

## Effects of neural therapy in patients with abnormal (dysfunctional) uterine bleeding

*P Bahat (TR) [1], P BAHAT (TR) [2]*

### Context

Abnormal (dysfunctional) uterine bleeding (AUB) is irregular uterine bleeding which is not associated with an organic cause. It occurs due to hormonal imbalances in the hypothalamo-pituitary axis. The diagnosis can be reached once the other causes of uterine bleeding are excluded. However, hormonal irregularity can not be founded in many patients with AUB. Numerous patients with AUB do not respond to medical or surgical treatments. Neural therapy is a complementary treatment method based on stimulation of specific plexuses and foci in the vegetative nervous system.

### Objective

The purpose of this research is to offer neural therapy method as a treatment option to patients who suffer from abnormal (dysfunctional) uterine bleeding.

### Method

Neural therapy treatment was administered to patients with abnormal (dysfunctional) uterine bleeding.

### Patients

Forty-five patients, diagnosed with abnormal (dysfunctional) uterine bleeding after excluding other causes, complaining from abnormal uterine bleeding episodes that is resistant to medical treatment, were referred to our clinic. Patients had a mean menstrual cycle time of 47 days and an average of 5 pad/day bleeds.

### Interventions

Neural therapy was started after informed consents were taken. A total of 6 injections to the hormonal axis (thyroid-celiac ganglion-uterovaginal plexus) were performed weekly for all patients. Patients were injected with 25 cc procaine per seance.

### Results

We have observed that the hormonal parameters did not change after 6 weeks of treatment but the amount of hemorrhage decreased to 3 days and the cycle time decreased to 36 days. Also, deterioration was seen with the patients who had concurrent acne problems and the VAS pain scores of 8 patients, who had dysmenorrhoea complaints, were decreased from 7 to 3. Two of the patients had complaints of abnormal (dysfunctional) uterine bleeding after a year of follow-up though their complaints were declined by 2 more sessions of neural therapy.

### Conclusion

Neural therapies improve the symptoms of hormonal dysfunction in endocrine disorders by acting through the vegetative nervous system and provides serious cure rates for the patients who are resistant to other treatment modalities. Nerve stimulation is a successful treatment method for abnormal

(dysfunctional) uterine bleeding which stimulates the endocrine glands, prevents irregularity and corrects hormonal disbalance.

It is a cost effective treatment method with a good patient satisfaction.

[1] Istanbul Health Sciences University Kanuni Sultan Suleyman Teaching And Research Hospital, [2] ISTANBUL HEALTH SCIENCES UNIVERSITY KANUNI SULTAN SULEYMAN TEACHING AND RESEARCH HOSPITAL