

Importance of Apis Mellifica in Management of Polycystic Ovarian Syndrome

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ABSTRACT

Introduction: Polycystic ovary syndrome (PCOS) is the most common hormonal disorder among women of reproductive age. Infertility is one of the most common PCOS symptoms. Polycystic ovary syndrome is a problem in which a woman's hormones are out of balance. It can cause problems with your periods and make it difficult to get pregnant. PCOS also may cause unwanted changes in the way you look. If it isn't treated, over time it can lead to serious health problems, such as diabetes and heart disease.

Prevalence: The prevalence of PCOS depends on the choice of diagnostic criteria. The World Health Organization estimates that it affects 116 million women worldwide as of 2010 (3.4% of women). One community-based prevalence study using the Rotterdam criteria found that about 18% of women had PCOS, and that 70% of them were previously undiagnosed.

Discussion: Effectiveness of Apis Mellifica in Polycystic Ovarian Disorder is more as it has minimum aggravation, high dynamic power, it can be repeated at short interval, its action is very quick in disease condition. A careful analysis of the effectiveness and efficiency of Apis Mellifica in the treatment of Polycystic Ovarian Disorder. Demands an in depth study on the circumstances and conditions which led Dr. Hahnemann to promote and propagate this scale of potency as the 'most perfected one' for treatment of disease.

KEYWORDS: PCOD, Polycystic Ovarian Disorder, Homoeopathy, Apis Mellifica, World Health Organization, Diabetes and Heart Disease

Polycystic ovary syndrome (PCOS)

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Most women with PCOS grow many small cysts on their ovaries. That is why it is called polycystic ovary syndrome. The cysts are not harmful but lead to hormone imbalances. Early diagnosis and treatment can help control the symptoms and prevent long-term problems. Hormones are chemical messengers that

trigger many different processes, including growth and energy production. Often, the job of one hormone is to signal the release of another hormone.

Overview: -

Polycystic ovary syndrome causes irregular menstrual cycles, excessive body or facial hair and polycystic ovaries as its main symptoms. Polycystic means "many cysts," and PCOS often causes clusters of small, pearl-sized cysts in the ovaries. The cysts are fluid-filled and contain immature eggs. Women with PCOS produce slightly higher amounts of male hormones known as androgens, which contribute to some of the symptoms of the condition.

The cause of PCOS is not known. Some women with PCOS are less sensitive to insulin than other women,

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a condition known as insulin resistance. Insulin resistance can cause the ovaries to produce too many male hormones. The resulting hormonal imbalance can cause the symptoms of PCOS. The condition appears to run in families, and sisters of those with it are twice as likely to have it. Currently, PCOS has no cure, but a variety of PCOS treatments can help alleviate the symptoms of this disease, including infertility.

PCOS Symptoms: -

PCOS is a syndrome disease defined by a collection of signs and symptoms. The symptoms of PCOS that one patient experiences can be very different from the symptoms of another patient.

- Irregular or missing menstrual periods.
- Infertility
- Excess or unwanted body or facial hair growth.
- Thinning hair on the scalp
- Weight problems, often including weight gain around the waist
- Skin problems, including skin tags, darkening skin and acne

Complications of PCOS: -

The common PCOS symptoms are difficult enough for most women, but some will experience further complications, including:

- Diabetes, elevated insulin levels or insulin resistance
- Heart and blood vessel problems
- Uterine cancer
- Sleep apnea

Each of these problems can be life threatening, which is why treatment for PCOS is so important.

PCOS Treatments: -

Polycystic ovary syndrome treatment starts with a proper diagnosis. Treatments are then chosen based on a woman's symptoms, age and future pregnancy plans. Treatment for PCOS may include:

- Birth control pills to regulate menstruation
- Insulin-sensitizing medications
- Ovulation induction to treat infertility
- Androgen-blocking medications
- Topical anti-hair-growth medications
- Other excess hair treatments
- Treatments for hair loss
- Acne treatments
- Removal of other skin problems
- Lifestyle and Prevention

One of the best treatments for PCOS is a healthy lifestyle. A healthy diet low in refined carbohydrates is important, as this can help regulate blood sugar levels. Exercise can also help the body regulate insulin and keep excess weight off. Losing weight is

challenging with PCOS, but doing so can help reduce the male hormone levels in the body, and some women will begin to ovulate naturally. With a proper diagnosis, lifestyle changes and PCOS treatment, women can get relief from this condition and the overwhelming health problems it can cause.

HOMEOPATHIC TREATMENT-

There are not any specific homeopathic remedies that are designed for the treatment of PCOS. However, there are homeopathic treatments that may help a woman with PCOS. The most common form of homeopathic treatments that address the general wellbeing of the person. One of the Homeopathic treatments for PCOS is **Apis Mellifica**. **Apis Mellifica** is prescribed for a variety of symptoms such as oedema, suppressed menses, and leucorrhoea etc.

APIS MELLIFICA:

The homeopathic remedy Apis mellifica is prepared from the Western or European honey bee. It was introduced into homeopathy in 1847 by a New York physician Dr. Marcy following the cure of a severely patient who was prescribed dried and powdered honeybees by a native Indian medicine woman. As a result of this remarkable cure, the powdered bee was then potentised and tested in proving. It is now one of homeopathy's most commonly used remedies.

MIND AND DISPOSITION:

- Restlessness, continually changing his occupation, Delirium, (after suppressed scarlet eruption), Awkwardness, he breaks everything, Jealousy, (in women).
- Giddiness when sitting, standing, lying, when closing the eyes, with nausea and headache. Congestion to the head, with suppressed menstruation. Pressing pain in the forehead and temples; worse when rising, and in a warm bed, relieved by pressing the forehead together.
- The brain feels tired. Hydrocephalus in children, and apoplexy in old persons. Hydrocephalus, with copious perspiration of the head, torpor, delirium interrupted by sudden shrill cries, boring of the head deep into the pillows, squinting, grinding of the teeth, urine scanty, (milky), twitching on one side of the body, while the other is paralyzed.

GENERALITIES:

Great debility, as if he had worked hard; he is obliged to lie down. Burning, stinging pains. Great sensitiveness to touch and pressure (abdomen). Tension (over the eyes in the left side of the head)

behind ears, in the neck. Sensation of soreness under the ribs.

CONDITIONS:

Aggravation. In the morning (restlessness, mucus in the mouth, diarrhoea). In the evening (giddiness, headache, pain in the eyes, toothache, hoarseness, cough, chills and fever). At night (eyes and chest). From heat, especially in the warm room. Amelioration. Cold water relieves the pain, swelling and burning. Pressing together relieves the headache.

SENSATIONS:

Burning, stinging like bee-stings, and soreness, seem to be the predominating painful sensations while itching, tension and throbbing may be or may not be painful. Numbness of external part.

MANAGEMENT OF POLYCYSTIC SYNDROME BY HOMOEOPATHY

PCOD is a condition where multiple, small cysts develop in the ovaries causing faulty ovulation, irregular menses, weight-gain, acne and hirsutism (abnormal hair growth). A person with PCOD is usually started on fertility drugs which may or may not help in conception.

PCOD can be wonderfully dealt with using homeopathic medicines. The severity and periodicity of cyst formation can be reversed significantly assisting ovulation. The medicines also help in

stopping the excessive hair growth and help in better weight management, evident from the numerous cases treated here. If you suffer from PCOD please do consider homeopathy either as your primary line of treatment or in conjunction with the medicines you are already taking.

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