

# Comparative Study of Pulsatilla Nigricans and Sepia Officinalis in Cases of Polycystic Ovarian Syndrome and its Influence on Quality of Life

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**Abstract:** Polycystic Ovary Syndrome (PCOS) is one of the most common endocrine disorders amongst women, estimated to affect one out of 10 women. Symptoms include infertility, obesity, alopecia, acne, hirsutism and menstrual irregularities. PCOS has a negative impact on quality of life; encompassing psychological, social, environmental, and physical domains of quality of life. Women with PCOS who experienced the symptoms of infertility, hirsutism, weight, alopecia, skin discoloration and mood swings had significantly lower scores of overall quality of life than those women who did not experience the symptoms. **Objective:** 1) To study comparatively Pulsatilla Nigricans and Sepia Officinalis in cases of Polycystic ovarian Syndrome. 2) To review the literature of Polycystic Ovarian Syndrome 3) To carry out study over 50 cases with proper case taking and individualisation. 4) To keep a regular follow up of each case.

**Keywords:** PCOS, Menstrual abnormalities, Homoeopathy, Sepia, Pulsatilla

## 1. Introduction

Polycystic ovarian syndrome is a heterogeneous, multisystem endocrinopathy in women of reproductive age with the ovarian expression of various metabolic disturbances and a wide spectrum of clinical features such as obesity, menstrual abnormalities and hyperandrogenism. The condition was named because of the finding of enlarged ovaries containing multiple small cysts (polycystic ovaries). It is called a 'Syndrome' because it refers to a number of symptoms experienced at the same time. A Polycystic ovarian syndrome was originally described in 1935 by Stein and Leventhal and named as Stein - Leventhal syndrome which is manifested by Amenorrhea, Hirsutism, and Obesity associated with enlarged polycystic ovaries.

Etiology: PCOD has been attributed to several causes including –

- Change in lifestyle
- Diet
- Obesity
- Stress
- Genetic and familiar environment factors

### Clinical features

The patient complains of increasing obesity (abdominal—50%), menstrual abnormalities (70%) in the form of oligomenorrhea, amenorrhea or Dysfunctional Uterine bleeding (DUB) and Infertility. Presence of Hirsutism and Acne are the important features (70%). Virilism is rare.

Early Adrenarche in the form of early pubertal hair and early Menarche is observed in a few girls. Menstruation for a couple of years may be normal, but clinical feature of PCOD develop early with Oligomenorrhea (87%) or with a short period of Amenorrhoea (26%) followed by prolonged or heavy periods (a common complaint in the majority of cases). Dysmenorrhoea is absent. In the Reproductive years, infertility account for about 20% cases. This is due to Anovulatory cycles.

During pregnancy if the women conceives, Glucose intolerance, Diabetes and Hypertension may develop. Abortion occurs in 20 to 30% cases.

Hyperandrogenism appear in the form of acne (30%) and hirsutism. Facial hair appears over the Upper lip, chin, breasts and thighs. Baldness is sometimes noted.

## 2. Materials and Methodology

**Study setup:** It was comparative study with sample size of 50 cases.

**Subject:** The subjects for the study were selected from patients attending OPD, IPD and peripheral dispensaries of Sri Guru Nanak Dev Homoeopathic Medical College and Hospital, Ludhiana

### Inclusion Criteria

Patient who have similar symptoms of Medicines - Pulsatilla Nigricans and Sepia Officinalis

- Patient having symptoms related to female reproductive system.
- Patients agreeing to the informed consent
- Patient complying for regular follow up

### Exclusive Criteria

Those suffer with some other serious illness, mental or systemic.

- Pregnant women and lactating mothers.

## 3. Discussion

Among the patients selected for the study, maximum no. of patients involved in this study were found to be in age groups of 30 - 35 yrs.

In this study, most prescribed medicine was sepia 54%, pulsatilla 46%. Out of 50 cases in this study 25 cases has

showed remarkable improvement, 13 has showed slight improvement, whereas 12 cases has not shown improvement.

#### 4. Conclusion

z - test was conducted to do comparative study of pulsatilla nigricans and sepia officinalis in cases of polycystic ovarian syndrome and its influence on quality of life. As the calculated Z is less than 1.96 times SD at 5% level of significance, the observed difference in the means of cure of both medicines is insignificant. Thus, the conclusion is, pulsatilla and sepia show same efficacy results over PCOS when the symptoms are similar.

**Null hypothesis-** The difference in the means of improvement in sepia and pulsatilla is insignificant. There is no difference in the efficacy of both medicines in cases of PCOS.

**Alternate hypothesis-** The difference in the means of improvement in both medicines is significant. As the calculated Z is less than 1.96 times SD at 5% level of significance, the observed difference in the means of cure of both medicines is insignificant. Thus, Null hypothesis is accepted and alternate hypothesis is rejected.

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