



Menstrual Disorders A 20 – 20 Game

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CASE 1

Ms S 22 yrs, came to me on 18.04.08

PRESENTING COMPLAINTS

1. Profuse Menstrual Bleeding (2months) - Bright red, less clots, continuous flow for last two months, only few days without bleeding, more during the day, with cramps and occasional stitching pain in loins. Complaints started since six months. Consulted Gynecologist, was diagnosed to have Bulky Uterus with PCOD and Ectopic Left Kidney
2. Backache, Since 6 months, she can't sit or stand for long, started after a fall in the bathroom.
3. Recurrent, flatulent distension

PAST HISTORY

1. H/O Gastritis with loose motions and bilious vomiting, was hospitalized.
2. H/O Recurrent Aphthae
3. H/O Taenia Versicolor cured with ointments

FAMILY HISTORY: Not contributory.

PHYSICAL GENERALS

APPETITE: Average

THIRST: Prefers warm

SWEAT: Moderate

SLEEP: Covering not characteristic

BOWELS: Once in two days

MICTURITION: Normal

PHYSICAL PARTICULARS

HEAD- Vertigo infrequent attacks, hair loss moderate

EYES- Vision dim or even loss of, when rising from chair

TONGUE- Pale, whitish, moist, shining

THROAT- Burning feeling in throat

CHEST- Stitching pain, occasional attacks

ABDOMEN- Flatulence more in the upper abdomen

EXTREMITIES- Soreness of limbs with easy fatigue on exertion

DESIRES- More chilly in curries, Ice cream, Chocolates

AVERSION- Sweets, Fat in meat

MIND

Father was a fisherman. Third child out of four brothers and two sisters.

Depressed. Anxiety whether she can marry, Fears she will not become pregnant. Religious, regular in Church

FOLLOW UP

31.03.08: *Sabina* 200 4d + Placebo. *Thuja* 200 -1 dose to be taken during the interval when the bleeding stops.

11.04.08: Excessive bleeding, restarted after two days along with vomiting, abdominal colic.

Phosphorous 30 x 3d

07.06.08: LMP 21.05.08. Moderate bleeding only for 3 days. Flatulence occasional. Lab Report: Hb -10.6mg%, ESR - 18mm per hr, Group A +ve. Sac-lac and *Ferr-phos* 6X for 2 weeks

16.06.08: Leucorrhoea - watery, mucoid, blood tinged since last 4 days. Hair loss ++. Vertigo - occasional, on sitting long, on rising from sitting position. *Thuja* 10 M. 2 doses, 4th and 20th in 30 powders.

19.07.08: LMP 25.06.08. Flow for three days only. Leucorrhoea >. Headache -whole head, < by cough, no bodyache, leads to breathlessness. Sac-lac x 15 D. *Ferr-phos* 6X for two weeks.

02.08.08: LMP 30.07.08. Moderate bleeding. Vertigo at noon, on waking hours. No other difficulties

Lab Report: 24.07.08. Hb -11.8mgm% ESR -23 mm per hr. O/E- BP 100/60mm

Thuja 10M -1 dose + Sac-lac

09.08.08: Black Clotted bleeding for one week. Hair Loss ++. Fearful. Desires Banana Chips. *Sabina* 200 3D + *Thuja* 10 M 2D 10th and 25th in 30 Powders

16.08.08: Vertigo with heaviness of head. Leucorrhoea- watery, profuse, with itching of parts along with backache.

O/E- BP 98/54 mm of Hg. Sac lac 4d on alternate days with advice to continue the medicine at hand.

06.09.08: LMP 31/8/08. Heavy clots on bleeding. *Sabina* 200- 6doses, twice daily.

29.11.08: Married a NRI on 26.09.08. LMP 30.9.08 - only for 3 days normal flow.

LMP- 28.11.08 - pain in left lower abdomen. Watery, more like mucoid discharge rather than menstrual blood. *Thuja* 10M 2D (1dose every 15 days) + Sac-lac 30 powders

CASE 2

Smt R, 26 yrs, came on 10.09.05

PRESENTING COMPLAINTS

1. Multiple Cysts in Right Ovary. (After routine USG for UTI), average 5- 9 mm in size, largest cyst of 23mm x 20mm diameter. Left ovary missing in repeated sonogram.
2. Painful menses - periods somewhat regular, moderate bleeding, but clots more followed by,
3. Severe Backache (recurrent) can't even lift anything from ground. < At night
4. Issueless- married eleven months back. Pt is a Resident of rural village, In-laws very disturbing.

HISTORY OF PRESENTING COMPLAINTS

Routine scanning for UTI revealed PCOD on 4/2005 and was confirmed on 07.09.05

LIFE SITUATION

During her schooldays she was prone to recurrent Coryza, leading to occasional attacks of Sinusitis.

She was a non vegetarian had feeling of anxiety in abdomen with feeling of heaviness in lower abdomen. The lady had a gentle character, weeping easily to the reprimands. She had re-

current boils in left side of neck of which one or two were excised. This symptom reappeared during the treatment and was cured with *Silicea* 200. She was allergic to dust, causing sneezing and had abdominal pain when she consumed hot food. BEd holder belonging to an average family, married to a Plumber Technician working in Cochin Shipyard. The husband had Azoospermia. Diagnosed on 04/2005 remained so till 11/2006 .His brother also doesn't have children.

She uses spectacles, can't read small letters. The couple moved to Cochin to get rid of comments of relatives by mid-2006 still continuing the treatment.

PHYSICAL GENERALS

APPETITE: Good

THIRST: +++

SWEAT: +++, Non- offensive

SLEEPS: Prefers covering

BOWELS: Regular and difficult sometimes

MICTURITION: Normal frequency, Occasional attacks of pain during urination.

MENSTRUAL HISTORY

30 days cycle, Profuse, clotted, painful, for 4-5 days sometimes prolonged, occasional Leucorrhoea

TREATMENT: She was started with *Apis* 30 and *Silicea* 200 for the Adenitis till 22.09.2006, by the time a Seedling Fibroid on the posterior wall of Uterus was identified in the routine Sonogram. The case was re-taken and on repertorisation. *Lycopodium* was the remedy and the remedy was given in frequency of 20 to 30 days raised to *Lyco* 1M which was repeated every 10 to 15 days. During this time Husband's case was taken and he was on *Nat-mur* 1M and later on *Natrum-mur* 10M and finally on 50M.

03.02.2007: The lady was pregnant corroborating the Semen Analysis Reports of the husband. Finally she gave birth to a male baby on 22.09.07: The Fibroid reappeared three months after delivery now size is 20 x 17 mm and she is on *Calc-fluor* 200 1 dose every 20 days with intercurrent occasional doses of *Medorrhinum* 200.