



ISSN: 2230-9926

Available online at <http://www.journalijdr.com>

IJDR

International Journal of Development Research

Vol. 16, Issue, 07, pp.70715-70716, July, 2026

<https://doi.org/10.37118/ijdr.30748.07.2026>



RESEARCH ARTICLE

OPEN ACCESS

POLYCYSTIC OVARIAN DISEASE (PCOD) AND ITS HOMEOPATHIC MANAGEMENT

Dr. Anita Agale, Sushil Galgate and Nikita gangarde

India

ARTICLE INFO

Article History:

Received 20th April, 2026

Received in revised form

22th May, 2026

Accepted 04th June, 2026

Published online 30th July, 2026

Key Words:

Introduction, causes of pcod, sign and symptoms, diagnosis, complications, general management, Homoeopathic approach to pcod.

*Corresponding author: Ahmed F. Alanazi

ABSTRACT

Polycystic ovarian disease (PCOD) is a common hormonal disorder affecting women of reproductive age. It is characterized by hormonal imbalance, irregular menstrual cycle and the presence of multiple small cyst in the ovaries. PCOD can impact physical health, emotional well being, fertility and overall quality of life.

Copyright©2026, Ahmed F. Alanazi. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Citation: Ahmed F. Alanazi. 2026. "Polycystic Ovarian Disease (PCOD) and Its Homeopathic Management". *International Journal of Development Research*, 16, (07), 70715-70716.

INTRODUCTION

Polycystic Ovarian Disease (PCOD) is a common hormonal disorder affecting women of reproductive age. It is characterized by hormonal imbalance, irregular menstrual cycles, and the presence of multiple small cysts in the ovaries. PCOD can impact physical health, emotional well-being, fertility, and overall quality of life.

Causes of PCOD

The exact cause of PCOD is not fully understood, but several contributing factors include:

- Hormonal imbalance (increased androgens)
- Insulin resistance
- Genetic predisposition
- Lifestyle factors such as poor diet, obesity, and stress

Signs and Symptoms

Common symptoms of PCOD include:

- Irregular or absent menstrual periods
- Excessive hair growth (hirsutism)

- Acne and oily skin
- Weight gain, especially around the abdomen
- Thinning hair on the scalp
- Difficulty in conceiving
- Mood swings and anxiety

Diagnosis: PCOD is diagnosed based on medical history, clinical symptoms, physical examination, ultrasound findings showing multiple ovarian cysts, and blood tests evaluating hormone levels.

Complications

If left untreated, PCOD may lead to:

- Infertility
- Type 2 diabetes
- High blood pressure
- Endometrial hyperplasia
- Cardiovascular risks
- Emotional distress and depression

General Management: Conventional management includes lifestyle modification, weight management, hormonal therapy,

and insulin-sensitizing medications. However, many patients seek complementary systems like homeopathy for holistic and individualized treatment.

Homeopathic Approach to PCOD: Homeopathy treats PCOD by addressing the root cause and restoring hormonal balance naturally. It focuses on the individual as a whole rather than just the disease. Treatment is selected based on physical, emotional, and constitutional symptoms.

Commonly Indicated Homeopathic Remedies

- Pulsatilla – Useful for delayed or irregular menses, mild and emotional temperament.
- Sepia – Indicated in women with hormonal imbalance, irritability, and bearing-down sensation.
- Lachesis – Helpful when symptoms worsen before menstruation with left-sided complaints.
- Calcarea Carbonica – Suitable for overweight women with profuse sweating and irregular cycles.
- Natrum Muriaticum – For menstrual irregularities associated with emotional suppression.
- Apis Mellifica – Used when ovarian cysts are associated with stinging pain and swelling.

(Note: Remedy selection must be individualized and prescribed by a qualified homeopathic practitioner.)

Lifestyle Advice with Homeopathy

- Maintain a balanced diet rich in fiber and low in refined sugars
- Regular physical exercise
- Stress management through yoga and meditation
- Adequate sleep
- Regular follow-up with a healthcare provider

Advantages of Homeopathic Management

- Individualized treatment
- Minimal side effects
- Holistic healing approach
- Improves overall well-being
- Can be safely combined with lifestyle modifications

CONCLUSION

PCOD is a manageable condition with proper care and lifestyle changes. Homeopathy offers a holistic and individualized approach that aims to restore hormonal balance and improve overall health. Early diagnosis, consistent treatment, and healthy living are key to successful management of PCOD.

REFERECNES

- Teede HJ, Misso ML, Costello MF, Dokras A, Laven J, Moran L, et al. Recommendations from the 2023 International Evidence-based Guideline for the Assessment and Management of Polycystic Ovary Syndrome. *Hum Reprod.* 2023;38(9):1607-1638.
- Azziz R, Carmina E, Chen Z, Dunaif A, Laven JSE, Legro RS, et al. Polycystic ovary syndrome. *Nat Rev Dis Primers.* 2016;2:16057.
- Williams Textbook of Endocrinology. 14th ed. Philadelphia: Elsevier; 2020.
- Berek JS. Berek & Novak's Gynecology. 16th ed. Philadelphia: Wolters Kluwer; 2020.
- Kumar P, Clark M. Kumar and Clark's Clinical Medicine. 10th ed. Elsevier; 2020.
- Hahnemann S. Organon of Medicine. 6th ed. New Delhi: B. Jain Publishers.
- Hahnemann S. The Chronic Diseases: Their Peculiar Nature and Their Homoeopathic Cure. New Delhi: B. Jain Publishers.
- Boericke W. Pocket Manual of Homoeopathic Materia Medica. New Delhi: B. Jain Publishers.
- Kent JT. Lectures on Homoeopathic Materia Medica. New Delhi: B. Jain Publishers.
- Allen HC. Keynotes and Characteristics with Comparisons of Some of the Leading Remedies of the Materia Medica. New Delhi: B. Jain Publishers.
- Murphy R. Lotus Materia Medica. 3rd ed. New Delhi: B. Jain Publishers.
