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## LM potency of *Calcarea carbonica* for individualised homoeopathic treatment of polycystic ovarian syndrome: A case report

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## Abstract

**Introduction:** Polycystic ovarian syndrome (PCOS) stands as a prevalent and diverse endocrine disorder affecting women in their reproductive years. It manifests through various clinical symptoms such as oligo-anovulation, polycystic ovaries, and symptoms due to elevated serum androgen levels. Amidst the frequent side effects and limited long-term efficacy of conventional treatments, there is a growing interest in complementary therapies that can alleviate PCOS symptoms without adverse impacts. Homoeopathy, known for its individualised approach and success in treating various conditions, including PCOS, emerges as a hopeful solution. This case report aims to showcase the favourable results attained through individualised homoeopathic treatment not only in the PCOS symptoms but also the overall complaints of the patient. **Case summary:** A 25-year-old female visited the outpatient department of The Calcutta Homoeopathic Medical College and Hospital, West Bengal, India, with complaints of irregular and scanty menstrual cycles for the past two years. She was diagnosed with PCOS based on both clinical symptoms and ultrasonographic findings. An individualised homoeopathic remedy, *Calcarea carbonica*, was prescribed in fifty millesimal (LM) potency, taking into consideration the symptoms of both particular and general spheres. Follow-ups revealed gradual improvement. The remarkable clinical progress, along with a score of (+10) on the Modified Naranjo Criteria for Homeopathy (MONARCH) tool, highlights the usefulness of individualised homoeopathic medicine in improving the symptoms of PCOS.

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## CASE REPORT

# LM potency of *Calcarea carbonica* for individualised homoeopathic treatment of polycystic ovarian syndrome: A case report

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## ABSTRACT

**Introduction:** Polycystic ovarian syndrome (PCOS) stands as a prevalent and diverse endocrine disorder affecting women in their reproductive years. It manifests through various clinical symptoms such as oligo-anovulation, polycystic ovaries, and symptoms due to elevated serum androgen levels. Amidst the frequent side effects and limited long-term efficacy of conventional treatments, there is a growing interest in complementary therapies that can alleviate PCOS symptoms without adverse impacts. Homoeopathy, known for its individualised approach and success in treating various conditions, including PCOS, emerges as a hopeful solution. This case report aims to showcase the favourable results attained through individualised homoeopathic treatment not only in the PCOS symptoms but also the overall complaints of the patient. **Case summary:** A 25-year-old female visited the outpatient department of The Calcutta Homoeopathic Medical College and Hospital, West Bengal, India, with complaints of irregular and scanty menstrual cycles for the past two years. She was diagnosed with PCOS based on both clinical symptoms and ultrasonographic findings. An individualised homoeopathic remedy, *Calcarea carbonica*, was prescribed in fifty millesimal (LM) potency, taking into consideration the symptoms of both particular and general spheres. Follow-ups revealed gradual improvement. The remarkable clinical progress, along with a score of +10 on the Modified Naranjo Criteria for Homeopathy (MONARCH) tool, highlights the usefulness of individualised homoeopathic medicine in improving the symptoms of PCOS.

**Keywords:** *Calcarea carbonica*, Case report, Homoeopathy, LM potency, Polycystic ovarian syndrome

## Introduction

Polycystic ovary syndrome (PCOS) is a complex genetic condition that is highly prevalent and varied, affecting the female reproductive system. It is characterised by clinical and/or biochemical hyperandrogenism, ovulatory dysfunction, and polycystic ovaries (PCO). Women with PCOS are at a higher risk of reproductive abnormalities, with two-thirds also experiencing metabolic dysfunction, which increases their risk of developing type 2 diabetes mellitus (T2DM) and cardiovascular diseases (CVD).<sup>1</sup> It presents with a wide range of symptoms, and its

diagnosis is currently based on the criteria established at the ESHRE/ASRM Rotterdam consensus meeting in 2003. This expanded the previous classification from the 1990 National Institute of Health (NIH) to include at least two of the following: oligo-anovulation, signs of hyperandrogenism, and polycystic ovaries as detected by ultrasound.<sup>2</sup> Globally, it affects 6–10% of women<sup>3</sup> according to the 1990 NIH criteria<sup>4</sup>

