



Hormonal disorders and homoeopathy in elite female athletes

Characterized by a high degree of variability according to the sporting discipline, hormonal disorders are common among female athletes. Overtraining syndrome is known to depress or alter the hypothalamic-pituitary-gonadal, adrenal and somatotrophic axes, with adolescents particularly affected. Functional ovarian hyperandrogenism may induce hormone dysfunction, negatively impacting hormonal regulation.

Recent studies show that while inflammation can be organ or gland specific, chronic disease typically manifests system-wide inflammation. Individualised homoeopathy (IH), with its systemic treatment approach, has been shown to be of benefit in female hormonal disorders which are defined as a public health burden due to their ability to disrupt quality of life. This paper examines IH case studies in elite female athletes with polycystic ovarian syndrome, infertility, candida, low libido, mastalgia, Hashimoto's disease and menopause in relation to direction of cure theory.

All diseases in the medical history, both acute and chronic, form links in the chain of a person. Recuperating health results in symptom patterns which enable precise evaluation of remedy effect, knowledge of which is immensely beneficial to homeopaths desiring clinical efficacy. Direction of cure theory observes symptomatologic development from medial to peripheral, in the reverse order and superiorly moving distally: progression of disease from inside out.

