

Volume / Issue	Article Type	Article ID	DOI
Vol. 1, Issue 1	Case Report	CR20IJHHA3480	https://doi.org/10.5281/zenodo.22058432

CASE REPORT

Management of Acne with Associated Menstrual and Scalp Complaints: A Longitudinal Case Report at Dr Batra's

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ABSTRACT

Background: A 34-year-old woman working in the hotel industry presented for management of acne and associated scalp and menstrual complaints. Her history included 9 years of marriage without conception, prolonged menstrual cycles, previous rotational-shift work and significant occupational stress.

Case Presentation: The patient was 34 years old and had been married for 9 years. She had no children and reported regular but prolonged menstrual cycles of approximately 40 days. She was not using contraception. She worked as a General Manager in the hotel industry, with a history of rotational shifts and previously significant occupational stress. At the initial documented consultation in May 2026, her weight was 74.3 kg. She had previously undergone cosmetic procedures including Botox and skin smoothening. Subsequent investigations documented low haemoglobin, low ferritin and low vitamin D, while B12 was normal. The supplied record also states that PCOS-related hormonal investigations were normal. During follow-up, the patient reported substantial lifestyle changes, including prioritizing herself and adopting a healthier diet. She subsequently reported improvement in menstrual symptoms, scalp dandruff, scalp and skin oiliness and hair loss.

Outcome: By July 2026, the patient reported marked reduction in acne, no new eruptions, reduced scalp oiliness, reduced skin oiliness, significant improvement in dandruff, no scalp itching, marked reduction in hair loss, improvement in menstrual pain and cramps, and normalization of menstrual pattern as reported by the patient. At the August 2026 follow-up, she reported controlled hair loss and markedly improved menstrual symptoms, including absence of previously severe cramps and reduced bleeding/clotting symptoms.

Conclusion: The supplied longitudinal record documents improvement across dermatological, scalp, hair and menstrual symptoms alongside substantial lifestyle modification and nutritional supplementation. Because multiple interventions occurred simultaneously, the individual contribution of any particular treatment cannot be established from this case alone.

Keywords: *Acne, Menstrual irregularity, Scalp dandruff, Hair loss, Pulsatilla, Berberis aquifolium, Lifestyle modification, Case Report*

PATIENT PROFILE

Parameter	Details
Age	34 years
Sex	Female
Occupation	General Manager — Hotel Industry
Marital status	Married for 9 years
Children	None
Menstrual cycle	Approximately 40 days initially
Contraception	None
Initial documented weight	74.3 kg
Follow-up weight	75.6 kg
Major complaints documented	Acne, dandruff, hair loss, menstrual complaints
Previous cosmetic procedures	Botox, skin smoothening

CHIEF DERMATOLOGICAL COMPLAINT

The record documents acne. At the earlier follow-up: "Acne is reduced. No new eruptions." The patient was subsequently advised to continue for one month, with Pulsatilla 200 and Berberis aquifolium drops documented in the treatment record.

The supplied record does not provide sufficient detail regarding exact acne site, acne morphology, severity grading, baseline lesion count, scarring or acne duration. Therefore, these details are not included beyond what is available in the case file.

MENSTRUAL HISTORY

At the May 2026 consultation: married for 9 years, no children, menstrual cycles approximately 40 days, no contraceptive use.

By July 2026, the patient reported menses becoming normal, menstrual pain significantly reduced, much less cramping, and significant improvement in overall well-being.

At the August 2026 follow-up, she reported that the recent cycle was substantially better: no clots, no significant body ache, less bleeding, no severe menstrual pain, no vomiting, only mild dizziness, and felt significantly better internally.

PCOS / INVESTIGATION PROFILE

The supplied record states: "USG — shows PCOS hormones are normal." It also documents Hb — low, Ferritin — low, Vitamin B12 — normal, Vitamin D — low. Supplements were advised.

Because the exact ultrasound report and hormonal values were not supplied, this is presented as: previous investigations reportedly showed PCOS-related findings with normal hormonal parameters; the available record also documented low haemoglobin, low ferritin and low vitamin D.

SCALP AND HAIR COMPLAINTS

At the July 2026 follow-up: dandruff much better, no itching, scalp less oily, skin less oily. Hair loss had reduced significantly, with HPT documented as "not much."

At the August 2026 follow-up: HPT — none; hair loss remained controlled.

LIFESTYLE HISTORY

A major change documented during treatment was: "I have changed my lifestyle. I am now prioritizing." The patient reported better diet, increased attention to lifestyle, prioritizing herself, and significant improvement in overall well-being.

This is an important component of the case because the improvement occurred in the setting of simultaneous lifestyle modification and supplementation.

OCCUPATIONAL BACKGROUND

The patient was working as a General Manager in the Hotel Industry. Her previous work pattern involved rotational shifts and significant occupational stress. At the May 2026 consultation, she reported that her stress had become much better over the preceding year, although previously it had been very severe. This is clinically relevant because the patient had a demanding, shift-based occupation and subsequently reported deliberate lifestyle changes.