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with even more individuals diagnosed under the broader Rotterdam criteria<sup>5</sup> making it one of the most common human disorders and the most prevalent endocrinopathy in women of reproductive age. The exact cause and development of PCOS remain subjects of ongoing research, with various hypotheses suggesting factors ranging from genetic predisposition to environmental influences, both during foetal development and after birth. In India, the prevalence of it varies widely, ranging from 3.7% to 22.5%, depending on the population studied and the diagnostic criteria used. The highest prevalence (22.5%) has been reported in Mumbai, while the lowest (3.7%) was found in Lucknow, according to studies by Joshi et al. and Gill et al., respectively.<sup>6</sup> To evaluate its awareness among young women in India, a cross-sectional study was conducted with 400 women aged 18–30 years, either studying in colleges or working in Indore city. Among the participants, only 41% were familiar with the term PCOS, and 49% were aware of the various signs and symptoms associated with the condition.<sup>7</sup> It is also more common among family members than in the general population, where the prevalence is estimated to be between 4% and 6%.<sup>8</sup> The main features of PCOS include menstrual irregularities, oligo-anovulation, infertility, and symptoms like hirsutism, acne, and polycystic ovarian morphology visible on ultrasonographic imaging.<sup>9</sup> Acanthosis nigricans<sup>10</sup> is another characteristic feature of PCOS, marked by specific skin changes caused by insulin resistance. The skin becomes thickened and pigmented, typically appearing grey-brown. Commonly affected areas include the nape of the neck, inner thighs, groin, and axilla. Women with PCOS may experience a range of reproductive, metabolic, psychological, and physical complications. Hyperandrogenism, the most common manifestation of PCOS, often leads to dermatological issues such as hirsutism, acne, and male-pattern hair loss. It is also the leading cause of anovulatory infertility. Even when women with PCOS do conceive, they are at a higher risk of pregnancy and foetal complications, regardless of the method of conception.<sup>11</sup> Beyond these issues, psychological complications are also prevalent. Obesity and hirsutism can also cause psychological issues by causing low self-esteem and a negative self-image.<sup>12</sup> Weight loss and increased physical activity are generally recommended as the first-line therapy for overweight or obese individuals with PCOS and also for hirsutism, conventional medicine advocates cosmetic hair-removal methods such as bleaching, chemical epilation, plucking, waxing, shaving, electrolysis, and laser hair removal.<sup>13</sup> In addition to lifestyle modifications, modern medicine recommends treatments with<sup>13</sup> drugs like metformin,

androgen receptor blockers such as spironolactone, flutamide, and cyproterone acetate, as well as 5-alpha reductase inhibitors like finasteride. However, these medications can have significant side effects;<sup>14</sup> for instance, oral contraceptives (OCPs) are associated with a three- to six-fold increase in the relative risk of venous thromboembolism, and flutamide is linked to hepatotoxicity. In this context, Homoeopathy may offer a safer and more cost-effective alternative. In Homoeopathy, several case reports<sup>15–19</sup> and clinical studies<sup>20–23</sup> have demonstrated positive outcomes in the management of PCOS. A prospective observational study by Gupta et al. reported a significant reduction in the overall PCOSQ score from baseline to 12 months in 34 patients, along with a statistically significant decrease in the number of ovarian cysts.<sup>20</sup> Similarly, a case series evaluating the effectiveness of individualised homoeopathic treatment in PCOS patients showed favourable results, both in relieving presenting symptoms and in improving pathological findings.<sup>21</sup> In this context, the present case report highlights the successful treatment of the multifaceted nature of PCOS case using a constitutional homoeopathic medicine prescribed in fifty millesimal (LM) potency.

## Patient information

A 25-year-old housewife visited the outpatient department of The Calcutta Homoeopathic Medical College and Hospital, West Bengal, India, in February 2023. She came with complaints of irregular menstruation, recurring in nature, both early and late, along with reduced flow for the last two years. The duration of menses was about 1–2 days with discharge of dark red blood. At the same time, she noticed that she had started gaining weight over the last year.

Concerning the history of presenting complaints, the patient had consulted a gynaecologist eight months back, without any significant improvement; instead, her complaints, like the irregularity and scanty nature of menses and other associated complaints like constipation, started increasing in intensity, following which she turned to Homoeopathy.

Upon delving into her past medical history, it was revealed that she had once suffered from urticaria four years back, which had spread across her body. To alleviate this, she had undergone allopathic treatment with local applications, which relieved her symptoms. At the age of six, she had suffered from pneumonia, which was treated allopathically with no complications. She had a full-term normal delivery three years back without any unexpected event of abortion or any other difficulties.

Her family history was significant with her mother suffering from Type 2 diabetes mellitus and polycystic ovarian syndrome.

### Clinical findings

The patient had a dusky complexion. Her height was 5 feet 3 inches, and weight 69 kg. BMI was found to be 26.95, which indicated overweight with respect to height. Her pulse rate was 76 beats per minute, along with a body temperature of 98.5°F, and a blood pressure reading of 120/80 mmHg. During clinical observation, a pimple was noted on her nose, and there was evidence of abnormal hair growth on the upper lip and face.

### Generalities

Among the physical generals, the patient exhibited a strong aversion to coffee and meat. Moreover, she expressed a specific desire for boiled eggs. Furthermore, she reported profuse perspiration exclusively on her face, along with constipation and frequent urges for urination for the last 3 years and 7 months, respectively. Regarding the constipation, she mentioned that she had to pass stools with very much difficulty even after having sufficient urging, resulting in poor satisfaction. Regarding the frequency of urination, no specific modalities were found. She also showed a tendency to catch colds easily. Her appetite was normal with moderate thirst, and her sleep was refreshing.

Regarding the mental generals, the patient was irritable and was prone to annoyance and frustration, together with sadness or distress that led to a tearful mood and crying.

### Diagnostic assessment

The case was diagnosed as a case of PCOS based on clinical presentation and further confirmation was made through ultrasonographic reports, which revealed the presence of polycystic ovaries (Fig. 1).

