

## Efficacy of Thuja Occidentalis as Intercurrent Remedy in the Management of Pcos: An Observational Study

### Abstract

Polycystic ovarian syndrome is an endocrine disorder characterized by a series of hormone imbalances. The three criteria are oligo/ anovulation, hyperandrogenism, polycystic ovaries. PCOS is a syndrome manifested by amenorrhea, hirsutism and obesity associated with enlarged polycystic ovaries. This complex disorder is characterized by excessive androgen production which interferes with growth of ovarian follicles. The cysts occur when regular change of a normal menstrual cycle is disrupted. Polycystic ovarian syndrome can be described as an oligogenic disorder in which the interaction of a number of genetic and environmental factors determine the heterogeneous and clinical. Homeopathy, only the totality of the symptoms of the individual state of each particular patient is used to cure the disease. Even in the case of well selected remedy was standstill Intercurrent remedy is given to stimulate the action of the medicine. Intercurrent prescriptions are the remedies given during the course of homoeopathic treatment for some chronic diseases for the purpose of removing any acute diseases & accelerating the mode of cure or removing any hindrances called miasmatic blocks. Most often, intercurrent remedies will be nosode and have miasmatic influences. If this can be perceived clearly in a case, then they can be used with great benefit. But not all intercurrent remedies are nosode. In fact, any remedy could be an intercurrent remedy when applied for the case. Thuja is effective in treating the symptoms of polycystic ovarian syndrome alone or along with constitutional remedy.

**Keywords:** Homoeopathy, Intercurrent medicine, Menstrual Irregularity, Polycystic Ovaries, Menstrual Irregularity, Polycystic Ovarian Syndrome.

### Introduction

Polycystic Ovarian Syndrome otherwise called PCOS OR PCOD [Polycystic Ovarian Disorder] is a typical

### Research Article

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hormonal issue and a main source of female infertility around the world. PCOS is additionally called as

Stein-Leventhal syndrome. [1] The three criteria for PCOS are oligo ovulation and anovulation, hyperandrogenism and polycystic ovaries [PCO]. [2,3] Polycystic Ovarian Syndrome (PCOS) is a condition wherein females ordinarily have many numbers of little cysts around the edge of their ovaries. Polycystic ovaries mean the ovaries containing countless blisters that are not greater than 8mm and grow a larger number of follicles consistently than ordinary ovaries. The growths are the egg containing follicles that don't grow appropriately as a result of hormone imbalance. A few females proceed to create PCOS [Polycystic Ovarian Syndrome] which implies they have different indications including polycystic ovaries. PCOS might be heredity also. Many women with polycystic ovarian syndrome have insulin resistance. Insulin levels build up in the body and may cause higher androgen levels. [3] Polycystic Ovary Syndrome (PCOS) is a common endocrine disorder affecting women of reproductive age, characterized by a range of symptoms including irregular menstrual cycles, hyperandrogenism, and polycystic ovaries. This condition often leads to significant health issues such as infertility, metabolic disturbances, and an increased risk of cardiovascular disease. While conventional medical treatments focus on managing symptoms through hormonal therapies and lifestyle modifications, there is growing interest in alternative and complementary approaches, including homeopathy.

One such homeopathic remedy, *Thuja Occidentalis*, has been traditionally used for various ailments and is reputed for its potential benefits in managing symptoms associated with hormonal imbalances. The use of *Thuja* as an intercurrent remedy—administered between main treatments to address underlying issues—has sparked interest in its efficacy for conditions like PCOS, where conventional treatments may not fully address all aspects of the syndrome. This observational study aims to explore the efficacy of *Thuja Occidentalis* as an intercurrent remedy in the management of PCOS. By examining the effects of *Thuja* on various symptoms and biochemical markers associated with PCOS, this study seeks to provide insights into the potential role of this homeopathic remedy in complementing conventional treatment strategies. The findings could contribute to a broader

understanding of how homeopathy might be integrated into holistic approaches to managing complex endocrine disorders like PCOS. Obesity can also increase insulin levels and make the symptoms worse. The clinical features are Oligomenorrhoea, amenorrhoea, episodic menometrorrhagia with anaemia., central Obesity (BMI >30kg/cm), Infertility, hirsutism, acne, seborrhoea, acanthosis Nigricans Hair- An-syndrome characterised by the hyper androgenic, insulin resistance and acanthosis Nigricans, increased first trimester miscarriage, androgenic alopecia, increased terminal hair growth in midline structures including face, neck, and abdomen. Deepening of the voice, temporal balding or musicalisation of body habitus, decreased breast size, recurrent spontaneous abortion. [4] Moderate stomach inconvenience during periods, skin inflammation, and over the top skin development on neck or in armpit additionally called as acanthosis Nigricans. Bone pain [arthralgia] and male pattern baldness [alopecia], stoppage, flatulence, and heartburn. Polycystic ovarian disorder (PCOS) Divided essentially into two types. [5] i.e. Insulin Resistant (IR) PCOS and Noninsulin Resistant PCOS.

