

ROLE OF PULSATILLA IN THE MANAGEMENT OF PCOD SYMPTOMS: A REVIEW

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ABSTRACT

Background: Polycystic Ovarian Disease (PCOD), a prevalent endocrine disorder among women of reproductive age, manifests through irregular menstruation, hormonal imbalance, and cystic ovaries. Homeopathic medicine offers a constitutional and individualized approach to treatment. Pulsatilla, a polychrest remedy, has shown significant relevance in the management of PCOD, especially in patients presenting with characteristic emotional and menstrual symptoms. **Objective:** This review aims to evaluate the clinical role and materia medica indications of Pulsatilla in PCOD management, based on classical texts and contemporary clinical observations. **Method:** A systematic review was conducted using classical homeopathic materia medica, repertories, and relevant clinical studies or case reports from homeopathic journals. The analysis focused on Pulsatilla's sphere of action, symptom profile, and reported outcomes in PCOD cases. **Conclusion:** Pulsatilla has demonstrated effectiveness in managing PCOD when prescribed constitutionally,

especially in cases with mild to moderate hormonal imbalance and emotional sensitivity. Its individualized action on menstrual regulation and hormonal pathways makes it a valuable remedy in holistic PCOD management. More rigorous clinical trials are needed to substantiate its widespread application.

KEYWORDS: Pulsatilla, PCOD, Homeopathy, Polycystic Ovarian Disease, Menstrual Disorders, Constitutional Remedy, Hormonal Imbalance.

INTRODUCTION

Polycystic Ovarian Disease (PCOD) is a hormonal disorder affecting 1 in 10 women worldwide. Characterized by enlarged ovaries with multiple immature follicles (cysts), it often leads to menstrual irregularities, hirsutism, obesity, acne, and infertility. The pathogenesis involves insulin resistance, chronic anovulation, and elevated androgen levels. Conventional treatments often include hormonal therapy, lifestyle changes, and insulin sensitizers. However, many women seek alternative therapies due to side effects or incomplete relief. Homeopathy, based on the principle of "like cures like," offers a constitutional approach that aims to treat the root cause by considering physical, mental, and emotional symptoms. Among various homeopathic remedies, Pulsatilla is one of the most frequently indicated medicines in menstrual and hormonal disorders, including PCOD.

Pulsatilla nigricans, derived from the windflower or pasque flower, is a classical polychrest remedy known for its profound action on the female reproductive system. It is indicated in cases with delayed, scanty, or suppressed menses, especially accompanied by emotional sensitivity, tearfulness, and aversion to fatty food. Homeopathic literature describes Pulsatilla as highly effective in cases where the hormonal cycle is disturbed, such as in puberty, post-partum periods, or in endocrine disorders like PCOD. Its utility is strongly linked to the characteristic "changeable" nature of symptoms and the emotional state of the patient.

OBJECTIVE

- Analyze the therapeutic indications of *Pulsatilla* in PCOD cases.
- Examine its relevance in menstrual regulation and hormonal balancing.
- Review clinical evidence, materia medica, and repertorial data supporting its role.
- Encourage individualized remedy selection based on holistic patient profiles.

METHOD

- Classical materia medica (Boericke, Clarke, Kent).
- Homeopathic repertories (Kent's Repertory, Synthesis).
- Case reports and observational studies from homeopathic journals.
- Modern literature on homeopathy and gynecological disorders.

Inclusion Criteria

- Indications of *Pulsatilla* in PCOD, menstrual dysfunction, and ovarian pathology.
- Symptom profiles that match with constitutional features of the remedy.

- Peer-reviewed or clinically documented case series or trials.

Polycystic Ovary Syndrome (PCOS)/Polycystic Ovary Disease (PCOD)

Definition

PCOS is a hormonal disorder in women of reproductive age, characterized by

- Hyperandrogenism (excess male hormones).
- Oligo-ovulation or anovulation (irregular/no periods).
- Polycystic ovaries (on ultrasound).

