

PCOD: A problem of today's woman

It's a modern scourge that affects a very large number of women. Going by the name Polycystic Ovarian Disease (PCOD), this condition is characterised by a hormonal imbalance that causes mature or developing eggs to get 'stuck' in the ovaries, leading to the formation of cysts.

Being a disease that is diagnosed only after peripheral symptoms show up, PCOD often goes undetected for years. Prevalent in around 10 per cent of women, PCOD is a leading cause of infertility. Patients typically suffer from menstrual disorders that lead them to a gynaecologist, who then detects the condition usually via ultrasound.

A typical sign of PCOD is hirsutism or the excess growth of facial and body hair as seen in men. This is because the ovaries produce excess amounts of androgen or the male hormone. Some

would argue that the modern woman has forced herself into 'masculine-type roles' that require her to be tough and aggressive. Those who take this view say that PCOD is the price they pay.

A 'Weighty' Problem

Here's something you may not know: PCOD is intrinsically linked to obesity, diabetes and high cholesterol levels, which could even lead to heart disease or a stroke. Here's how it works. Obesity and diabetes are strongly correlated and are consequences of metabolic syndrome. At the core is insulin resistance, whereby the body becomes resistant to insulin and cannot break down

blood glucose.

This eventually leads to excess fat or obesity. Insulin resistance paradoxically prompts the body to produce even more insulin, disturbing the delicate balance between the hypothalamus, pituitary gland and ovaries and finally leading to PCOD in many women.



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Why Homeopathy

Conventional treatment of PCOD consists mainly of drugs to restore and regulate endocrine or hormonal functioning. But this is a tightrope walk as the endocrine system is complex and sensitive, and tampering with it 'artificially' is bound to produce

side-effects. Moreover, allopathy can only hope to manage PCOD; it does not root out the cause.

On the other hand, homeopathy is especially effective in curing - yes, curing - PCOD. It realigns your metabolism and re-regulates your endocrine system gently and permanently. In doing so, all the symptoms associated with this disease begin to wane - hirsutism disappears, weight loss follows and your menstrual cycle normalises.

Homeopathy is therefore your best bet to not only being cured of PCOD but to also achieving a level of health you had probably never experienced before!

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