In the introduction of "The Theory of Chronic diseases" first edition, 1828 Dr. Hahnemann presented the method of using acute & chronic incurrent remedies. It is used when a well indicated remedy fails to give desired result. It is usually prescribed where the indicated remedy works well for a while and then begins to taper off. [6] It can be in the form of a nosode, a complementary, or constitutional / Polychrest remedy. Acute Intercurrent are those remedies given during an acute crisis in the management of a chronic case. This acute crisis may be due to any cause (like getting wet, severe trauma, injuries, acute miasms, some epidemics, any exciting factor, etc.), but it is different from the clinical picture of the chronic natural disease. [7] Chronic intercurrent are those medicines which are usually given as anti-miasmatic remedies in the midst of the chronic treatment for miasmatic blocks, suppressions and obstacles to the cure. The common Intercurrent remedies are mentioned under the relationship of remedies in *Materia Medica* or in certain repertories. [8]

## Materials and Methods

### Sample Collection

In this observational study, a total of 10 cases were selected, with participants ranging in age from 15 to 45 years. The selection criteria were based on the presence of strong clinical symptoms indicative of Polycystic Ovary Syndrome (PCOS), as confirmed by physical examination and, when necessary, diagnostic investigations. Participants were randomly included in the study to ensure a diverse representation of PCOS manifestations.

### Data Collection

The data collection process involved detailed interviews with the patients and comprehensive clinical examinations. All relevant information was meticulously recorded in standardized case records, following the guidelines established by SKHMC. This standardization ensured consistency in data documentation and allowed for a thorough analysis of each case.

### Treatment Procedures

To determine the appropriate homeopathic treatment, a totality of symptoms was established for each patient. This process involved a holistic assessment of each individual's symptoms, personality traits, and overall constitution, in accordance with the principles of homeopathy. The selection of the remedy, Thuja Occidentalis, was made by consulting the Homeopathic Materia Medica and various repertories, ensuring that the chosen treatment aligned with the patient's unique symptom profile.

Following the administration of the remedy, patients were closely monitored over a specified period. The outcomes were systematically recorded and analyzed, with particular attention given to changes in symptoms and overall health status. The inferences drawn from these follow-up assessments provided insights into the efficacy of Thuja Occidentalis in managing the symptoms of PCOS, contributing valuable information to the understanding of homeopathic treatment in this context. The distribution of symptoms is shown in fig:1.

## Results and Discussion

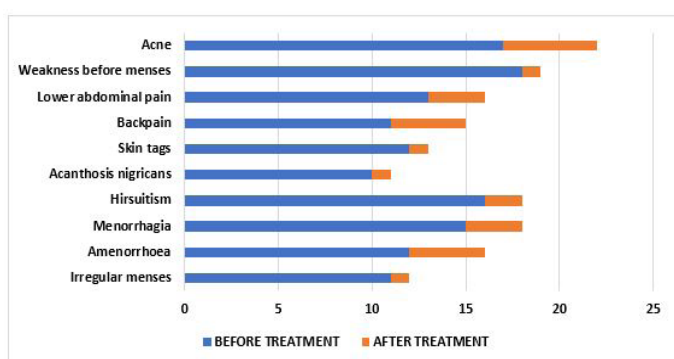
In aphorism 5, deals with exciting cause and fundamental cause which is due to chronic miasm. Hahnemann says to take into consideration the total person during the course of investigating their health. Aphorism 260 deals with obstacles to cure. In order to remove such obstacles intercurrent remedies must be prescribed. Chronic intercurrent are those medicines which are usually given as anti-miasmatic remedies in the midst of the chronic treatment for miasmatic blocks, suppressions and obstacles to the cure. The communal Intercurrent therapies are stated under the affiliation of medications in Materia Medica or in convinced staging. [9,10] The intercurrent medicine, Thuja Occidentalis medicine is usually prescribed to women if they have multiple cysts within the left ovary. These cysts may not cause much inflammation, but will be quite painful. It is also prescribed in cases where a woman may get male pattern hair growth on the body. Thuja is very effective in dissolving cysts and thus can quickly correct hormonal imbalances. Thuja Occidentalis is excellent for ovarian cyst, especially left side. There is sometimes inflammation of left ovary with severe pain, at every menstrual period. The menses is scanty or retarded, too early or too short. [10]

Sl.no	Symptoms	Before treatment	After treatment
1	Irregular menses	11	1
2	Amenorrhea	12	4
3	Menorrhagia	15	3
4	Hirsutism	16	2
5	Acanthosis Nigricans	10	1
5	Acanthosis Nigricans	10	1
6	Skin tags	12	1
7	Back pain	11	4
8	Lower abdominal pain	13	3
9	Weakness before menses	18	1
10	Acne	17	5