### Totality of symptoms

The meticulous analysis of symptoms considered for repertorisation encompassed the entire spectrum of characteristic symptoms of the patient including irritability, tearful mood, presence of acne on the nose and presence of perspiration specifically on the face, aversion to coffee and meat, extreme desire for boiled eggs, frequent urges for urination, and irregular, menstrual cycles along with reduced flow.

### Miasmatic analysis

Regarding the miasmatic analysis, the most frequent location of the sycotic manifestations in women is in the pelvic organs. In the more chronic types, we get cystic degeneration of the ovaries, the uterus and the fallopian tubes. Considering the basic pathology and the presenting symptoms of the patient like, irritability, tearful mood, aversion to meat, desire for boiled eggs, acne on nose etc., the predominant miasm was found to be multi-miasmatic with sycopsoric predominance.

### Therapeutic intervention

Upon repertorisation, using Radar Opus Software (Radar Opus 3.3) (Fig. 2), taking note of the dominant miasm, which emerged out to be sycopsoric,<sup>24</sup> and consulting Materia Medica,<sup>25</sup> *Calcareo carbonica* was chosen as the individualised homoeopathic remedy. This remedy was prescribed in gradually ascending fifty-millesimal potencies, tailored to the individual's unique constitution. The patient was advised to give ten downward strokes to the bottle against the palm of her hand, then take one dose into a cup of water and to take one spoonful from this cup after stirring the solution well and to throw away the rest. Dose to be taken every alternate day for a month.<sup>26</sup>

The patient was directed to follow lifestyle modifications through the adoption of a balanced, fat-restricted, high fibre-containing diet, and regular engagement in daily exercise.

### Follow-up and outcome

The outcome of the treatment administered to the patient diagnosed with PCOS demonstrated a gentle resolution of all symptoms, showing a distinct and notable response to homoeopathic intervention, as detailed in Table 1. Upon the initiation of treatment with individualised homoeopathic remedy, *Calcareo carbonica*, in gradually increasing LM potencies starting from 0/1, the patient exhibited a significant improvement across various domains. Notably, the patient's irregular menstrual cycles with reduced flow, which had been a consistent concern, displayed a marked improvement towards regularity and normalcy. Moreover, all the other troublesome symptoms of the patient, like acne, constipation, and obesity, also witnessed a gradual and significant improvement. The patient was also in compliance with our directions for diet and lifestyle modifications for achieving a speedy recovery.

Throughout the follow-up period, if the patient encountered any acute illness, it was effectively

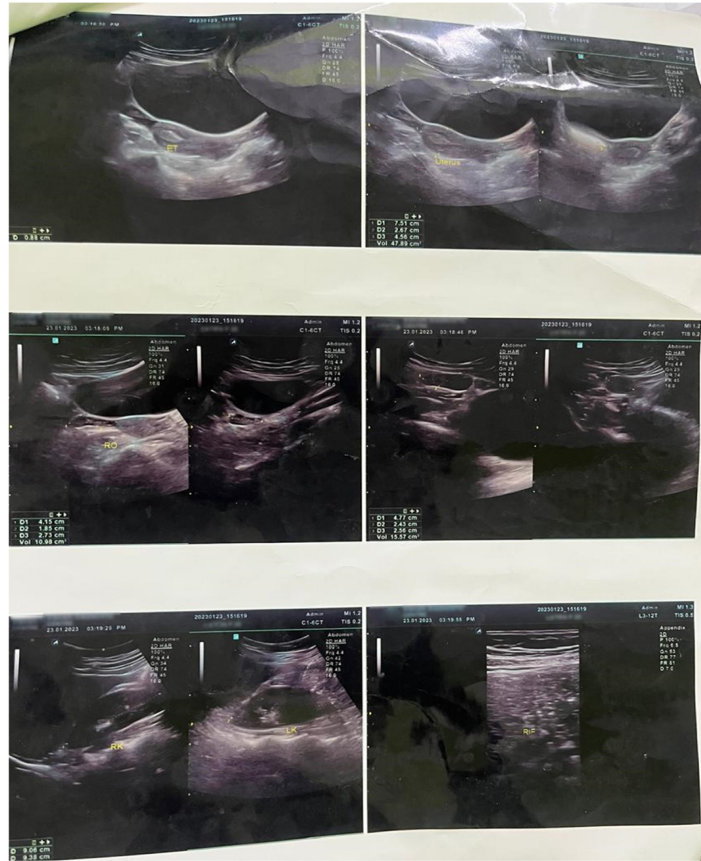


Fig. 1. USG report before treatment

This analysis contains 323 remedies and 11 Intensity is considered  
Sum of symptoms (sorted degrees)

