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RESEARCH ARTICLE

REVERSING PCOD: A CASE REPORT ON HOMEOPATHIC CONSTITUTIONAL CURE AT DR BATRA'S HOMEOPATHIC CONSTITUTIONAL CURE AT DR BATRA'S

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ABSTRACT

Objectives: To evaluate the efficacy of constitutional homeopathic remedy in managing a case of Polycystic Ovarian Disease (PCOD). **Materials and Methods:** A 23-year-old unmarried female presented with irregular menses, weight gain, hirsutism, and acne. Case history was documented, and repertorization was performed using RADAR with the Synthesis Repertory. The patient was prescribed *Calcarea Carbonica 200C* as the constitutional remedy, *Apis Mellifica 6C* as acute, and *Calcarea Fluorica 6X* as intercurrent support. Follow-up was conducted monthly for a year at Dr Batra's. **Results:** Within three months, menstrual cycles became more regular. Acne reduced significantly, and emotional well-being improved. By the ninth month, the patient's BMI stabilized, and the USG showed reduction in ovarian cyst size. No adverse effects were noted. **Conclusions:** This case demonstrates the successful use of a holistic homeopathic protocol in the management of PCOD.

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INTRODUCTION

Polycystic Ovary Disease (PCOD) is a common endocrine disorder in women of reproductive age, marked by menstrual irregularity, cystic ovaries, weight gain, and hirsutism^[2]. Emotional distress often coexists, impacting quality of life^[5].

MATERIALS AND METHODS

Study Design: Single-case observational study.

Ethical Statement: The patient provided informed consent for treatment and publication. No invasive procedures were performed. Confidentiality has been maintained throughout the case presentation.

Patient Selection: A 23-year-old unmarried female with 2 years of irregular menses, acne, hirsutism, and weight gain.

Technical Details:

- USG: Polycystic ovaries
- BMI: 27
- Software: RADAR (Synthesis Repertory)
- Repertorization rubrics:
 - Mind – Anxiety – health about
 - Menses – irregular
 - Face – eruptions – acne
 - Hair – falling
 - Generalities – obesity
 - Generals – food – desire – spicy
 - Menses – scanty

| Remedy Name | Calc | Lach | Caust | Kali-c | Sul | Hahn | Hux-v | Graph | Arn |
|--|------|------|-------|--------|-----|------|-------|-------|-----|
| Totally | 14 | 14 | 13 | 13 | 13 | 12 | 12 | 12 | 11 |
| Symptom Covered | 7 | 7 | 8 | 7 | 7 | 7 | 7 | 6 | 6 |
| [C] [Mind]Anxiety:Health, about: | 2 | 1 | 1 | 1 | 1 | 1 | 1 | | 1 |
| [C] [Female Genitalia]Menses:Intermittent: | 1 | 2 | 2 | 1 | 1 | | 2 | | |
| [C] [Female Genitalia]Menses:Irregular: | 3 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | |
| [C] [Face]Eruptions:Acne: | 2 | 2 | 3 | 1 | 3 | 1 | 3 | 1 | 2 |
| [C] [Head]Hair:Affections of Falling out, alopecia: | 2 | 3 | 1 | 3 | 3 | 3 | | 3 | 2 |
| [C] [Generalities]Obesity: | 3 | 1 | 1 | 2 | 1 | 2 | 1 | 3 | 2 |
| [C] [Generalities]Food and drinks:Spices, condiments, piquant, highly season | | | 1 | | | 1 | 2 | | 2 |
| [C] [Female Genitalia]Menses:Scanty: | 1 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 |

Figure 1. A Repertory chart

Remedies Used:

- **Constitutional:** Calcarea Carbonica 200C
- **Acute:** Apis Mellifica 6C
- **Intercurrent:** Calcarea Fluorica 6X

Miasmatic Diagnosis: Predominantly sycotic with elements of psora.

