



EVALUATING THE THERAPEUTIC POTENTIAL OF LAC DEFHORATUM IN PCOS MANAGAMENT

Dr. K. Srinivas Babu^{1*}, Dr. Bhavya Shikha²

¹PhD Scholar, Tantia University, Hamsa Homeopathy Medical College Hospital & Research Centre
²MD (Hom) Associate Professor JIMS HMC Hospital

***Corresponding Author:** Dr. K. Srinivas Babu
*Mail ID: drsnbabukathi@gmail.com

Abstract

Potentized remedy derived from skimmed cow's milk named Lac Vaccinum Defloratum is one of the sarcodes derivative found to have miraculous powers. It is a sarcodes and is derived from healthy secretions of cow. Polycystic ovarian syndrome is a complex disorder of females in the reproductive age group and a leading cause of infertility. The homeopathic treatment in cases of PCOS or related symptoms are as per totality of symptoms because homeopathy treats the patient as a whole⁽⁹⁾. In recent times, the study of Lac remedies in homeopathy has gained significant importance. This article shows the efficacy of a rare remedy Lac defloratum in treating menstrual irregularities.

Keywords: Skimmed milk, sarcodes, polycystic ovary, androgens, social stigma.

Polycystic ovarian syndrome

Polycystic ovary syndrome (PCOS) is a common hormonal condition that affects women of reproductive age. It usually starts during adolescence, but symptoms may fluctuate over time. PCOS can cause hormonal imbalances, irregular periods, excess androgen levels and cysts in the ovaries. Irregular periods, usually with a lack of ovulation, can make it difficult to become pregnant. PCOS is a leading cause of infertility. PCOS is a chronic condition and cannot be cured. However, some symptoms can be improved through lifestyle changes, medications and fertility treatments. The cause of PCOS is unknown but women with a family history or type 2 diabetes are at higher risk. PCOS is a significant public health problem and is one of the commonest hormonal disturbances affecting women of reproductive age. The condition affects an estimated 8–13% of women of reproductive age, and up to 70% of cases are undiagnosed. The biological and psychological effects of PCOS, particularly those related to obesity, body image and infertility, can lead to mental health challenges and social stigma.⁽⁸⁾

Symptoms

Symptoms of polycystic ovary syndrome can differ from person to person. Symptoms may change over time and often occur without a clear trigger.

Possible symptoms include:⁽⁸⁾

- Heavy, long, intermittent, unpredictable or absent periods
- Infertility
- Acne or oily skin
- Excessive hair on the face or body
- Male-pattern baldness or hair thinning

- Weight gain, especially around the belly.

PCOS can also cause anxiety, depression and a negative body image. Some symptoms such as infertility, obesity and unwanted hair growth can lead to social stigma. This can affect other life areas such as family, relationships, work and involvement in the community.

Diagnosis

Polycystic ovary syndrome is diagnosed by the presence of at least two out of the following:⁽⁸⁾

1. Signs or symptoms of high androgens (unwanted facial or bodily hair, loss of hair from the head, acne or an elevated blood level of testosterone) – after other causes for this have been excluded;
2. Irregular or absent menstrual periods – after other causes for this have been excluded; and
3. Polycystic ovaries on an ultrasound scan.

Homeopathic approach

PCOS is one of such malady of psoric origin in which there is accumulation of multiple small cysts arranged at periphery of enlarged and bulky ovaries with increased bright central stroma. It is always through the process of individualisation. It is possible only by discovering the strange, rare and peculiar symptoms of the particular individual, to arrive at the best similimum⁽⁹⁾. Homeopathic remedies when carefully selected based on symptoms matching, target hormonal imbalances and regulate excessive androgen production. Combining homeopathic medicine with proper routine, good lifestyle choices, diet and exercise can be most effective in treating PCOS.

Sarcodes

Sarcodes are the medicinal substances derived from the healthy tissues and secretions of animals. Sarcodes serve as therapeutic agents treating various pathological ailments. In complex PCOS cases where multiple organs face structural pathologies, sarcodes can facilitate the choice of suitable remedy. Sarcodes can address the fluctuation in female hormones found in functional or structural changes in PCOS cases. In recent times, the study of Lac remedies in homeopathy has gained significant importance. Lac remedies, which also fall under the category of sarcodes, have shown wonderful results in their application. Among the various lac remedies, Lac can, Lac vac defloratum exhibit a greater affinity in treating PCOS.