1. Clipboard 1

- ▶ 1. MIND - IRRITABILITY
- ▶ 2. MIND - WEEPING,tearful mood,etc.
- ▶ 3. STOMACH - DESIRES - eggs - boiled
- ▶ 4. STOMACH - AVERSION to - meat
- ▶ 5. STOMACH - AVERSION to - coffee
- ▶ 6. BLADDER-URINARY ORGANS - URGING to urinate (morbid desire) - frequent
- ▶ 7. FEMALE GENITALIA - MENSES, - irregular
- ▶ 8. FEMALE GENITALIA - MENSES, - scanty
- ▶ 9. RECTUM - CONSTIPATION - ineffectual urging and straining
- ▶ 10. FACE - PERSPIRATION
- ▶ 11. FACE - ERUPTIONS - pimples - nose

	calc.	lyc.	merc.	phos.	nux-v.	sulph.	nat-m	sep.	sil.	carb-v.	puls.	caust.	bell.	carb-n-s.
1	2	3	4	5	6	7	8	9	10	11	12	13	14	
11	10	10	10	9	9	9	9	9	9	8	8	8	8	8
28	24	21	21	24	24	23	23	20	18	22	20	18	17	
(245) 1	3	3	2	3	3	3	3	3	3	3	3	3	3	3
(167) 1	3	3	1	2	2	3	3	3	1	2	3	3	2	3
(1) 1	3													
(88) 1	3	2	2	2	3	3	2	3	3	2	3	1	1	3
(31) 1	3	1	2	2	3		2			1			2	
(176) 1	2	3	3	2	3	3	3	2	1	2	3	3	3	1
(61) 1	2	2	1	1	2	2		2	2		1	2		1
(101) 1	1	2	2	3	2	3	3	3	2	2	3	2		3
(159) 1	2	3	3	2	3	3	3	3	3	2	3	3	2	1
(114) 1	3	3	3	2	3	2	2	2	3	3	3		3	2
(50) 1	3	2	2	2		2	2	2	2	1		3	2	

Fig. 2. Repertorial chart using radar opus 3.3

managed with an acute homoeopathic remedy, considering the specific symptomatology, yielding prompt and sustained relief, the details of which are mentioned in follow-up Table 1. There were no reports of any adverse or unanticipated events from the patient throughout the treatment. Finally, the ultrasonography report done in October 2023, almost nine months after the initial USG, was within normal limits (Fig. 3), but she was still advised to come for

follow-up at a fixed time interval. Afterwards, she did not report any further complaints.

Discussion

PCOS is a very common complex disorder chiefly affecting the female reproductive organs. It has been the cause of numerous reproductive, psycho-social and other systemic<sup>27,28</sup> complications. The economic

Table 1. Timeline

Date	Symptoms/signs	Treatment/intervention	Body weight (kg)	Remarks
06 February 2023 Baseline	Chief complaints. LMP-20.12.2022	<i>Calcarea carbonica</i> 0/1, every day for 2 weeks.	69	
22 February 2023	Irregular and scanty menses same as before; no improvement in facial perspiration, constipation, acne, and mental complaints. LMP-11.2.2023. Intermenstrual duration- 53 days.	<i>Calcarea carbonica</i> 0/2, every day for 2 weeks.	69	No improvement
24 February 2023	Patient came with high rise of temperature due to cold exposure, along with thirstlessness, and red colouration of skin.	<i>Belladonna</i> 200C/6 doses twice daily, for 3 days. And she was advised to stop the previous medication of <i>Calcarea carbonica</i> .	68	
25 February 2023	Intensity of fever less than before. Appetite less, thirstlessness persisted.	<i>Belladonna</i> continued.	68	Improved
26 February 2023	Fever much reduced, appetite normal, but weakness is present.	<i>Belladonna</i> continued.	68	Improved
27 February 2023	Fever subsided, appetite normal, weakness much reduced.	No medicine was prescribed as improvement continued	68	
28 February 2023	Acute illness subsided. Re-case taking was done, and the symptoms were same as before.	<i>Calcarea carbonica</i> 0/2, which was prescribed before, again allowed to be continue. for 2 weeks.	68	
13 March 2023	Slight improvement in emotional stability, reduction in facial perspiration. No improvement in menstrual irregularity. Acne, constipation, and mental complaints same as before.	<i>Calcarea carbonica</i> 0/3, every day for 2 weeks. Dietary modifications, exercise regimen advised.	67	Some improvement, reinforced lifestyle changes
27 March 2023	Improvement in emotional stability, constipation improved. Menstrual irregularity same. LMP- 25.03.2023. Intermenstrual duration- 42 days.	<i>Calcarea carbonica</i> 0/4, every day for 1 month.	66.5	Emphasised adherence to lifestyle changes
25 April 2023	Improved emotional stability, Subsided facial perspiration, noticeable regularity in menstrual cycles and the duration of cycle also became normal along with significant improvement in constipation, acne and urination. LMP-24.04.2023. Intermenstrual duration- 30 days.	<i>Calcarea carbonica</i> 0/5, every day for 1 month.	66.5	Substantial improvement noted
26 May 2023	Significant improvement in menstrual regularity and its duration along with improvements in other domains like the mental and gastrointestinal sphere. LMP-25.5.2023. Intermenstrual duration- 31 days.	<i>Calcarea carbonica</i> 0/6, every day for 1 month. Emphasised adherence to lifestyle modifications.	66	Notable progress observed in symptoms; emphasised consistency in lifestyle modifications

(Continued)

