1 Understanding Disease Through Organon

According to Hahnemann, chronic diseases arise from disturbances of the vital force manifested through characteristic symptoms.

PCOS may be viewed as a chronic constitutional disorder involving:

- Endocrine imbalance
- Emotional susceptibility
- Lifestyle influences
- Hereditary predisposition

### 6.2 Aphorisms Relevant to PCOS

**Aphorism 5**

Importance of exciting and maintaining causes.

**Aphorism 6**

Observation of characteristic symptoms.

**Aphorism 7**

Removal of obstacles to cure.

**Aphorisms 83–104**

Comprehensive case-taking.

**Aphorism 153**

Selection of peculiar and characteristic symptoms.

## 7. Organon-Based Therapeutic Decision-Making

### Step 1: Comprehensive Case Taking

Assessment includes:

**Mental Symptoms**

- Anxiety regarding infertility
- Emotional sensitivity
- Irritability
- Mood swings

**General Symptoms**

- Food cravings
- Thermal preferences
- Sleep disturbances

**Particular Symptoms**

- Menstrual irregularities
- Hirsutism
- Weight gain
- Acne

### Step 2: Evaluation of Susceptibility

The physician assesses:

- Vitality
- Reactivity
- Disease duration
- Constitutional characteristics

### Step 3: Individualization

Remedy selection is based upon:

- Totality of symptoms
- Constitutional makeup
- Miasmatic tendencies
- Characteristic modalities

## 8. Commonly Referenced Constitutional Homoeopathic Medicines in Polycystic Ovary Syndrome (PCOS): Comparative Clinical Differentiation

| Homoeopathic Medicine | Characteristic Constitutional Picture | Common Clinical Presentation in Women with PCOS* | Key Differentiating Features |
|---|---|---|---|
| **Pulsatilla nigricans** | Mild, gentle, emotionally sensitive, seeks consolation | Delayed or irregular menstruation, scanty menses, adolescent menstrual irregularity, variable symptoms | Symptoms are changeable; thirstlessness; prefers open air; emotional dependence |
| **Sepia officinalis** | Physically exhausted, emotionally indifferent, pelvic weakness | Chronic menstrual irregularities, pelvic congestion, dysmenorrhea, decreased libido, hormonal imbalance | Bearing-down sensation, aversion to family, better with vigorous exercise |
| **Calcarea carbonica** | Obese, flabby, chilly, slow metabolism | Obesity, insulin resistance, delayed puberty, profuse perspiration, menstrual disturbances | Easily fatigued, craving eggs, anxiety about health, cold intolerance |
| **Natrum muriaticum** | Reserved, introverted, emotionally suppressed | Irregular menstrual cycles, headaches, anemia, emotional stress-related menstrual disturbances | Reserved personality, silent grief, craving salt, aggravation from sun exposure |
| **Lycopodium clavatum** | Intellectual, self-conscious, digestive tendency | Delayed menstruation, abdominal bloating, insulin resistance, ovarian dysfunction | Right-sided complaints, digestive flatulence, craving sweets, symptoms worse 4–8 PM |
| **Thuja occidentalis** | Fixed ideas, oily skin, sycotic constitutional features | Polycystic ovaries, acne, obesity, menstrual irregularity, skin manifestations | Warty growths, oily skin, aggravation from damp weather, history suggestive of sycotic tendencies |
| **Lachesis mutus** | Intense, talkative, congestive tendency | Premenstrual syndrome, ovarian congestion, irregular menstrual flow, menopausal transition | Left-sided complaints, intolerance of tight clothing, symptoms worse after sleep |
| **Sulphur** | Warm-blooded, philosophical, untidy appearance | Chronic endocrine imbalance, recurrent skin eruptions, obesity, menstrual irregularity | Heat aggravation, burning sensations, early morning symptoms, standing aggravates complaints |
| **Graphites** | Overweight, chilly, constipated, sluggish | Obesity, delayed menstruation, eczema, metabolic slowing, infertility | Thick, unhealthy skin, fissures, constipation, tendency to weight gain |
| **Apis mellifica** | Edematous, sensitive, inflammatory tendency | Ovarian cysts with stinging pain, pelvic edema, inflammatory ovarian conditions | Stinging pains, swelling, better from cold applications, thirstlessness |

- **Clinical Note:** The clinical presentations listed represent constitutional symptom patterns described in classical homoeopathic literature that may overlap with features observed in women diagnosed with PCOS. Remedy selection in constitutional homoeopathy is individualized according to the totality of symptoms, constitutional characteristics, mental and emotional state, physical generals, and clinical evaluation rather than the diagnosis of PCOS alone.
- **Academic Note:** The remedies presented in this table are intended for educational and comparative Materia Medica discussion within the context of constitutional homoeopathic philosophy. They should not be interpreted as evidence of efficacy or as standardized treatment recommendations. Management of PCOS should follow established evidence-based clinical guidelines, with any complementary interventions considered within an integrative, patient-centered framework.