LAC VACCINUM DEFLORATUM

- Kingdom: Animal kingdom
- Phylum: Mammalia
- Class: Laurasiatheria
- Phase: Artiodactyla
- Subphase: Bovidae
- Common name: skimmed cow's milk
- Prover: Dr. Samuel Swan

Clinical

Anaemia. Appendicitis. Asthma. Bright's disease. Constipation. Diabetes. Dropsy. Fainting spells. Headache. Heart, affections of. Lactation, defective. Leucorrhoea. Menses, suppressed. Obesity. Sciatica.⁽³⁾

Indications

- It was introduced in homeopathy in 1897 by Samuel swan.
- A remedy for diseases with faulty nutrition; sick headaches, with profuse flow of urine during pain. Car sickness ⁽¹⁾

- Skimmed milk is useful in diseases with FAULTY NUTRITION; and anaemic condition of blood⁽²⁾
- As milk contains within it an epitome of all the tissues and salts of the animal which secretes it, it is natural to expect of it a wide range of action in the attenuations.⁽³⁾
- Feels completely exhausted, whether she does anything or not; great fatigue when walking.⁽²⁾
- The chronic milk subject is very cold and bloodless and cannot get warm even in a warm room and by warm clothing; she is so chilly and so sensitive to cold that she feels the air blowing on her in the room, as if she were fanned, even where there is no possible draft and others feel the room to be very warm.⁽⁵⁾
- Sufferings from loss of sleep.⁽²⁾
- Persons or children who become sick on taking milk.⁽²⁾
- Sick-headache with icy coldness all through the body, even near the fire, and profuse emission of urine⁽⁴⁾.
- Despondent; Conversation amel; does not care to live; has no fear of death but is sure he is going to die. Horror of shut places.⁽²⁾
- The need to belong to the community. The fear of being rejected by the community. The feeling of being forsaken. The feeling of being separated from the mother. The need to be attractive. The tremendous sense of injustice. The need to bear a lot of suffering. Cares for and by the mother. Fears and dreams of being pursued, of being beaten are the themes which we see in this remedy.⁽⁷⁾
- The person is rather mild, gentle, yet quite animated, and tries to be attractive. There is loquacity and their talk can be animated, expressive, vivid. There is a feeling that they have to do a lot for the community, to work hard physically for others in order to be accepted by the community. Also, they feel they have to bear silently with a lot of suffering and beating, abuse, extra marital relationships of the husband, and continue to do their work in order to be accepted. There is a theme of losing their dear ones, especially the mother, and a theme of adopted children who have been separated from their mother earlier on, and feel forsaken. Inter community marriages can also be a theme of Lac defloratum where the person dares to go against the community. Here, we have the double feeling, first the fear of being forsaken by the community, and second ones own desire and will.⁽⁷⁾
- There is also the feeling of dirtiness in Lac defloratum (which is common to the animal remedies). There is a fear of closed spaces, for example the fear to be shut in the toilet. There are also suicidal thoughts. The dreams of Lac defloratum are (clinically observed): Dreams of animals, dreams of snakes, dreams of being pursued. Dreams of being separated from friends, dreams of being beaten.⁽⁷⁾
- Physically, we often find a strong desire or intolerance of milk; affections of the breast including poor lactation, pain in the breast before menses, obesity.⁽⁷⁾
- Rubrics include:
 - Delusion, all her friends are dead and she must got to a convent.
 - Forsaken feeling.
 - Irresolution.
 - Suicidal disposition⁽⁷⁾
- Nutrition is perverted. There is loss of weight, or else obesity⁽³⁾
- Scanty flow of milk; restores the milk.⁽²⁾
- Menses: delayed; suppressed, by putting hands in cold water (Con.); drinking a glass of milk will promptly suppress flow until next period (compare Phos.).⁽⁶⁾
- Great restlessness, extreme and protracted suffering from loss of sleep (Coc., Nit. Ac.)⁽⁶⁾
- Drawing pain across uterine region, with heat and pressive bearing down in both ovarian regions; cannot bear pressure of hand or arm on abdomen, intense distress in lower part of abdomen during menstruation, not > by any position⁽³⁾