Table 1. Continued

Date	Symptoms/signs	Treatment/intervention	Body weight (kg)	Remarks
29 June 2023	Improvement seen in all the complaints of the patient. Urticaria reappeared on abdomen and upper thigh with mild itching and redness. LMP-21.6.2023. Intermenstrual duration- 27 days.	<i>Calcarea carbonica</i> 0/7, alternate days for one month. Stressed on maintaining lifestyle changes.	65.5	Urticaria recurrence noted; reinforced lifestyle modifications.
26 July 2023	Gradual improvement in urticaria symptoms with marked overall improvement, including the menstrual and all other general and mental spheres. LMP-20.7.2023. Intermenstrual duration- 29 days.	<i>Calcarea carbonica</i> 0/8, alternate days for one month.	65	Patient reported a reduction in urticaria with overall improvement in all complaints.
31 August 2023	Urticaria almost resolved, marked regularity in menstrual cycles observed, absence of facial perspiration, and acne. Stool normal. Patient reports emotional well-being. LMP-17.8.2023. Intermenstrual duration- 30 days.	<i>Calcarea carbonica</i> 0/9, alternate days for one month.	64.5	Substantial improvement noted
21 September 2023	Urticaria resolved. Stable emotional well-being, no facial perspiration, regular menses, along with improvement of other symptoms. LMP-13/09/2023. Intermenstrual duration- 27 days.	<i>Calcarea carbonica</i> 0/10, alternate days for one month. Follow-up USG scheduled	64	Substantial improvement noted; scheduled follow-up USG
25 October 2023	There was marked improvement in the mental sphere, absence of facial perspiration, consistent regularity in menstrual cycles, along with overall improvement noted. LMP-14.10.2023. Intermenstrual duration- 31 days.	No medicine was prescribed as improvement continued.	63.5	Significant progress; lifestyle modifications advised. USG report on 07/10/2023 indicated normalisation of ovaries; symptoms remarkably alleviated; patient's condition significantly improved
16 November 2023	No such complaints LMP-12.11.2023. Intermenstrual duration- 29 days.	No medicine was prescribed as improvement continued.	63.5	The patient was asked to come for regular follow-up at a monthly interval and to report if there was any kind of recurrence of her complaints.

burden of PCOS, considering costs of the initial diagnosis and of reproductive endocrine morbidities, was previously estimated at approximately \$3.7 billion annually in 2020 USD, and it amounted to \$8 billion when pregnancy-related and long-term morbidities was considered.<sup>29</sup> Moreover, patients with PCOS possess a higher prevalence of classic cardiovascular risk factors, such as hypertension, dyslipidaemia, and type-2 diabetes mellitus, making them prone to develop serious consequences.<sup>30</sup> Homoeopathy is a

system of therapeutics which addresses any case with a holistic approach, taking into consideration all the characteristic signs and symptoms, the reliable past history, family history, personal history, the hereditary constitution and accessory circumstances of the patient. Homoeopathy has proved itself in many case studies and clinical trials<sup>15-23</sup> as a safe treatment modality of PCOS, keeping away all the side effects of drugs used in conventional medicine and a cost-effective treatment option as well. Rath P<sup>15</sup>



Fig. 3. USG report after treatment

reports a case of a 22-year-old unmarried female patient with a complained of soreness of the breast before and during menses, along with the abnormal hair growth on her face and abdomen, acne and thin, milky white leucorrhoea. She was prescribed the homeopathic medicine *Calcarea carbonica*, and it was started with 30C and was repeated in ascending manner and finally the patient got cured with *Calcarea carbonica* 1M. According to another case study by Nahar et al,<sup>18</sup> a 27-year-old unmarried female reported with complaints of the absence of menses for the last three months along with acne on the face. She was also having complaints of thin, watery leucorrhoea for the past year and had a history of a delayed menstrual cycle with a 45 to 55-day interval for the last three years. The first prescription for this case was *Thuja occidentalis* 200C, and later on, *Thuja* 1M annihilated all the symptoms from the patient. Sharma et al,<sup>19</sup> presented a case of PCOS in which an 18-year-old unmarried female patient complained of irregular menses and obesity.

After taking a complete history of the patient and following the principles of Homoeopathy, *Calcarea carbonica* was prescribed at first 30C, thereafter 200C,

and finally the patient got free from her signs and symptoms. This present case of PCOS, unlike those previously discussed case reports, was cured using a homeopathic drug in fifty millesimal potency, which master Hahnemann called as “New dynamization method.” As per a prospective observational study conducted by Gupta et al<sup>20</sup> homeopathic constitutional remedies proved to be an effective and safe option for patients suffering from PCOS, and the most prescribed medicines were *Calcarea carbonica* (38.24%) and *Lycopodium clavatum* (26.47%), accounting for 64.71% of the total medicines. However, in the study done by Lamba et al., with the total 60 patients fulfilling the eligibility criteria<sup>23</sup> *Pulsatilla* (n = 12) was the most prescribed medicine. The quality of life was also assessed using the polycystic ovary syndrome questionnaire (PCOSQ). The menstrual regularity with improvement in other signs/symptoms was statistically significant.

The medicine *Calcarea carbonica* is being frequently prescribed in the case reports and studies discussed above. In this context, a study was conducted to see the efficacy of two commonly used potentised homeopathic drugs, *Calcarea carbonica* and *Lycopodium clavatum*, in modifying any/all of the guiding hormonal attributes of PCOS, like FSH, LH, estradiol (E2), testosterone (Free), DHEA-S, prolactin, progesterone (17-Hydroxyprogesterone), etc. Results showed that the administration of *Calcarea carbonica* had shown statistically significant changes in respect of LH, FSH, LH/FSH ratio, DHEA-S, Estrogen, and both fasting and PP insulin.<sup>31</sup> This rapid and non-invasive resolution of symptoms and the comprehensive improvement observed in the patient following the administration of *Calcarea carbonica* highlights the potential of homeopathic treatment as a safe and alternative modality in managing PCOS. This presented case of PCOS underlines the usefulness and distinctive approach of homeopathic treatment in addressing this multifaceted syndrome.

