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A Holistic Constitutional Approach to Polycystic Ovarian Syndrome: A Case Report

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ABSTRACT:

Polycystic ovary syndrome (PCOS) is a common hormonal disorder that affects women of reproductive age. It usually starts during adolescence, but symptoms may fluctuate over time. This chronic and heterogeneous disorder manifests itself as menstrual dysfunction, hirsutism, acne, obesity. The prevalence of PCOS in India varies from 3.7% to 22.5%. Case summary: A case of a 13-year-old girl suffering from PCOS showed improvement with homoeopathic treatment. The improvement was evident from the ultrasonography report of the patient. This case report suggests that individualized homoeopathic medicines are effective in the treatment of PCOS.

Keywords: PCOS, Homoeopathy, Calcarea Carb, Constitutional Approach

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