**Note:** Remedies should be prescribed according to individualization and not solely based on diagnosis.

### 9. Clinical Outcomes and Reproductive Health Parameters

Parameters frequently evaluated include:

**Menstrual Outcomes**

- Cycle regularity
- Duration
- Flow characteristics

**Reproductive Outcomes**

- Ovulation
- Fertility
- Conception rates

**Metabolic Outcomes**

- BMI
- Waist circumference
- Insulin sensitivity

**Psychological Outcomes**

- Quality of life
- Anxiety scores
- Depression scores

## 10. DISCUSSION

Individualized homoeopathic treatment aligns conceptually with the heterogeneity of PCOS. Organon-guided prescribing emphasizes individualized symptom expression rather than uniform treatment protocols.

Potential advantages include:

- Holistic assessment
- Patient-centered care
- Long-term constitutional management
- Integration of physical and psychological dimensions

However, challenges remain regarding standardization, outcome measurement, and high-quality clinical evidence.

### 11. Future Directions

Future studies should focus on:

1. Prospective multicenter clinical trials.
2. Standardized reproductive outcome measures.
3. Integration of ultrasonographic findings.
4. Longitudinal follow-up.
5. Comparative effectiveness research.
6. Quality-of-life assessment tools.

## 12. CONCLUSION

Polycystic Ovary Syndrome remains a significant reproductive and metabolic health challenge. Individualized homoeopathic management guided by Organon principles provides a comprehensive framework for patient-centered care. While preliminary evidence and clinical experience indicate potential benefits, rigorous scientific research remains necessary to establish its role within integrative women's healthcare.