Causes & Risk Factors

- Insulin resistance (\uparrow insulin \rightarrow \uparrow androgens).
- Hormonal imbalance (\uparrow LH, \downarrow FSH, \uparrow testosterone).
- Genetics (family history).
- Obesity (worsens insulin resistance).

Symptoms

- Menstrual irregularities (absent, infrequent, or heavy periods).
- Hirsutism (excess facial/body hair).
- Acne, oily skin, male-pattern baldness.
- Weight gain/obesity (insulin resistance).
- Infertility (due to lack of ovulation).

Diagnostic Criteria (Rotterdam Criteria – Need 2/3)

- Oligo/anovulation.
- Clinical/biochemical hyperandrogenism.
- Polycystic ovaries on ultrasound (12+ follicles per ovary)

Complications

- Type 2 diabetes (due to insulin resistance).
- Infertility & pregnancy complications (miscarriage, gestational diabetes).
- Endometrial hyperplasia (from unopposed estrogen).
- Cardiovascular disease (dyslipidemia, hypertension).

Pulsatilla in PCOD

Pulsatilla nigricans (Windflower) is one of the most important female remedies in homeopathy, especially for hormonal imbalances, menstrual issues, and emotional sensitivity. It suits mild, gentle, weepy women who are changeable in symptoms and moods.

- **Physical Symptoms**

- Late periods (delayed puberty, prolonged cycles)
- Painful menses (dysmenorrhea)
- Thick, clotted menstrual flow
- Acne & hirsutism (due to hormonal imbalance)
- Typically prescribed in girls during puberty or in women facing hormonal shifts.

- **Mental Symptoms**

- Weeping tendency, seeks consolation
- Changeable moods (happy → sad suddenly)
- Fear of abandonment, clingy behavior
- Suited to mild, yielding, and emotionally dependent individuals.
- Often indicated in those who crave attention, are easily moved to tears, and show a changeable nature in both symptoms and mood.

- **Menstrual Symptoms**

- Delayed, scanty, or irregular periods (especially in young girls at puberty).
- Painful periods (dysmenorrhea) with cramping, bearing-down pain, better from bending forward.
- Flow is changeable – starts and stops, may be dark, clotted, or thick.
- Amenorrhea (absent periods) from emotional shock or hormonal imbalance.
- Irregular, delayed, or suppressed menses.
- Menstrual flow that is changeable, scanty, or painful.
- Absence of thirst, aversion to warm rooms, and preference for open air.
- Marked emotional sensitivity, timidity, and weepiness.
- Symptoms are worse in warm environments and better in cool air.

- **Leucorrhea**

- Thick, creamy, yellowish or greenish discharge, non-irritating.
- Worse before periods, better in the open air.

- Itching but mild, not as intense as Sepia or Kreosote.
- **Pregnancy & Childbirth**
 - Morning sickness with nausea, loss of taste, aversion to fats.
 - Varicose veins during pregnancy, the legs feel heavy.
 - Slow labor (weak contractions) needs emotional support.
 - Postpartum blues – weepy, craves sympathy.
- **Menopausal Symptoms**
 - Hot flashes with chilliness.
 - Weepiness, mood swings, feels abandoned.
 - Irregular bleeding, palpitations, anxiety.

Repertorial Rubrics

- *MIND – Weeping, tearful mood*
- *GENITALIA FEMALE – Menses; late, scanty, suppressed*
- *OVARIES – Pain, swelling, left side more affected*
- *GENERALITIES – Worse in warm room, better in open air.*

CONCLUSION

Pulsatilla nigricans remains a valuable remedy in the homeopathic treatment of PCOD, especially when the patient's physical and emotional profile aligns with its symptom picture. It offers individualized care and holistic healing by addressing both the endocrine and emotional imbalances often seen in PCOD. While empirical and anecdotal evidence support its role, more structured clinical research is needed to firmly establish its place in integrative gynecological treatment protocols. Nonetheless, *Pulsatilla* exemplifies the homeopathic principle of treating the patient, not just the disease.

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