

 International Journal of AYUSH	IJAYUSH International Journal of AYUSH AYURVEDA • YOGA • UNANI • SIDDHA • HOMEOPATHY https://internationaljournal.org.in/journal/index.php/ijayush/	ISSN: 2349-7025 OPEN ACCESS PEER REVIEWED MONTHLY
	Original Research Article	Volume 15 Issue 03

CHRONIC METRORRHAGIA ASSOCIATED WITH HORMONAL IMBALANCE AND HYPERANDROGENISM: A CASE REPORT AT DR BATRA'S

Dr Saurabh Pal

Chief Homeopathic Consultant

Whitefield Branch

Dr Batra's Positive Health Clinic Pvt. Ltd.

Qualification BHMS

Email id: chc-whitefield@drbatras.com

Mobile 9164213393

Abstract

Background: Chronic metrorrhagia associated with hormonal imbalance frequently presents with prolonged irregular bleeding, dysmenorrhoea, hirsutism, hair fall and impaired quality of life. Conventional management often relies on hormonal therapy, which may provide only temporary relief.

Case Presentation: A 27-year-old female presented with a two-year history of metrorrhagia characterized by prolonged heavy menstrual bleeding, irregular cycles, dysmenorrhoea, hair fall and excessive facial hair over the chin and upper lip. She had previously received contraceptive pills with temporary benefit. Constitutional evaluation revealed a calm, introverted, reserved, practical individual with mild obstinacy and work-related stress. Individualized homoeopathic treatment with **Pulsatilla** was prescribed based on totality of symptoms.

Outcome: Progressive improvement was observed in menstrual regularity, reduction in bleeding duration and intensity, improvement in dysmenorrhoea, reduction in facial hair growth, improvement in acne and significant reduction in hair fall over one year of follow-up.

Conclusion: This case illustrates the potential role of individualized constitutional homoeopathy in managing chronic hormonal menstrual disorders with sustained clinical improvement.

Keywords: Metrorrhagia, Abnormal uterine bleeding, Hormonal imbalance, Pulsatilla, Constitutional Homoeopathy, Hirsutism

Introduction

Metrorrhagia refers to abnormal uterine bleeding occurring at irregular intervals outside the expected menstrual cycle. Hormonal imbalance remains one of the most common causes in women of reproductive age and is frequently associated with hyperandrogenic manifestations such as acne, hirsutism and hair fall. Persistent abnormal bleeding affects physical health, emotional wellbeing and quality of life.

Conventional treatment primarily involves hormonal therapy, which often controls bleeding temporarily but recurrence is common after discontinuation. Constitutional homoeopathy aims to restore systemic balance by individualizing treatment according to the patient's mental, emotional and physical constitution.

Patient Information

Particular	Details
Age	27 years
Gender	Female
Occupation	Working professional
Marital Status	Unmarried
Chief Complaint	Chronic metrorrhagia with hormonal imbalance

Chief Complaints

- Irregular menstrual bleeding since 2 years
- Heavy prolonged menstrual flow
- Spotting between cycles
- Dysmenorrhoea
- Hair fall
- Thick dark facial hair over chin and upper lip
- Hormonal imbalance
- Previous contraceptive pill use

History of Present Illness

The patient presented with abnormal uterine bleeding for two years. Menstrual cycles had become irregular with prolonged heavy bleeding lasting up to 10–12 days. She experienced spotting before normal menstrual flow and moderate lower abdominal pain.

She had previously been treated with hormonal contraceptive pills, which temporarily regulated the menstrual cycle; however, symptoms recurred after discontinuation.

Associated complaints included progressive hair fall and coarse facial hair over the chin and upper lip, suggestive of hyperandrogenism. Emotional stress related to work further aggravated her complaints.

