

PCOS Some Cases

~~case~~ Case study

A young girl aged 21 years consulted ~~me~~ for menstrual complaints which were late by atleast 1 week, scanty (3-4 sanitary pads) in one cycle and too short just 1-2 days. She was diagnosed with PCOS by her gynaecologist, ~~she and~~ was also given anti-diabetic medication, statins, hormones to regulate the cycle and hair growth inhibitor.

~~her~~ Her investigations showed high oestrogen and low progesterone levels. Her prolactin levels were very high.

~~she~~ She wanted to start homoeopathy and give up on modern medicine as she noticed that she was getting dependent on it. ~~her~~ Her initial cycles were too heavy, but then it was controlled with the help of hormones, she also has leucorrhoea before menses.

~~h~~ Her other complaints were tendency to catch cold with running nose and sneezing

~~H~~ Her story goes like this, she comes from a upper middle class family where both parents are in legal field. She has one younger sister aged 17 years. ~~w~~ When in higher school, she was attracted towards her class-mate and they started their puppy love, this went into stronger relationship as the year passed by.

~~when~~ When she was 20 years old, her boyfriend decides to move to ~~canada~~ Canada and then all her problem started, she suddenly felt lonely and forsaken and developed lots of anxiety for future as to how will she live her life without him.

~~H~~ Her physical symptoms were as follows: -allergic to dairy, her sleep was very restless waking her manyseveral times esp. ecially after midnight, bowels and urindurine wereas normal, and her extremities were cold to touch.

~~i~~ The ~~took~~ following symptoms were taken:

- mind - anxiety - future, about
- mind - forsaken feeling
- nose - coryza
- nose - sneezing
- rectum - diarrheadiarrhoea - milk - agg.
- female genitalia/sex - menses - frequent; too
- female genitalia/sex - menses - late, too
- female genitalia/sex - menses - scanty
- female genitalia/sex - menses - short; too
- female genitalia/sex - menses - suppressed menses
- extremities - coldness
- sleep - waking - night - midnight - after
- dreams - unsuccessful efforts
- generals - food and drinks - milk - agg.

~~my r~~ Repertorial chart

	ars.	sil.	mag-c.	arist-cl.	sulph.	phos.	sep.	kali-c.	nat-m.	calc.	nat-c.	mag-m.	ruta	lach.	con.	dulc.	lyc.
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	
14	14	14	14	13	13	13	13	13	13	13	13	13	12	12	12	12	
27	27	24	16	31	28	28	27	27	26	23	21	15	25	24	23	23	
1	2	1	1	2	3	2	1	2	3	2	-	1	2	2	2	-	
2	1	2	1	1	2	1	1	2	1	2	1	2	2	-	2	1	
3	3	2	1	3	3	2	2	2	2	2	2	1	2	1	1	2	
3	2	1	1	3	2	2	1	2	2	2	1	1	2	2	2	2	
1	2	2	1	2	-	3	2	-	3	3	3	-	-	1	-	2	
3	2	2	2	2	3	2	3	3	3	2	3	2	1	2	1	1	
1	3	3	1	4	2	3	3	3	1	1	1	1	2	3	3	3	
2	2	2	2	3	3	3	3	3	1	2	1	1	3	3	3	2	
1	1	1	1	3	2	2	1	2	-	-	1	1	3	2	2	1	
2	3	2	1	3	2	2	3	2	2	1	2	1	3	3	3	3	
3	2	2	1	1	2	1	2	2	3	2	1	1	2	1	2	2	
2	2	1	1	1	1	2	3	1	1	1	1	1	2	1	1	2	
1	1	1	1	-	1	-	-	1	1	1	1	1	-	-	1	-	
2	1	2	1	3	2	3	2	2	3	2	3	1	1	3	-	2	

Pmy-prescription

Ssilicea was given in 30,200 potency for few weeks with hardly any results finally i decided to give she was prescribed Aaristolochia clematitidis 30c, in 5 cup method.

1 tsf 3 times a day for 7 days was given followed by Pplacebo. subsequent Subsequent follow ups showed improvement in her regulating her cycles

i continued for 6 months Aaristolochia clematitidis in 30 potency was continued for 6 months, only approximately 3 doses per week.

w Within 8 months she was totally completely cured. h Her hormone levels came back to their base line.

An interesting ai found this lovely article, read it its interesting.

article by edward Edward Ce. W whitmont, M.D., the british British H homoeopathic J journal, P page 97, reprinted from the H homoeopathic recorder, vol. 1,xix, no. 3, september September 1953.

