

# **A Case of Infertility with PCOD Treated with Noninvasive Homoeopathy**

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## **Abstract**

**Background:** Infertility is medically defined as –”the inability to conceive after multiple sustained attempts of unprotected intercourse for at least 2years. The most common cause of medically treatable infertility is polycystic ovarian syndrome (PCOS).” Polycystic ovary syndrome (PCOS) affects 8-10 percent of reproductive-aged females, making it the most common state of endocrine dysfunction in women. Patients with PCOS are often treated for the signs and symptoms of the condition without consideration for the underlying syndrome, causing frustration for many affected patients. However these cases present with many complications and found to be incurable in contemporary system and treatment is also very costly; a case of PCOS with infertility treated at Central Research Institute (Homoeopathy), NOIDA, with constitutional homoeopathic medicine is presented. The case was followed up over a period of 1.5 years with marked improvement which is evident from regularity of menstrual cycle, from the USG reports, other biochemical tests and successful delivery of a female child.

**Methods:** A single clinical case of PCOS with secondary infertility in a 24 year married female was treated on the lines of individualized homoeopathic treatment. USG and other hormonal assessments were done to record changes in the condition.

**Results :** The 2year old case of PCOS with secondary infertility in which female improved remarkably with single homoeopathic medicine Pulsilla and the symptoms of PCOS did not recur in last 2 year with delivery of a female child 1year back.

**Conclusion:** Homoeopathy can take care of chronic problems in an individual, where hormonal treatment is advised. Non- recurrence of complaints since 2 year suggests permanent cure is achievable through individualized homoeopathic treatment.

**Key words:** Secondary infertility, polycystic ovary syndrome; homoeopathy; hirsutism, hyperandrogenism, polycystic ovaries

The World Health Organization (WHO) estimates that 60 to 80 million couples worldwide currently suffer from infertility<sup>1</sup>

Infertility varies across regions of the world and is estimated to affect 8 to 12 per cent of couples worldwide<sup>2,3</sup>

Infertility tends to be highest in countries with high fertility rates, an occurrence termed “barrenness amid plenty<sup>4</sup>

The WHO estimates the overall prevalence of primary infertility in India to be between 3.9 and 16.8 per cent<sup>1</sup>

The most common cause of medically treatable infertility is polycystic ovarian syndrome (PCO). A prospective observational study was conducted at Muhammad Medical College for three years from 2005 to 2008 to see the frequency and outcome of treatment in PCOs related infertility in infertile couples coming to Mohammad Medical College Hospital, Mirpurkhas, Sindh.

***Total 1289 infertile couples were included in this study.*** The frequency of PCOs in female related infertility was 38.5%. Other causes of female infertility were in the frequency of 44% pelvic inflammatory disease, 12.3% endometriosis, 2.9% hyperprolactenemia, and 1.35% hypothyroidism.

In one-third of all cases of fertility, the male is directly responsible; in one-third both the partners are at responsible, and in the remaining third, failure is attributed entirely to the female. Women, who are able to get pregnant, but then have repeated miscarriages, are also said to be infertile.

The primary reason for infertility in women is anovulation, or lack of **ovulation** (release of eggs from the ovary). The major cause of anovulation is a condition called polycystic ovary disease, or **PCOS**.

Infertility is not a disease, but a derangement- a condition where the couple is unable to conceive. The patient may have tried the help of Assisted Reproductive Treatment, starting from simple medication to expensive and invasive procedures, IVF, ICSI, PGD etc. These can lead to anything from derangement in the normal physiology, to gross irreversible pathology, leading to iatrogenic complications. Those most commonly affected are in the age group between 20 to 45 years.

Following is a case of Primary Infertility with treated successfully with homoeopathy.

A lady 24 yrs working in IT company at Noida, visited to CRI(H), Noida , opd on 4.5.13 with the following complaints