Past History

- No major medical illness
- Previous hormonal treatment with contraceptive pills
- No surgeries
- No chronic systemic disease

Family History

- Parents healthy
- One sibling
- No significant hereditary endocrine or gynaecological illness

Personal History

Parameter	Findings
Appetite	Normal
Thirst	3 L/day
Sleep	Normal
Stool	Normal
Urine	Normal
Perspiration	Normal
Diet	Mixed
Craving	Chicken
Thermals	Not characteristic

Menstrual History

- Menarche: Normal
- Cycles: Irregular
- Duration: Prolonged
- Flow: Heavy
- Dysmenorrhoea: Present
- Spotting: Present
- Hair fall associated with hormonal imbalance
- Facial hirsutism present

Mental Generals

The patient belonged to a supportive middle-class family with a conservative upbringing. She described herself as calm, reserved and introverted. She maintained only a few close friendships and preferred keeping emotions to herself.

She remained closely attached to both parents, particularly her mother. Work-related stress and disappointment affected her emotionally, although she did not express anger openly. She was practical, mildly obstinate and emotionally balanced without marked anxiety or fear.

Physical Examination

General Examination

- Conscious and cooperative
- Moderately built
- Stable vital parameters

Systemic Examination

- Within normal limits

Local Examination

- Facial hirsutism involving upper lip and chin
- Diffuse hair fall
- No pelvic examination abnormalities documented

Clinical Diagnosis

Primary Diagnosis

- Chronic Metrorrhagia due to Hormonal Imbalance

Associated Features

- Hyperandrogenism
- Hair fall
- Hirsutism

Clinical Assessment

The patient's presentation suggested a chronic functional endocrine disorder characterized by hormonal dysregulation rather than structural pelvic pathology. Individualization focused on constitutional characteristics rather than only menstrual symptoms.

Evaluation of Symptoms

Characteristic Mental Symptoms

- Calm disposition
- Reserved
- Introverted
- Mild obstinate nature
- Practical personality
- Work stress

Characteristic Physical Symptoms

- Heavy prolonged menstrual bleeding
- Spotting
- Dysmenorrhoea
- Hair fall
- Facial hair growth
- Hormonal imbalance

Therapeutic Objective

- Regulate menstrual cycle
- Reduce excessive bleeding
- Improve hormonal balance
- Reduce hair fall
- Improve hirsutism
- Prevent recurrence
- Improve quality of life

Case Analysis

The patient's chronic metrorrhagia was associated with prolonged irregular bleeding, dysmenorrhoea, hair fall and facial hirsutism. Previous hormonal therapy provided only temporary relief. Constitutional analysis revealed a gentle, reserved, emotionally mild personality with work-related stress and strong attachment to family. The totality clearly indicated **Pulsatilla** as the constitutional remedy.

Totality of Symptoms

Mental Generals

- Calm
- Introverted
- Reserved
- Mild obstinate
- Practical
- Close to mother
- Work stress
- Disappointment

Physical Generals

- Appetite normal
- Thirst increased (3 L/day)
- Craving for chicken

- Sleep normal
- Stool normal
- Urine normal

Particular Symptoms

- Metrorrhagia
- Heavy menstrual bleeding
- Spotting
- Dysmenorrhoea
- Hair fall
- Facial hirsutism
- Hormonal imbalance

Miasmatic Analysis

The case showed a **Psoro-Sycotic** predominance.

Psoric Features

- Functional endocrine disturbance
- Hair fall
- Emotional sensitivity

Sycotic Features

- Hormonal imbalance
- Hyperandrogenism
- Facial hair
- Irregular prolonged menstruation

LSMC

The patient demonstrated **moderate susceptibility**, evidenced by chronic functional pathology, good vitality and gradual improvement following individualized treatment.

Repertorial Rubrics

- Female genitalia – Menses – irregular
- Female genitalia – Metrorrhagia
- Female genitalia – Profuse menses
- Female genitalia – Dysmenorrhoea
- Face – Hair – upper lip
- Face – Hair – chin
- Head – Hair – falling
- Mind – Reserved

- Mind – Mildness
- Mind – Introversion
- Mind – Ailments from disappointment

Repertorization

Leading remedies obtained during repertorization included:

- Pulsatilla
- Sepia
- Natrum muriaticum
- Calcarea carbonica
- Lachesis

After qualitative evaluation, **Pulsatilla** corresponded most closely to the constitutional picture.