Aristolochia clematitis is one of the oldest medicinal herbs. The name *Aristolochia clematitis* is supposed to have been introduced by Paracelsus and means "excellent for labour", thus referring to its relation to the female genital function. Toxicologically, it causes menorrhagia, abortion, haemorrhagic nephritis, gastro-enteritis, fatty degeneration of the liver and internal massive and capillary haemorrhages; it also affects the central nervous system, producing nausea, dizziness and convulsions.

Systematic provings upon healthy individuals were carried out by Julius Mezger of Stuttgart, Germany. The complete materia medica of the drug is published in his book, *Gesichtete Homeopathische Arzneimittellehre* (sifted materia medica) [J. K. Karl H. Haug v. Verlag, Stuttgart, Germany].

The following presentation is based upon Mezger's symptomatology. Some amplifications are added based upon my own clinical experiences with the drug. Whenever they occur they are specially marked as such by asterisks.

The main directions of action of our drug are:

1. Urinary tract [irritation, inflammation, cystitis, pyelitis, polyuria].
2. The female genital tract [ovary, amenorrhoea, oligomenorrhoea, hypomenorrhoea, delayed menarche, menopausal arthritis, pregnancy, labour, sterility].
3. Male genital tract [prostatitis and epididymitis, g.c.] Symptoms are similar to Pulsatilla.
4. Gastro-intestinal tract [colitis, diarrhoea with tenesmus and feeling of unfinishedness]; similar to mercury.
5. Vulnerary [infected wounds, blisters from mechanical causes - rowing, riding, etc.]
6. Skin [chronic and acute eczemas, dermatitis, infections and ulcerations].
7. Veins [varicose veins, phlebitis].
8. Nose and sinuses

The medicine strikes us as a hybrid of *Sepia*, *Pulsatilla* and *Arnica*, if it is permitted at all to express something new, different and unknown in terms of something already familiar. This should not cause us to use the drug as a combination medicine, so to say, when we fail to differentiate between *Sepia* and *Pulsatilla*; remembering those related medicines may help us to grasp the spirit of the new substance by relating it to something already well known. The physical symptoms bear a striking resemblance to *Pulsatilla*. The mentals and the personality type seem nearer to *Sepia*.

Mentals and personality type- in some provers, there was depression; in other instances, an existing depression became markedly improved and yielded to a rather cheerful mood particularly before the menstruation. Among my own patients observed so far, the striking observation was the prevalence of extremes of moods, namely either a marked depression or a rather forced or unreasonable exhilaration and cheerfulness, even in alternation. Also found were extreme states of extroversion or introversion in the same person. We may be tempted to classify the *Aristolochia clematitis* type as characterized by emotional instability of the manic depressive kind. Tearful depression, *fear of people* [rather than the active spiteful aversion of people], easily offended*, hypersensitive*, lack of self-confidence*, complaints of anticipation* [?]. They are not easily comforted like *Pulsatilla* but rather inconsolable* and cross* when in the depression, yet not actively

aggravated by consolation like **I** **S**sepia*. depression improved with return of suppressed menstruation [after hysterectomy].

- **G**eneral symptoms -

e **E**xtrême chilliness not better by external heat. **I** **n**satiable hunger. **g** **G**reat tiredness and exhaustion or/and alternating with unusual activity and ability to perform - again the manic depressive response pattern. **G** **g**reat exhaustion with dizziness and chilliness not relieved by outer warmth. **E** **e**xtrême hunger in spite of indigestion. **T** **t**endency to cold extremities and bunions. **A** **a**menorrhoea, oligomenorrhoea, suppressed menses, weak and short menses. **P** **p**oor circulation and local congestion- **[venous]**. "venous type". **T** **t**he modalities show a close similarity to the pattern of **P** **p**ulsatilla. **T** **t**he patient is extremely chilly and most local symptoms are better from local heat and worse from cold [particularly the facial neuralgia, toothache and cough]. **H** **h**owever, the headache and coryza are better from cool air and cool applications. **I** **i**n turn, the whole patient desires and is better by cool air, better from motion, better from onset of any discharge; worse before menses and better with onset of menses; the general aggravation is in the morning upon rising and at 2-4a.m. [sleep, cough].

H **h**ead - headaches better open air, cool applications, worse before and after menses, better beginning of coryza, worse bending forward.

E **e**yes - sensation of scratchiness, burning, lachrymation, worse reading, strong light.

E **e**ars - tinnitus with otalgia and headaches. **P** **p**romotes epithelialization after radical operation of middle ear. **A** **a**cute otitis media.

N **n**ose - coryza with stuffy nose and headaches, better in cool, open air. **V** **v**iolent headaches better with onset of coryza. **W** **w**atery coryza with much sneezing, worse 8-9 a.m. **N** **n**asal polyps with secretion, congestion [local application]. **H** **h**ay fever*, anosmia [?].