The hallmark of this case lies in the holistic nature of homeopathic intervention, which targeted the entirety of the patient’s symptoms, encompassing not only the physical and chief particular manifestations but also the emotional and mental facets, as evidenced by the improvement of irritability and tearful mood swings. In this case, we got characteristics of great anti-psoric medicine *Calcarea carbonica*, like weeping, tearful mood, perspiration on face, and desire for egg, aversion to meat, etc. *Calcarea carbonica*, the individualised remedy administered in gradually increasing potencies, acted remarkably, causing a remarkable shift towards resolution across various symptom domains. LM potency was prescribed as it is the most powerful

**Table 2.** Modified Naranjo Criteria for Homeopathy (MONARCH)

Modified Naranjo algorithm	Yes	No	Not sure or N/A
Was there an improvement in the main symptom or condition for which the homeopathic medicine was prescribed?	+2		
Did the clinical improvement occur within a plausible timeframe relative to the medicine intake?	+1		
Was there a homeopathic aggravation of symptoms?			0
Did the effect encompass more than the main symptom or condition (i.e., were other symptoms, not related to the main presenting complaint, ultimately improved, or changed)?	+1		
Did overall well-being improve?	+1		
<i>Direction of cure:</i> did some symptoms improve in the opposite order of the development of symptoms of the disease?			0
<i>Direction of cure:</i> Did at least one of the following aspects apply to the order of improvement of symptoms: -from organs of more importance to those of less importance? -from deeper to more superficial aspects of the individual? -from the top downwards?			0
Did 'old symptoms' (defined as non-seasonal and non-cyclical symptoms that were previously thought to have resolved) reappear temporarily during improvement?	+1		0
Are there alternative causes (i.e., other than the medicine) that –with a high probability – could have produced caused the improvement? (Consider known course of disease, other forms of treatment and other clinically relevant interventions)		+1	
Was the health improvement confirmed by any objective evidence? (e.g., investigations, clinical examination, etc.)	+1		
Did repeat dosing, if conducted, create similar clinical improvement?	+2		0
<b>Total</b>	<b>+10</b>		

and renewed method of dynamisation, at the same time mildest in action, and to minimise the medicinal aggravation as far as possible in comparison to centesimal scale.<sup>32</sup> It can be safely used even in the most deplorable cases without fear of dangerous & violent aggravation. Moreover, as the case is a chronic one, we can easily repeat the medicine in LM potency, which cannot be achieved with centesimal potency, as it will produce gross severe aggravation, which will be difficult to handle in such cases.<sup>33</sup>

The uniqueness found in this case is the reappearance of an old symptom of urticarial rash in the patient during the course of treatment, which is a sign affirming that our patient was on the path of cure and was being treated with homeopathic similimum. That urticaria was also successfully resolved with *Calcarea carbonica*. Besides, it also deserves mention that at present, there is no other case study of PCOS treated with LM potencies available in peer-reviewed journals, in our knowledge.

The Modified Naranjo Criteria for Homeopathy<sup>34</sup> were utilised in this case to establish a causal relationship between the administered homeopathic medicine and the observed outcomes in the patient's symptoms and signs. The cumulative score derived from the evaluation amounted to +10, affirming a substantial correlation between the homeopathic intervention and the resultant changes in the patient's condition. However, while this case signifies a promising avenue in PCOS management, it is

imperative to acknowledge the need for further research, clinical trials and larger-scale studies to ascertain the reproducibility and generalisability of such outcomes. Keeping in view the frequent choice of the medicine *Calcarea carbonica* in treating the PCOS, as documented in several case studies and clinical trials, a thorough prognostic factor research can be done to evaluate the effectiveness of the medicine for the pre-identified totality of symptoms.

### Conclusion

This case highlights the transformative potential of individualised homeopathic treatment in the holistic management of PCOS. It serves as a testimony for continued exploration, emphasising the need for and further rigorous research to elucidate the role of Homeopathy in enhancing the well-being of individuals affected by this complex syndrome.

### Declaration of patient consent

The authors confirm that they have obtained the patient's written consent prior to publishing their clinical data in a journal in an anonymous fashion.

### Ethical approval

Not applicable.

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## Conflicts of interest

None.

## Author contribution

**Javed Aquatar Bappa:** Clinical Management, Data Collection, Supervision, Final Approval.

**Rayba Khatoon:** Conceptualization, Clinical Management, Data Collection, Writing, Review and Editing, Literature Review, Final Approval.

**Sumanta Kamila:** Conceptualization, Data Collection, Writing, Review and Editing, Literature Review, Final Approval.

**Sanjay Sarkar:** Data Collection, Review and Editing, Literature Review, Final Approval.

## Data availability

The data supporting the findings of the study are available within the article. More details can be sought upon request to the corresponding author.

