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Traditional Chinese medicine treatment options in Indian women with polycystic ovary syndrome

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Statement of the Problem: Research on polycystic ovary syndrome (PCOS) in Indian women has started to emerge recently. In western medicine, the same standard of care is applied to this demographic. However, the results are variable and may not offer an effective solution. Unlike other cultures, addressing the Indian diet and phenotypes may be the key to treating this population. Symptoms such as insulin resistance, acanthosis nigricans, hirsutism, infertility, irregular menstruation, and higher testosterone are several symptoms that may manifest in PCOS. It is possible that not these patients that present with the symptoms will be diagnosed with PCOS after routine examination. Some patients may have symptoms but have normal ovulation and ovarian health.

Purpose: The purpose of this study is to provide traditional Chinese medicine (TCM) options for PCOS treatment. Eastern medicine considers culture and phenotypes when treating patients which may offer a solution for Indian PCOS patients. TCM can offer treatments which can help to prevent and treat hormonal imbalance in Indian PCOS patients leading to better overall health outcomes. In addition, the TCM view can also better define prevention and early intervention measures which can be taken. TCM methods can also be applied to those with PCOS symptoms but do not have the diagnosis.

Methodology & Theoretical Orientation: By analyzing the Indian population diet, lifestyle, and gene-culture coevolution, a trend was discovered. Based upon the emerging commonality of Indian women, a universal TCM diagnosis could be adapted. Though each patient is an individual and TCM diagnosis is based upon this individuality, the common gene that runs through most Indian women is derived.

Findings: The common TCM diagnosis for PCOS in Indian women is spleen deficiency and kidney yang deficiency. TCM protocols account for acupuncture treatments, herbal therapy, and diet. These factors are addressed within this paper which may help both eastern and western medicine doctors to better understand and formulate optimal protocols to treat PCOS in this population.

Biography

Sonya Patel has been a licensed Acupuncturist for 15 years in the United States. She is a fellow of the American Board of Oriental Reproductive Medicine, and has been published in medical journals with leading doctors from MD Anderson Cancer Hospital, Baylor College of Medicine, Memorial Hermann, and Michael E DeBakey Veterans Hospital. She is currently pursuing a Doctorate in Acupuncture and Oriental Medicine (DAOM) at the California Institute of Integral Studies. With this additional degree, she hopes to be a better practitioner, and continue to conduct research, and support humanitarian causes. She has written articles, co-authored a book, and contributed to newspapers and magazines, along with being featured on radio shows.

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