**Table 1:** Distribution of Symptoms

General Indications for the use of intercurrent are poor/ slow/ inadequate/ short lasting/ superficial re-

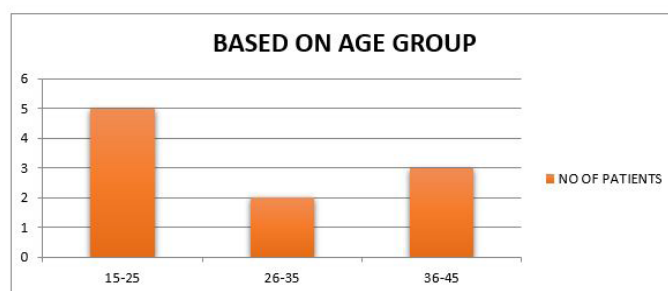
sponse to the indicated constitutional remedy, inadequate similarity, inadequate potency, inadequate repetition, genetics load, dominant miasm is active and the system depressed, morbid Constitution and Diathesis, energy reservoir- poor, indolent system, sycotic dominance, suppression [11] Dr Hahnemann explained in foot note of aphorism 94, "in chronic diseases especially the females necessary to pay attention to pregnancy, sterility, sexual desire, accouchements, miscarriage, suckling, and the state of the menstrual discharge [12] Dr. Samuel Hahnemann explains in foot note of aphorism 81 about the life style disorders i.e. some of these causes that exercise a modifying influence on the transformation of psora into chronic diseases.[13] Manifestly depends on the climate alterations, physical variations, character of the abode places, both have been neglected. So, by the diet and regimen, passions, manners, habits and customs of various kinds are should be considered. [14]



**Fig 1:** Distribution of symptoms

PCOS Present with different level of Symptoms like sporadic, rare periods inside 3 or 4 years of beginning discharge lighter overwhelming during period, weight gain, and unnecessary hair growth to changing degrees on face, chest, and lower midriff. The striking feature of remedy administered, which derive over the guiding symptoms, common and trivial symptom progression with reduction in size of cyst. [15] But consequently, polycystic size reduced, her menses become regular, her associated symptoms are condensed toms, acne and hair growth on face are improved. Our master Dr. Hahnemann had given specific diet and mode of living for the patients who are under Homeopathic treatment for a chronic disease which hinders the cure.

#### Distribution based on age group



**Fig 2:** Age group between 15 to 45

The outcome of the study conducted in 10 cases, most of the symptoms under sycosis, there by the medicine given accordingly to the patient in the basis of constitution with intercurrent remedy. The age of the patients varied from 15 years (youngest, unmarried) to 45 years (married), all of them having a large sized cyst in their left ovary apart from the associated menstrual problem and occasional pain in the abdomen. Through an outlook of patients, medicines were given according to the totality of symptoms either constitutional basis or miasmatic basis. And Thuja Occidentalis given as intercurrent medicine for the improvement of the cases. The cases were taken according to the homeopathic case taking and the totality of symptoms were framed. [16] The symptoms are then analysed and is converted into rubrics. With the help of Miasmatic reference books, miasm related to the rubrics was found out and repertorization was done afterwards [17] and the remedy which covered the maximum rubrics and the miasm was prescribed. Potencies were chosen as per the homeopathic doctrine as suggested in the "Organon of Medicine".

#### Basis on Constitution

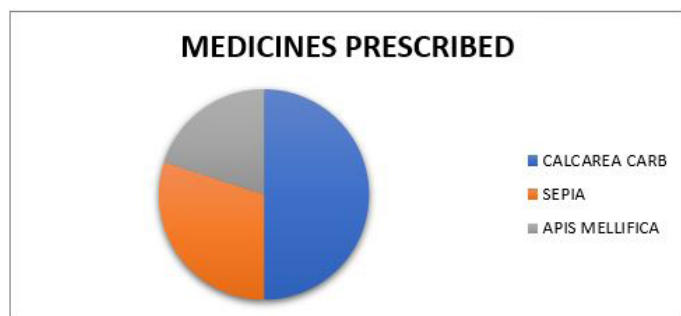
SL NO	CONSTITUTION BASIS	INTERCURRENT REMEDY (THUJA OCCIDENTALIS)	NO. OF CASES
1	Calcarea Carbonica	Twice in a week	5
2	Sepia Officinalis	Twice in a week	3
3	Apis Mellifica	Twice in a week	2