- Menses delayed a week with congestion of blood to head; coldness of hands, nausea, and vertigo; flow commenced next morning after taking Lac def., scanty with pain in back; sensation of weight and dragging in Left ovarian region ⁽³⁾
- Irregular menstruation, sometimes very dark and scanty, sometimes colourless water. Slight yellowish leucorrhoea ⁽³⁾
- It cured a yellow-brown leucorrhoea, worse before and after menses it cured a profuse yellow leucorrhoea⁽⁵⁾.
- There is periodicity in the symptoms: every eight days. Headache ceases at sunset. Most symptoms occur in the morning. Fever and prostration come on in afternoon.⁽³⁾
- Exhaustion of body and mind. Take a glass of hot milk. The milk is more invigorating than any alcoholic stimulant.
- Skim milk freely taken is a valuable remedy for Dropsy of old people. Drinking frequently of buttermilk, in old age, prolongs life, by preventing incrustations on the valves of the heart, and ossification of the arteries. The same cures cystitis and checks consumption.
- Patient slept after first dose, next morning slight flow appeared. Second dose brought back flow profusely, and patient felt well and the flow continued.) ⁽³⁾
- Dose- Sixth, to thirtieth potency and higher.⁽¹⁾

Relationship

Antidotes: Ign, Nux

Compare: Colostrum (Diarrhea in infants. Whole body smells sour. Colic). Nat mur.

Case

Case History

A case of 22 yrs female presented to OPD with delayed menstruation – 9/10 months.

Presenting complaints

1. Delayed menstruation – 9/10 months
2. Hyperpigmentation of skin around neck – 10/11 months
3. Hair fall with dandruff – 10/11 months
4. unwanted hair on chin upper lip several months

Past history

No relevant history

Family history

Grandmother – Diabetic. Mother – K/C/O Polyarthritis.

Diagnosis

PCOS/Obesity

O/Exam

Appearance- short stature, slightly obese

HR: 72beats/min RR: 16 breaths/pmts Temp: 98.7 F PR: 72beats/min Weight: 58.6 kgs

Mental generals- Anxiety about her health, fear of blood.

Physical generals

- Appetite- good
- Thirst- normal
- Urine- clear, no burning

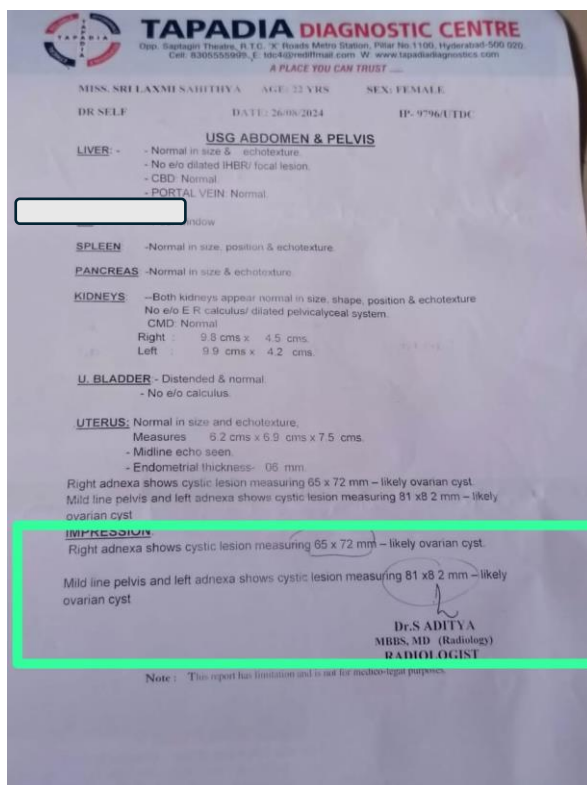
- Bowels- regular, soft
- Sleep- refreshed
- Perspiration – normal
- Desires- nothing specific
- Thermals- Ambithermal