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## LM Puissance de *Calcarea carbonica* pour le traitement homéopathique individualisé du syndrome des ovaires polykystiques : rapport de cas

**Introduction** : Le syndrome des ovaires polykystiques (SOPK) est un trouble endocrinien répandu et diversifié qui touche les femmes en âge de procréer. Il se manifeste par divers symptômes cliniques tels qu'une oligo-anovulation, des ovaires polykystiques et Symptômes dus à des taux sériques élevés d'androgènes. Face aux effets secondaires fréquents et à l'efficacité limitée à long terme des traitements conventionnels, les thérapies complémentaires, capables de soulager les symptômes du SOPK sans effets indésirables, suscitent un intérêt croissant. L'homéopathie, reconnue pour son approche individualisée et son efficacité dans le traitement de diverses affections, dont le SOPK, apparaît comme une solution prometteuse. Ce rapport de cas vise à mettre en évidence les résultats positifs obtenus grâce à un traitement homéopathique individualisé, non seulement sur les symptômes du SOPK, mais aussi sur les plaintes générales de la patiente. **Résumé du cas** : Une femme de 25 ans s'est rendue au service de consultation externe du Calcutta Homoeopathic Medical College and Hospital, au Bengale-Occidental, en Inde, se plaignant de cycles menstruels irréguliers et peu abondants depuis deux ans. Le diagnostic de SOPK a été posé sur la base de symptômes cliniques et de résultats échographiques. Un remède homéopathique individualisé, *Calcarea carbonica*, lui a été prescrit en dilution cinquante millièmes (LM), prenant en compte les symptômes spécifiques et généraux. Les suivis ont révélé une amélioration progressive. Les progrès cliniques remarquables, ainsi qu'un score de +10 selon l'outil MONARCH (Modified Naranjo Criteria for Homeopathy), soulignent l'utilité d'un traitement homéopathique individualisé pour améliorer les symptômes du SOPK.

## LM Potenz von *Calcarea carbonica* für die individualisierte homöopathische Behandlung des polyzystischen Ovarialsyndroms: Ein Fallbericht

**Einleitung**: Das polyzystische Ovarialsyndrom (PCOS) ist eine weit verbreitete und vielfältige endokrine Erkrankung, die Frauen im gebärfähigen Alter betrifft. Es manifestiert sich durch verschiedene klinische Symptome wie Oligo-Anovulation, polyzystische Ovarien und Symptome aufgrund erhöhter Androgenspiegel im Serum. Angesichts der häufigen Nebenwirkungen und der begrenzten Langzeitwirksamkeit konventioneller Behandlungen besteht ein wachsendes Interesse an ergänzenden Therapien, die PCOS-Symptome ohne Nebenwirkungen lindern können. Die Homöopathie, bekannt für ihren individualisierten Ansatz und ihre Erfolge bei der Behandlung verschiedener Erkrankungen, einschließlich PCOS, erweist sich als vielversprechende Lösung. Dieser Fallbericht soll die positiven Ergebnisse der individualisierten homöopathischen Behandlung nicht nur der PCOS-Symptome, sondern auch der allgemeinen Beschwerden der Patientin aufzeigen. **Fallzusammenfassung**: Eine 25-jährige Frau suchte die Ambulanz des Calcutta Homoeopathic Medical College and Hospital in Westbengalen, Indien, auf, da sie seit zwei Jahren über unregelmäßige und schwache Menstruationszyklen klagte. Die Diagnose PCOS wurde sowohl aufgrund klinischer Symptome als auch aufgrund von Ultraschallbefunden gestellt. Ein individualisiertes homöopathisches Mittel, *Calcarea carbonica*, wurde in einer Potenz von 50 Millesimal (LM) verschrieben, wobei die Symptome sowohl im speziellen als auch im allgemeinen Bereich berücksichtigt wurden. Nachuntersuchungen zeigten eine allmähliche Besserung. Der bemerkenswerte klinische Fortschritt sowie

ein Ergebnis von +10 nach den modifizierten Naranjo-Kriterien für Homöopathie (MONARCH) unterstreichen die Nützlichkeit individualisierter homöopathischer Arzneimittel zur Linderung der Symptome von PCOS.

### पॉलीसिस्टिक ओवेरियन सिंड्रोम के व्यक्तिगत होम्योपैथिक उपचार के लिए *कैल्केरिया कार्बोनििका* की एलएम क्षमता: एक केस रिपोर्ट