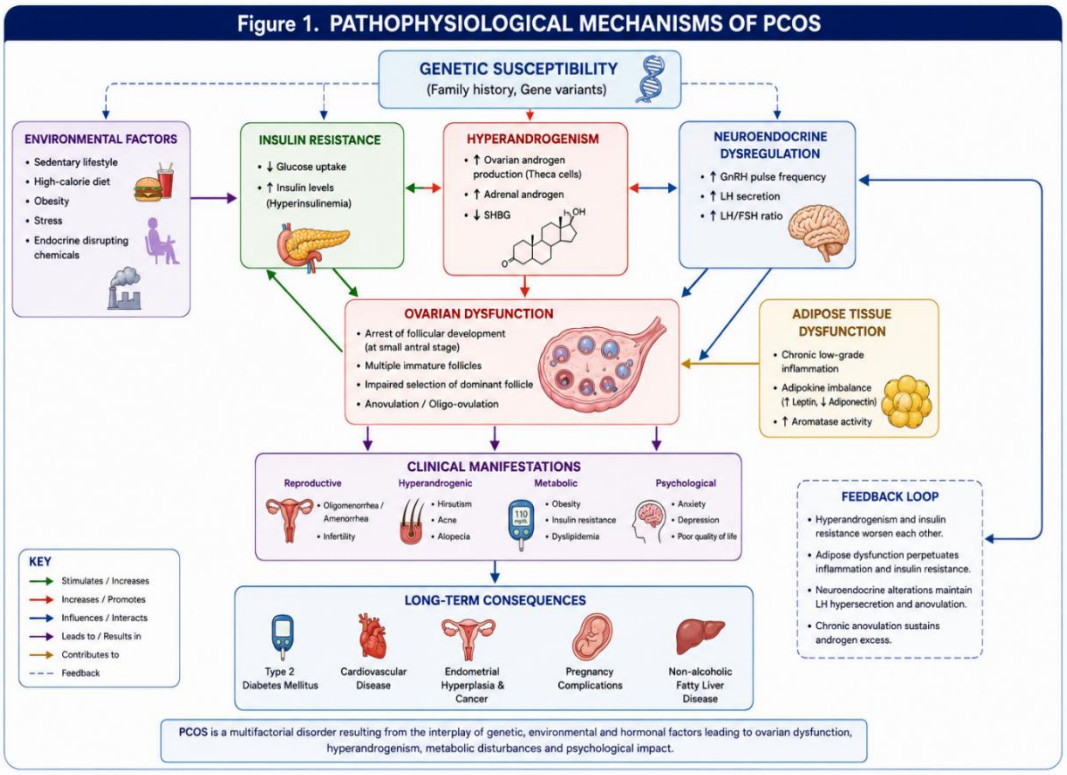


**Figure 1:** Pathophysiological Mechanisms of PCOS

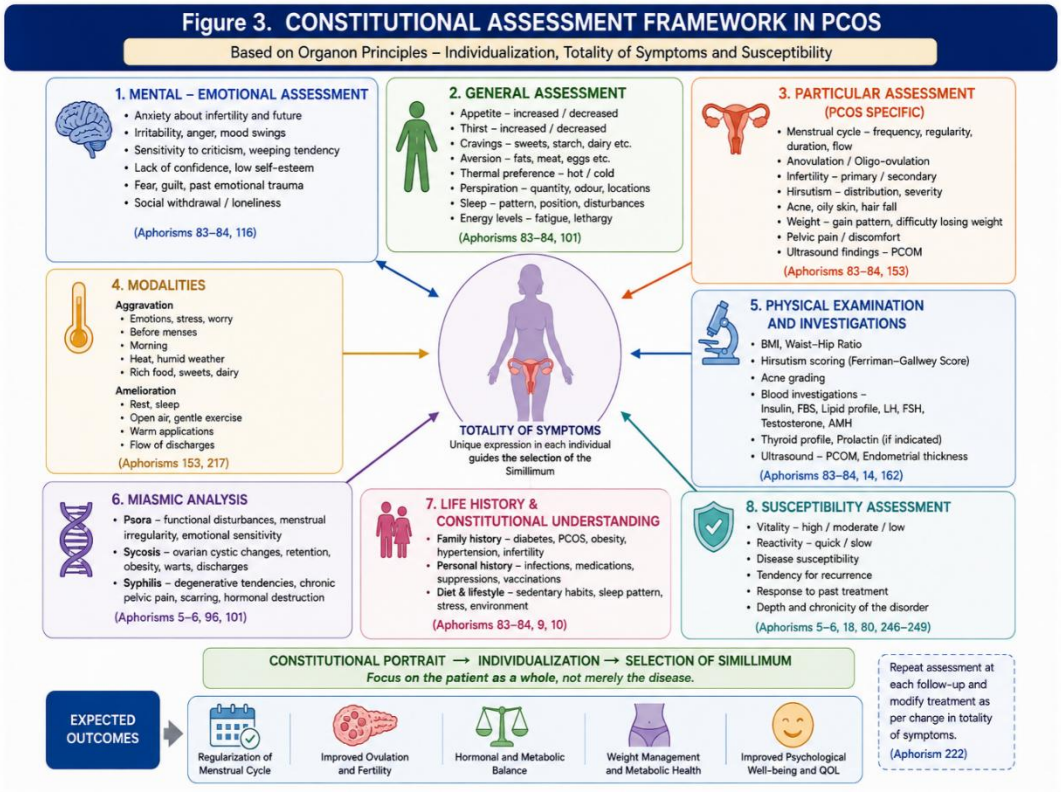


**Figure 2:** Constitutional Assessment Framework in PCOS

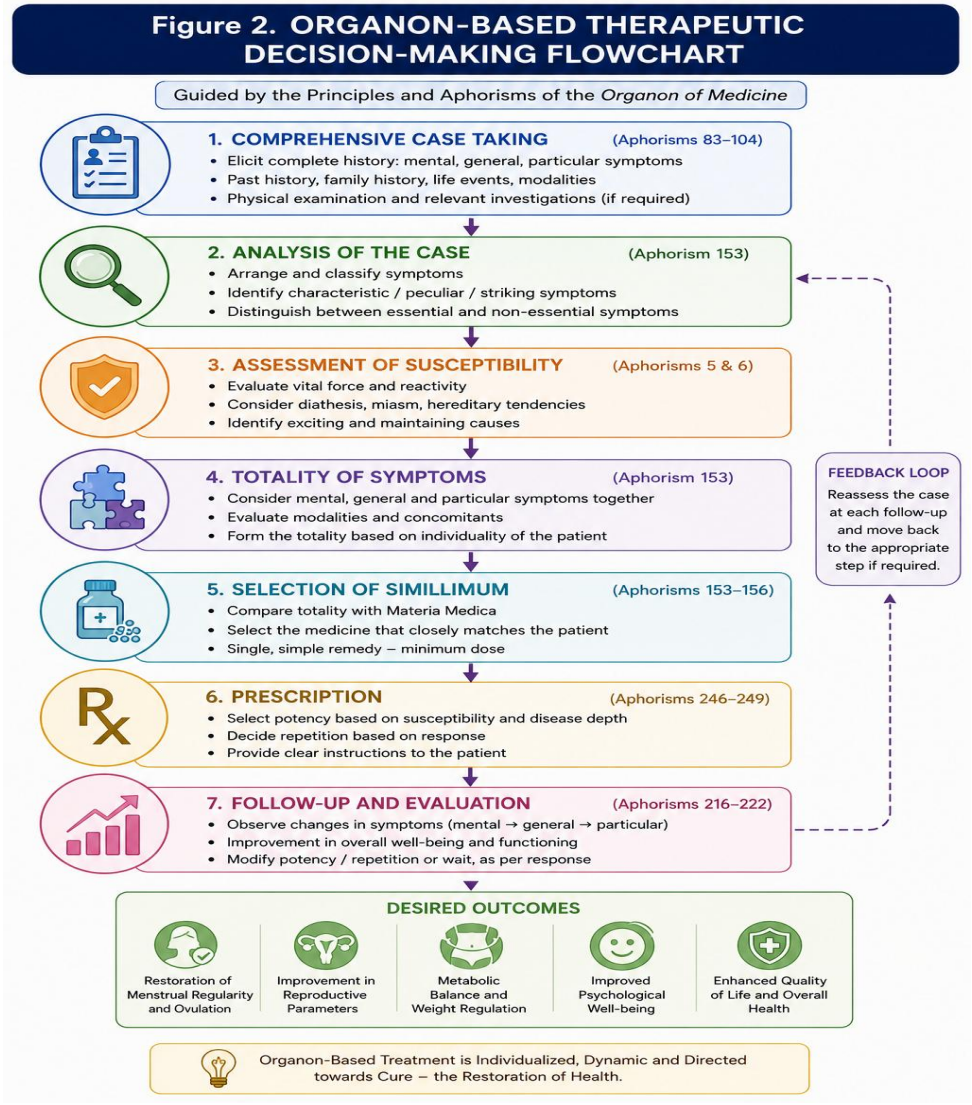


**Figure 3:** Organon-Based Therapeutic Decision-Making Flowchart

**Author Contributions**

**Prof. Dr. Diksha Khare - (First Author)**

**Role in the Study**

- Conceived the research idea and study framework.
- Developed the scientific rationale linking PCOS management with Organon principles.
- Performed literature review related to Obstetrics & Gynaecology and reproductive endocrinology.
- Drafted the Introduction, Discussion, and Conclusion sections.
- Interpreted clinical implications and therapeutic applications.
- Final review, editing, and manuscript supervision.

**Prof. Dr. Sandeeo Kumar Khare (Second Author)**

**Role in the Study**

- Conducted literature search and evidence compilation.
- Reviewed contemporary guidelines on Polycystic Ovary Syndrome.
- Contributed to sections on pathophysiology, epidemiology, diagnosis, and reproductive health outcomes.
- Assisted in preparation of tables, figures, and APA references.
- Performed critical revision of the manuscript for academic accuracy.
- Approved the final manuscript for submission.

**Author Statement**

**Prof. Dr. Diksha Khare** -

Conceptualization, Methodology, Investigation, Data Interpretation, Writing – Original Draft, Supervision, Project Administration.

**Dr. Prof. Dr. Sandeeo Kumar Khare**

Data Curation, Literature Search, Validation, Visualization, Writing – Review & Editing, Reference Management.

**Declaration by Authors**

Both authors have substantially contributed to the conception, preparation, revision, and final approval of this manuscript. Both authors agree to be accountable for all aspects of the work and certify that the manuscript is original and has not been submitted elsewhere for publication.

**Funding**

No external funding was received for this study.

**Conflict of Interest**

The authors declare no conflict of interest.

**Ethical Statement**

This article is a narrative review based on published literature. No human participants, animals, or patient-identifiable information were involved; therefore, institutional ethical approval was not required.

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