RESULTS

Table 1. Month-wise Progress Chart

| Month | Progress | Prescription |
|-----------|---|---------------------------------|
| 1st | Menses appeared after 70 days, scanty | Calc. Carb 200 + Apis Mel 6C |
| 2nd | Slight improvement in acne, mood better | Calc. Carb 200 |
| 3rd | Menses after 45 days, less anxiety | Calc. Carb 200 + Calc. Fluor 6X |
| 4th | Hair fall reduced | Calc. Carb 200 |
| 5th | BMI dropped slightly | Calc. Carb 200 |
| 6th | Menses came in 35 days, acne subsiding | Calc. Carb 200 + Calc. Fluor 6X |
| 7th | No acne, mood stable | Calc. Carb 200 |
| 8th | Menses regular | Calc. Carb 200 |
| 9th | USG showed no cyst (Figure2) | Calc. Carb 200 |
| 10th-12th | Regular cycles maintained | Placebo / Calc. Fluor 6X |

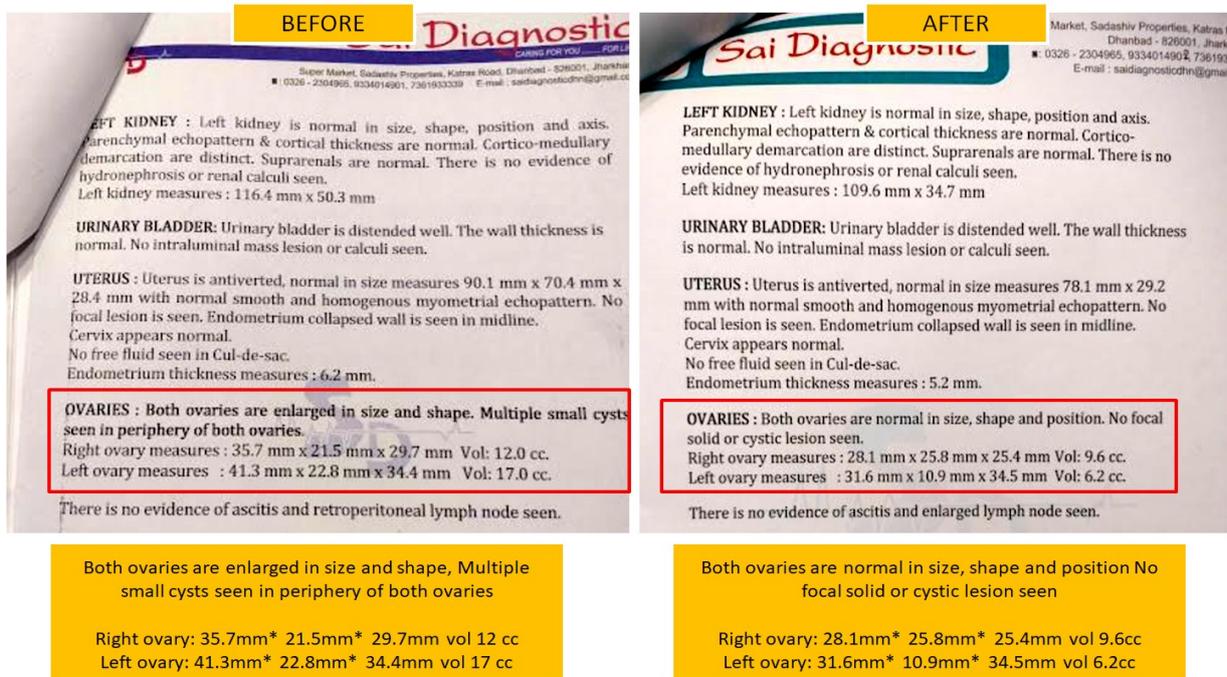


Figure 2. USG comparison at month 1 and month 9

DISCUSSION AND CONCLUSION

This case reflects the homeopathic principle of individualized treatment using constitutional remedies. Similar positive outcomes in PCOD have been documented in prior studies, including a well-documented case series by Tiwari & Patil (2019) [4], and a case report by Mahesh et al. (2018) [3], where constitutional homeopathy successfully regulated hormonal function and menstrual regularity. These findings add to the body of evidence supporting homeopathy as a valid complementary approach to managing hormonal disorders, especially in [3].

What this study adds: It reinforces the holistic approach of homeopathy in managing endocrine disorders like PCOD without hormonal therapy, improving both physical symptoms and emotional well-being.

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