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The Role of Masculine Energy Dominance in the Development of Polycystic Ovarian Disease (PCOD)

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ABSTRACT:

Polycystic Ovarian Disease (PCOD), a complex endocrine disorder affecting women of reproductive age, is typically understood through the lens of genetic, metabolic, and hormonal factors. However, emerging psycho-energetic models suggest that psychological stress and imbalances in archetypal energy expression—particularly the dominance of masculine energy in women—may play a significant role in the etiology and exacerbation of PCOD. This paper explores the theoretical basis for the psychosomatic impact of excessive masculine energy, characterized by emotional suppression, chronic self-reliance, and over-identification with action-oriented roles. Through case illustrations, the study highlights how psychological survival strategies rooted in masculine dominance may contribute to hormonal dysregulation and PCOD development. The paper advocates for a holistic, integrative approach to healing that addresses the psychological, energetic, and endocrine dimensions of the disorder.

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