INVESTIGATIONS AND SUPPORTIVE MANAGEMENT

Parameter	Finding
PCOS-related hormones	Reported normal
Haemoglobin	Low
Ferritin	Low
Vitamin B12	Normal
Vitamin D	Low
Supplements	Advised

TREATMENT / MANAGEMENT RECORDED

Earlier record

- Pulsatilla 200
- Berberis aquifolium — 5 drops OD
- One-month continuation advised

Supportive management

- Nutritional supplementation for low Hb/ferritin/vitamin D
- Lifestyle modification
- Dietary improvement

The record does not provide enough information to construct a complete remedy chronology, so a detailed constitutional rationale is not added without the original prescription/case-taking record.

FOLLOW-UP TIMELINE

Date	Clinical Documentation
15 May 2026	Initial detailed consultation documented: age 34 years; weight 74.3 kg; married 9 years; no children; approximately 40-day menstrual cycle; no contraception; Hotel Industry — General Manager; previous rotational shifts; previous significant stress; Botox and skin-smoothing procedures; no family history documented.
14 June 2026	Investigation review: PCOS-related hormonal parameters reported as normal; Hb low; ferritin low; B12 normal; vitamin D low. Management: supplements advised.
12 July 2026	Major documented improvement. Patient-reported: "I have changed my lifestyle. I am now prioritizing." She reported good diet, increased sweating, menses now normal, menstrual pain reduced significantly, minimal cramps, dandruff much better, no itching, hair loss reduced significantly. Objective/documentated findings: HPT — not much; scalp less oily; skin less oily; photographs compared and improvement noted.
9 August 2026	Examination: weight 75.6 kg; water retention present; scalp oily; HPT none. Patient documented as "Happy with the treatment." Menstrual follow-up: cycle occurred around 7 August, no clots, no body ache, less bleeding, no significant menstrual pain, no vomiting, mild dizziness, felt well internally. Hair loss controlled.

OUTCOME TABLE

Parameter	Initial documented status	July 2026	August 2026
Acne	Present	Reduced	No worsening documented
New acne eruptions	—	None	No new concern documented
Scalp oiliness	More oily	Less oily	Oily
Dandruff	Present	Much better	Not specifically quantified
Scalp itching	Present/not specified initially	Absent	Not reported
Hair loss	Present	Reduced significantly	Controlled
HPT	—	"Not much"	None
Menstrual cycle	~40 days	Reported normal	Improved symptoms
Menstrual pain	Present	Much reduced	Absent/severely reduced
Cramps	Present	Minimal	No significant cramps
Clots	—	—	Absent
Bleeding	—	—	Reduced

Parameter	Initial documented status	July 2026	August 2026
Body ache	—	—	Absent
Overall well-being	—	Improved	Patient felt "very ok from within"



Figure 1. Scalp and hair before and after treatment.

CLINICAL RESPONSE

The case demonstrates improvement across four interconnected domains: (1) skin — acne reduced, no new eruptions; (2) scalp — dandruff improved, itching resolved, oiliness reduced; (3) hair — hair loss reduced with HPT absent; (4) menstrual symptoms — prolonged cycle with reported normalization, severe cramps with marked reduction, clots/body ache absent, bleeding reduced.

KEY CASE FEATURE

The most important change reported by the patient was not simply improvement in acne. She specifically stated: "I have changed my lifestyle. I am now prioritizing." This is important for the case narrative because the improvement was accompanied by lifestyle modification, improved diet, nutritional supplementation and recorded homeopathic treatment. Therefore, the case is presented as a multifactorial longitudinal clinical improvement, rather than attributing all outcomes exclusively to one intervention.

LEARNING FROM THE CASE

Before: acne → scalp oiliness and dandruff → hair loss → long menstrual cycles → severe menstrual cramps → history of rotational work with significant stress.

Intervention period: individualized treatment, lifestyle modification, dietary improvement, correction of documented nutritional deficiencies.

Follow-up: acne reduced with no new eruptions; dandruff reduced with itching absent; hair loss reduced with HPT trending to none; menstrual pain markedly reduced with cramps markedly reduced; overall well-being improved.

CONCLUSION

This longitudinal case of a 34-year-old hotel-industry General Manager documents improvement in acne, dandruff, scalp oiliness, hair loss and menstrual symptoms over approximately three months of documented follow-up.

The most striking patient-reported changes were: "No new eruptions." "Dandruff is much better." "No itching as of now." "Hair loss has come down so well." "Menses are now normal." "My menstrual pain has reduced a lot." "I don't have much cramps as of now."

At the latest follow-up, HPT was documented as none, hair loss was controlled, and the patient reported feeling significantly better overall. For a scientific presentation, however, the improvement should be interpreted cautiously because homeopathic treatment, lifestyle modification, dietary changes and nutritional supplementation occurred together, making it impossible to isolate the effect of any single intervention from the supplied records.

HOW TO CITE THIS ARTICLE

Kadri S. Management of Acne with Associated Menstrual and Scalp Complaints: A Longitudinal Case Report at Dr Batra's. Int J Holist Health AYUSH. 2026;1(1):194–199.