

Clinical Approach to Adolescent DUB: Insights from a Case Study

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Abstract—This case highlights the effectiveness of individualized homoeopathic management in an adolescent girl suffering from chronic menorrhagia. This case demonstrates the beneficial role of constitutional homoeopathic remedy in managing adolescent dysfunctional uterine bleeding.

Present complaints:

A 15 years old female patient presented with menorrhagia, menses were continued since 13 days. Menses are dark red and clotted. Menstrual flow decreased by rest. Soreness in vagina. Pain calf muscle during menses. Irritability and fatigue are associated with menstrual flow.

PAST HISTORY:

Ringworm at the age of 10 years

FAMILY HISTORY:

Father : Hypertension

Mother : hypothyroidism

GYNECOLOGICAL HISTORY:

FMP: at the age of 13 years

THERMAL REACTION: -

LMP: 28/12/25

Cycle(regular/irregular): irregular

Complaints before menses: --

Complaints during menses: irritability, fatigue

Complaints after menses: ---

Menstrual flow days: 10-11 days

Pain during menses: --

Quantity: profuse flow

Colour of menses: dark red & clotted

Aggravation: ---

Amelioration: rest

PHYSICAL GENERAL:

Appetite: 2 rotis, sabji, dal-rice

Thirst: 1-1.5 lit./day

Desires: spicy things

Aversion: sweet

Bowel movement: once a day

Urine: 7-8 times/day

Perspiration: generalised

Sleep: sound

Dream: nothing specific

Habits/Addiction : nothing specific

	WINTER	SUMMER	MONSOON
Bath	Warm water	warm water	cold water
Fan / AC	2	4	3-4
Coverings	blanket	chadar	chadar

LIFE SPACE:

She is elder child of her parents. In her childhood, she was very close to her younger sister She took care of her mostly. She wants company always. When she turned 10 their parents decided to send her in hostel. In initial days she didn't like it but gradually habituated. Sometimes she feel lonely and cries.

MENTAL GENERALS:

Wants company

Sad and cries frequently forgetfulness

I. PHYSICAL EXAMINATION: GENERAL EXAMINATION:

Appearance: fair complexion

Build & Nutrition: thin individual

Anemia: --

Jaundice:--

Cyanosis:--

Oedema: --

Lymphadenopathy: --

Skin: --

Nail: whitish

Tongue: pinkish

Obesity & Emaciation: --

Blood pressure: 120/80 mm of hg

Pulse: 75/min

Temperature: 37° C

Respiratory rate: 18/min

Weight: 51 kg

SYSTEMIC EXAMINATION:

Gastro intestinal system	P/A –soft
Respiratory system	AEBE
Cardio-vascular system	S1 & S2 heard
Genito-urinary system	--
Nervous system	Conscious, oriented
Musculo-skeletal system	--

INVESTIGATION:

USG – abdomen – no abnormalities detected

II. DATA PROCESING: ANALYSIS OF CASE: CLASSIFICATION OF SYMPTOMS

Mental general –

- Wants company
- cries frequently
- forgetfulness
- irritability
- Physical general –
- Desires for spicy things
- Aversion for sweet
- chilly person
- Physical particular –
- Menorrhagia
- menses are dark red and Clotted
- flow decrease by rest
- soreness in vagina

III. EVALUATION OF SYMPTOMS

1. Wants company+3
2. cries frequently+3
3. forgetfulness+3
4. irritability+3
5. Desires for spicy things+3
6. Aversion for sweet+3
7. chilly person+2
8. menorrhagia+3
9. menses are dark red and Clotted+3
10. flow decrease by rest+3
11. soreness in vagina+2

TOTALITY OF SYMPTOMS:

1. Wants company+3
2. cries frequently+3
3. forgetfulness+3
4. Desires for spicy things+3
5. Aversion for sweet+3
6. chilly person+2
7. menorrhagia+3
8. menses are dark red and Clotted+3
9. flow decrease by rest+3

22/04/25	Menstrual flow was continued for 6 days and stopped on 09/04/25 Initially the flow was more than gradually decreased		SL 4 PILLS BD FOR DAYS	15

Case – 01 PBAC chart Date - 11/01/25

Pads	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Lightly stained									1	1	1	1	1	1
Moderately stained				2	1	1	1	1						
Soaked	2	2	1											
Clots/ flooding														

15/02/25

Pads	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Lightly stained								1	1	1	1	1		
Moderately stained			2	2	1	1	1							
Soaked	2	2												
Clots/ flooding														

22/03/25

Pads	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Lightly stained						2	1	1						
Moderately stained			1	2	1									
Soaked	2	1	1											
Clots/ flooding														

22/04/25

Pads	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Lightly stained						1								
Moderately stained				2	1									
Soaked	1	1	1											
Clots/ flooding														

Total score before – 136 Total score after - 76