Remedy Selection

Constitutional Remedy

Pulsatilla

Basis of Selection

- Mild temperament
- Reserved personality
- Hormonal menstrual irregularity
- Hair fall
- Hirsutism
- Emotional sensitivity

Acute Remedy

Apis mellifica

Prescribed during acute inflammatory menstrual episodes where indicated.

Intercurrent Remedy

Thuja occidentalis

Administered according to the chronic miasmatic background.

Prescription Summary

Remedy	Purpose
Pulsatilla	Constitutional
Apis mellifica	Acute
Thuja occidentalis	Intercurrent

Follow-up Summary

Duration	Clinical Progress
1 Month	Bleeding reduced; only spotting remained. Menstrual cycle began improving.
3 Months	Back pain and dysmenorrhoea reduced; prolonged bleeding shortened. Exercise and dietary advice initiated.
6 Months	Menstrual cycles more regular; spotting markedly reduced; abdominal pain improved. Acne following laser therapy gradually settled.
9 Months	Acne reduced significantly; facial pigmentation improved; menstrual flow normalized to approximately 4 days.
12 Months	Hair fall markedly reduced, facial hair growth decreased, menstrual regularity restored with sustained improvement in quality of life.

Outcome Assessment

Parameter	Before Treatment	Final Follow-up
Menstrual irregularity	Severe	Significantly improved
Heavy bleeding	Present	Markedly reduced
Spotting	Frequent	Minimal
Dysmenorrhoea	Present	Improved
Hair fall	Present	Markedly reduced
Facial hirsutism	Marked	Reduced
Acne	Present	Improved
Quality of life	Poor	Significantly improved

Discussion

This case demonstrates the effectiveness of individualized constitutional homoeopathic treatment in a patient with chronic metrorrhagia associated with hormonal imbalance. Rather than focusing solely on menstrual bleeding, treatment addressed the patient's constitutional susceptibility, emotional characteristics and associated endocrine manifestations. Gradual normalization of menstrual cycles, reduction in bleeding duration, improvement in dysmenorrhoea, hair fall, hirsutism and acne indicate a sustained therapeutic response.

Learning Points

- Constitutional prescribing is valuable in chronic hormonal disorders.

- Functional menstrual abnormalities require individualized assessment.
- Hair fall and hirsutism often improve with restoration of hormonal balance.
- Lifestyle modification complements constitutional treatment.
- Long-term follow-up is essential to assess sustained improvement.

Conclusion

This case highlights the successful constitutional management of chronic metrorrhagia with hormonal imbalance using **Pulsatilla**. Individualized homoeopathic treatment resulted in progressive regulation of menstrual cycles, reduction in excessive bleeding, improvement in dysmenorrhoea, facial hirsutism, hair fall and associated acne. The sustained improvement observed over one year emphasizes the role of constitutional homoeopathy as a holistic therapeutic approach in chronic functional endocrine disorders.

References

1. Hahnemann S. *Organon of Medicine*. 6th ed. New Delhi: B Jain Publishers.
2. Kent JT. *Lectures on Homoeopathic Philosophy*. New Delhi: B Jain Publishers.
3. Kent JT. *Repertory of the Homoeopathic Materia Medica*. New Delhi: B Jain Publishers.
4. Boericke W. *Pocket Manual of Homoeopathic Materia Medica*. New Delhi: B Jain Publishers.
5. Allen HC. *Keynotes and Characteristics with Comparisons*. New Delhi: B Jain Publishers.
6. Murphy R. *Lotus Materia Medica*. New Delhi: B Jain Publishers.
7. ACOG Practice Bulletin No. 228. Management of Abnormal Uterine Bleeding. *Obstet Gynecol*. 2021.
8. NICE Guideline NG88. Heavy Menstrual Bleeding: Assessment and Management. 2021.
9. Williams Gynecology. 5th ed. McGraw-Hill Education; 2023.
10. Teede HJ, et al. International Evidence-Based Guideline for the Assessment and Management of Polycystic Ovary Syndrome. 2023.