**Table 2:** Analysis of patients in constitutional basis

Basis on constitution of the patient, medicines were

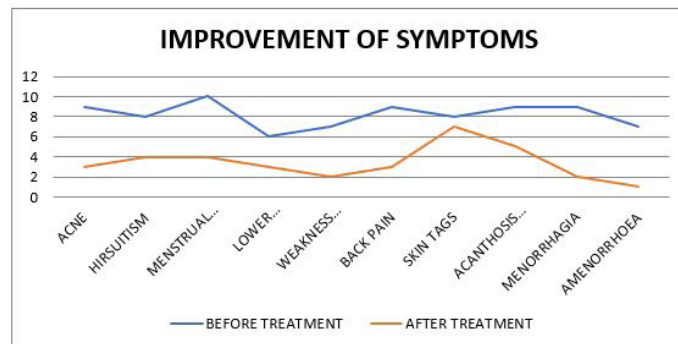
given according to totality of the patient. Through an overlook of 10 cases 5 cases based on *Calcarea Carbonica*, 3 cases on *Sepia Officinalis*, 2 cases on *Apis Mellifica* has covered those symptoms. Then the patients were treated with *Thuja Occidentalis* as an intercurrent remedy. After giving these medicine patients were feels better mentally and physically. *Thuja Occidentalis* has an effect on curing irregular menses with presenting conditions of acne, skin tags, hair growth and so on. Thus, the result shows the effectiveness of *Thuja Occidentalis* as an intercurrent medicine for the treatment of polycystic ovarian syndrome. The symptoms are then analyzed and converted to rubrics.

#### Medicines prescribed on the basis of constitution:



**Fig 3:** Medicines Prescribed on the Basis of Constitution

*Thuja* has the innate capacity to dissolve and get rid of abnormal growths anywhere in the body. Thus, it is very effective in dissolving ovarian cysts too. Most women who require *Thuja* have cysts in the left ovary. Apart from this, *Thuja* is also very effective in treating hirsutism due to PCOS. [14] *Thuja Occidentalis* is selected as menses has the odour of fish- brine, and stain of the menstrual blood is difficult to wash off. Spasmodic, colicky and paroxysmal pains. Acrid, painful, and with pruritus. Blood is offensive, clotted, and stringy, clots are large and dark, profuse Hyperpigmentation of the skin, and melanomas [15]. Oily skin, incapability to conceive due to hormone imbalance. Tongue usually large and flabby, taking the imprint of teeth, taste metallic or bitter, putrid, gums are soft, spongy recede from teeth and bleed easily. The discharge is mucopurulent, thin, acrid, lumpy with milk in the breasts during menses. weakness and weariness of lower limbs.



**Fig 4:** Improvement of symptoms

## Conclusion

From the study it was concluded that homoeopathy has a great role to play in the cases of Polycystic ovarian syndrome leading to improvement in the individuals. Intercurrent prescribing by taking the whole individual picture of the patient has a great effect in the condition. Results were shown and tabulated in fig:4 and table 3.98% relief were seen in the 10 patients that were taken for study. Mild relief was seen in 2% of patients due to presence of obstacles to cure in certain cases and the reference of this can be found in Organon of medicine in Aphorism. 3 as given by Dr Hahnemann [18]. Aphorism 3 states what is to be cured, what is curative and its application and removing obstacles. Hahnemann ends by saying that homoeopath should treat judiciously and rationally so that he becomes a true practitioner of healing art. Hence the careful investigation into such obstacles to cure is necessary, as their diseases are usually aggravated by such noxious influences and other disease-causing errors in the diet and regimen, which often pass unnoticed. [19,20]

For a true homeopath it becomes essential to know about the miasm of underlying disease condition, it will not only help in deducting the true picture of that individual but also the evolution and prognosis of that condition. [17] Hahnemann was the first physician to use the term "miasms. The constitutional and antimiasmatic treatment of Polycystic ovarian syndrome are of the greatest importance. Polycystic ovarian syndrome is in itself either of some constitutional dyscrasias or of some local exciting cause. Homoeopathic remedies are very beneficial in the treatment of Polycystic ovarian syndrome. Homoeo-

pathic medicines are naturally acting and its material content is very minute in quantity. In Homoeopathy, medicines are selected on the basis of totality of symptoms, either constitutional or miasmatic remedies are given. In this study, Thuja Occidentalis is the medicines prescribed on the basis of miasmatic approach. [20]

A dyscrasias is a sin process or something that makes the body healthier or a disease of a defined character; a general impairment of health; a degeneration, a faulty condition of the body; a morbid diathesis, and a predisposed condition of the state of

the organism [19]. The most important contribution of Hahnemann's explorations into miasms is the concept that layers of predisposition exists. [20] The prescriber systematically peels off the layers of predisposing weaknesses by carefully prescribing each remedy based on totality of symptoms. [21,22] Hahnemann states that homoeopathic treatment must be continued until all the layers of predisposition have been removed [23,24]. Out of 10 cases through this, compiling the method of curing Polycystic ovarian syndrome on the basis of Intercurrent remedy approach.

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