F **f**ace - facial neuralgias.

M **m**outh - cracked corners of mouth. **H** **h**erpes labialis. **T** **t**oothache, apical swelling, worse from cold food, better from warmth.

T **t**hroat - dry throat, sore throat. **Y** **y**ellow coating of tonsils, hoarseness.

G **g**astro-intestinal - ravenous appetite or loss of appetite. **F** **f**eeling of squeamishness with empty stomach; faintness, dizziness, forcing to lie down. **i** **I**ntense nausea with chilliness. **S** **s**our, bitter vomiting; vomiting after sauerkraut, better after milk. **G** **g**astritis- **with** ineffectual desire for stool. **D** **d**iarrhoea with sudden call, so that toilet is but barely reached. **V** **v**irgus enteritis with tenesmus; evacuation of mucus without stool. **T** **t**enesmus causing rectal prolapse not even better by evacuation. **D** **d**iarrhoea after each meal. **N** **n**eurospastic intestinal states*-, emotional*, anticipatory enteritis* and colitis*. **C** **c**onstipation with much flatulence [improved during proving]. **B** **b**leeding haemorrhoids-, the intestinal symptoms are attended by much freezing and chilliness.

R **r**espiratory - asthma bronchiolae*.

U **u**rinary - frequent desire for urination with pain in bladder and urethra. **P** **p**ainful, frequent urination worse at night. **I** **i**nvoluntary dribbling of urine. **N** **n**octurnal enuresis-**nocturna**, cystitis, pyelitis from exposure to cold [soldiers]. **s** **S**udden pain in kidney area. **a** **A**lbuminuria-, **w** **w**hitish sediment in the urine.

M **m**ale genitals - no proving symptoms, but clinically efficacious in prostatitis, epididymitis worse from cold. **g.c.**

Ffemale genitals - abdominal cramps before menses. **H**heaviest dysmenorrhoea. **a**amenorrhoea, oligomenorrhoea, etc., delayed menarche. **R**estores menstruation which is too weak or suppressed, even in cases of amputation of uterus. general symptoms better as menses reappear. amenorrhoea due to confinement in prison, camps, flight or travel ["lager amenorrhoea"]. **A**amenorrhoea of lactation. **M**menses weaker and shorter. **T**too early menopause. **L**euorrhoea, mucous, brownish before menses. **M**mentals and generals worse before menses. **S**sensation of pain and hardness in left breast. **I**itching, voluptuous, of vulva and rectum. **E**eczema. **s**swelling of feet and ankles before menses.

Extremities - tearing, sticking pains of joints, better at onset of menses or mucous bloody leucorrhoea; worse from sewing or knitting. **M**menopausal arthroses. **U**pper arms painful upon pressure. **L**egs feel heavy like lead. **E**excessive swelling of the extremities before menses, better onset of menses. **C**eold extremities.

Varicose veins - congestion and varicosities of pregnancy. **F**feeling of tension in varicose veins.

Sskin - pimples and vesicles at various places. **A**acne* worse before menses; furunculosis*. **E**xtensive dry eczema on neck, arms, etc., itching, burning. **C**erusty eczema of scalp, labia, vulva, around navel* with intense itching. **E**rysipeloid eruption on trunk. **D**dry cracked skin*. **W**weeping eczemas. **P**poorly healing skin. **P**poorly healing wounds; infected wounds. **B**listers from rubbing shoes, rowing, garden work, horseback riding, etc. **I**infected blisters from marching [soldiers]. **A**also external injuries from rubbing, pressure and contusions. **C**ehronic ulcers and suppuration of hands and feet. **P**phlegmon, inflected ulcers, dermatitis [10 percent, ointment or 1-2 tablespoons of tincture to 500 c.c. water. for the more acute infections or inflammation rather the watery application].

Pprevents infection of fresh wounds and promotes granulation. **P**painful contusions, burns, frozen extremities. ~~for external applications~~ **i**it seems to be superior to calendula for external applications. **A**all sorts of suppurations, septicaemia [??].

Temperature regulation - chilliness over the whole body. **N**ight sweats. **C**ehilliness during menses. **F**fever with tonsillitis. **C**eold extremities. **E**excessive flashes of heat with perspiration* [menopause].

~~in~~ **In** routine office work, first consideration is to be given to *Aristolochia clematitis* before any other remedy [unless definitely indicated] in any case of suppressed or deficient menstruation [such as usually associated with *Pulsatilla*], as well as in the average case of cystitis. **A**as a vulnerary, it seems to be superior to *Calendula officinalis*!