Case analysis

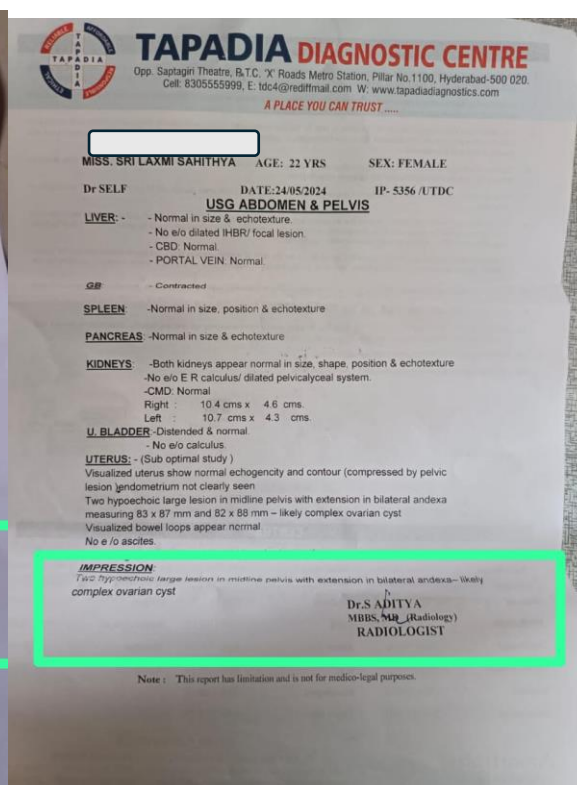
Patient not attained menses for nearly about one year and she came for homeopathic treatment on 31-05-2024 and after using homeopathic treatment along with life style modifications. Patient attained menses after her 3rd follow up.

Follow-up

S.no	Date	Complaints	Treatment
1.	27-06-2024	Menses not attained Pain in right leg while walking Backache Weight: 57kgs	Lac caninum 200C 1dose Thyroidinum 30C 6 doses Saclac for 1 month
2.	25-07-2024	Menses not attained Leg pain & backache are reduced completely Weight: 57kgs	Lac defloratum 30C 1dose Saclac for 1 month
3.	11-08-2024	Attained menses, but scanty in flow All generals good Patient is feeling better	Lac def 30C 1dose Saclac for 1 month



Before Treatment



After Treatment

Conclusion

Keeping in view the above details it is pertinent to believe that Lac Vaccinum Defloratum is a less utilized and generally overlooked remedy with a very high potential. It covers a wide range of symptoms which include its action on the physical as well as mental aspects of the patient and also

especially beneficial in menstrual complaints. Homeopathic treatment is safe and effective in controlling the symptoms and curing the disease completely. In conclusion, the use of sarcodes in the treatment of Polycystic ovarian syndrome presents a beneficial role in treating it.

References:

1. Boericke W. Pocket manual of homeopathic material medica &repertory. 9th ed. (Delhi, India: Motilal Banarsidass Publishers), 1993.
2. S.R.Phatak, Materia Medica of Homoeopathic Medicines, New Delhi, B. Jain publishers(p) LTD, 2011.
3. Clarke John henry, A Dictionary of practical Materia Medica volume1, New Delhi, B. Jain publishers(p) LTD, 1999.
4. Nash Eugene Beauharnais, Leaders in homeopathic therapeutics with grouping and classification 6th edition, New Delhi, B. Jain publishers(p) LTD, 2008
5. Kent James Tyler, Lectures on Homoeopathic Materia medica, New Delhi, B. Jain publishers(p) LTD 2023
6. Allen HC. Keynotes and characteristics with comparisons of some of the leading remedies of the Materia medica with nosodes. 2nd ed. (Noida, India: B. Jain Publishers), 2002.
7. Rajan sankaran, The soul of remedies, Homoeopathic medical publishers 20, station road, Santa cruz (w), Bombay.
8. <https://www.who.int/news-room/fact-sheets/detail/polycystic-ovary-syndrome>
9. <https://homeopathicheritage.com/international-homeopathic-journal-download-free.php>