**परिचय:** पॉलीसिस्टिक ओवेरियन सिंड्रोम (पीसीओएस) एक आम और जटिल अंतःस्रावी विकार है जो महिलाओं को उनके प्रजनन वर्षों में प्रभावित करता है। इसके प्रमुख लक्षणों में ओलिगो-एनोव्यूलेशन, पॉलीसिस्टिक ओवरी तथा सीरम एण्ड्रोजन का उच्च स्तर शामिल है। पारंपरिक उपचारों की सिमित प्रभावशीलता और बार-बार होने वाले दुष्प्रभावों के कारण, ऐसी पूरक चिकित्सा में रुचि बढ़ रही है जो बिना किसी प्रतिकूल प्रभाव के पीसीओएस के लक्षणों को कम कर सकती है। होम्योपैथी, जो पीसीओएस सहित विभिन्न स्थितियों के इलाज में अपने व्यक्तिगत दृष्टिकोण और सफलता के लिए जानी जाती है, एक आशाजनक समाधान के रूप में उभर रही है। इस केस रिपोर्ट का उद्देश्य न केवल पीसीओएस के लक्षणों में, बल्कि रोगी की अन्य सामान्य शिकायतों में भी व्यक्तिगत होम्योपैथिक उपचार से प्राप्त अनुकूल परिणामों को प्रदर्शित करना है। **केस सारांश:** एक 25 वर्षीय महिला पिछले दो वर्षों से अनियमित और कम मासिक धर्म चक्र की शिकायत के साथ कलकत्ता होम्योपैथिक मेडिकल कॉलेज एंड हॉस्पिटल, पश्चिम बंगाल, भारत के बाह्य रोगी विभाग में परामर्श हेतु आई। नैदानिक लक्षणों और अल्ट्रासोनोग्राफी, दोनों के आधार पर उसका निदान (पीसीओएस) के रूप में हुआ। विस्तृत केस टेकिंग के बाद व्यक्तिगत होम्योपैथिक औषधि, *कैल्केरिया कार्बोनििका* को पचास मिलीसिमल (एलएम) पोटेंसी में चुना गया, जिसमें विशेष लक्षणों के साथ साथ रोगी के सामान्य लक्षणों को भी ध्यान में रखा गया। नियमित अनुवर्ती से धीरे-धीरे उल्लेखनीय सुधार देखा गया। यह उल्लेखनीय नैदानिक प्रगति, साथ ही होम्योपैथी के लिए संशोधित नरांजो मापदंड (MONARCH) टूल पर +10 का स्कोर, पीसीओएस के लक्षणों में सुधार के लिए व्यक्तिगत होम्योपैथिक चिकित्सा की उपयोगिता को उजागर करता है।

### Potencia LM de *Calcarea carbonica* para el tratamiento homeopático individualizado del síndrome de ovario poliquístico: Informe de un caso

**Introducción:** El síndrome de ovario poliquístico (SOP) es un trastorno endocrino prevalente y diverso que afecta a las mujeres en edad reproductiva. Se manifiesta a través de diversos síntomas clínicos, como oligoanovulación, ovarios poliquísticos y síntomas debido a niveles elevados de andrógenos séricos. En medio de los frecuentes efectos secundarios y la limitada eficacia a largo plazo de los tratamientos convencionales, existe un creciente interés en terapias complementarias que puedan aliviar los síntomas del SOP sin impactos adversos. La homeopatía, conocida por su enfoque individualizado y éxito en el tratamiento de diversas afecciones, incluido el SOP, surge como una solución esperanzadora. Este informe de caso tiene como objetivo mostrar los resultados favorables obtenidos a través del tratamiento homeopático individualizado no solo en los síntomas del SOP sino también en las quejas generales de la

paciente. **Resumen del caso:** Una mujer de 25 años visitó el departamento de consultas externas de The Calcutta Homoeopathic Medical College and Hospital, Bengala Occidental, India, con quejas de ciclos menstruales irregulares y escasos durante los últimos dos años. Se le diagnosticó SOP basándose tanto en los síntomas clínicos como en los hallazgos ecográficos. Se le prescribió un remedio homeopático individualizado, *Calcarea carbonica*, en potencia cincuenta milésimas (LM), teniendo en cuenta los síntomas de las esferas particulares y generales. Los seguimientos revelaron una mejoría gradual. El notable progreso clínico, junto con una puntuación de +10 en los Criterios de Naranjo Modificados para la Homeopatía (MONARCH), destaca la utilidad de la medicina homeopática individualizada para mejorar los síntomas del SOP.

### 碳酸钙的LM效力对多囊卵巢综合征个体化顺势疗法治疗的影响：一例病例报告

**引言：**多囊卵巢综合征 (PCOS) 是一种常见且多样的内分泌疾病，影响育龄女性。其临床症状多样，例如排卵稀少、无排卵、多囊卵巢以及血清雄激素水平升高引起的症状。由于传统疗法副作用频发且长期疗效有限，人们越来越关注能够缓解 PCOS 症状且无不良反应的补充疗法。顺势疗法以其个性化的治疗方法和在治疗包括 PCOS 在内的各种疾病方面的成功经验而闻名，因此有望成为一种解决方案。本病例报告旨在展示通过个性化顺势疗法治疗 PCOS 症状以及患者整体不适方面所取得的良好效果。

**病例摘要：**一名25岁女性，因过去两年月经周期不规律、量少等症状，于印度西孟加拉邦加尔各答顺势疗法医学院暨医院门诊就诊。根据临床症状和超声检查结果，她被诊断为多囊卵巢综合征 (PCOS)。医生开具了个体化顺势疗法药物碳酸钙，其浓度为千分之五 (LM)，并同时考虑了个体和全身症状。随访显示患者病情逐渐好转。显著的临床进展以及改良纳兰霍顺势疗法标准 (MONARCH) 工具的 (+10) 评分，凸显了个体化顺势疗法药物在改善 PCOS 症状方面的有效性。