
REPORT FROM THE MEDICAL PRACTICE

A Case Report of Menometrorrhagia

by David Riley, M.D.

Menses irregularity is one of the most frequent complaints of female patients which faces practitioners. It is worthwhile to remember that homeopathy offers numerous therapeutic possibilities to help regulate the menstrual flow.

Following is a report of a successful outcome obtained with a combination of homeopathic preparations.

This patient was a 32 year old female referred to me in the early fall of 1990 by her gynecologist and an internist who was consulting on the case. She had been suffering from menometrorrhagia for the past six months. She was exhausted at work (which she presumed to be secondary to her anemia) and very concerned about her health. She had a recent PAP smear which had been normal and no specific cause for her menometrorrhagia had been identified. Two years earlier she had been diagnosed as hypothyroid and had been placed on synthroid 0.5 micrograms/day. At the time of her initial evaluation for hypothyroidism her T4 had been slightly elevated and her TSH was slightly low. Her most recent thyroid function tests were normal.

Her chief concern when she came for her appointment was irritability and exhaustion. She felt that her nerves were constantly on edge and she was sure that everyone around her, particularly at work, "knew that something was wrong with her." She could not stand to be touched, particularly on the abdomen. Her menometrorrhagia was of concern but this was primarily because she viewed it as the source of her exhaustion. There was no particular periodicity or pattern to her intermenstrual bleeding and she could identify no particular causative factor. Her menometrorrhagia would last for anywhere from three to six days and then stop for two to four days. The flow was variable, and was usually bright red without clots. At the time of her appointment she had been

bleeding for two days.

All of her symptoms were worse at night but were also relieved with hard pressure. She liked to wear tight fitting clothing and at night she would tuck the covers in around her body to create the sensation of "being in a cocoon," to use her words. She had a past history of alcohol abuse but had abstained for the past three years. She feared that her current concerns about her health would drive her back to drinking again. Currently she was taking synthroid 0.5 micrograms/day and a multi-vitamin and iron supplement.

I treated the patient with the following medication: China 200 c (one dose) and Gynäcoheel, 10 drops three times a day for two weeks. The response was dramatic and immediate. Her other medications were continued as ordered. The blood flow stopped that evening and except for a normal pattern of menstruation, the menometrorrhagia has not recurred. By the end of the second week her energy had greatly increased and she felt that her nerves were much better. She was enjoying work once again. I saw the patient at a one month follow-up visit and she was continuing to do well. No further medications were given.

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