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**Homoeopathic Management of Heavy Menstrual Bleeding using
Homoeopathic Mother tinctures - Case Studies**

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ABSTRACT:

Heavy Menstrual Bleeding (HMB) is defined as excessive menstrual blood flow which interferes with the woman's physical, emotional, social, and material quality of life and which can occur alone or other combination of symptoms. HMB includes menometrorrhagia, Metrorrhagia, Polymenorrhagia. It is a complaint that is difficult to verify objectively in many cases, even with a detailed case history. Issues of perception and tolerance of symptoms are important in whether a patient present to a doctor, and this varies considerably from individual to individual.¹ According to 30% of all gynecologic patients are for AUB in which HMB being one of the most common symptoms affecting 9% – 14%. The etiology of this disorder may be some underlying organic pathology or functional. The diagnosis and magnitude of HMB includes long flow duration, increased number of pads, low level of Hb.² Treatment can be medical or surgical. Made of natural substances, Homeopathic medicines can cure HMB with no side effects. Homoeopathic Materia Medica has vast range of Homoeopathic Tinctures which when appropriately given help in the management of menorrhagia along with lifestyle management.³

Keywords: Heavy Menstrual Bleeding, Abnormal uterine bleeding, Menorrhagia, Metrorrhagia, Homoeopathic Mother Tincture.

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