

EVALUATION OF ENDOCRINE THERAPY FOR MENSTRUAL IRREGULARITIES

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Menstrual irregularities are commonly complained of by many women attending the gynaecological out-patients' department. In many of them it is not possible to find any gross pelvic pathology. Mostly, they are due to hormonal imbalance and as such an attempt was made at the gynaecological services of the J.J. Group of Hospitals to treat the common varieties of menstrual irregularities, viz. menorrhagia and hypomenorrhoea, with Voldys-V and Voldys Serial respectively to establish the efficacy of these drugs.

The cases for trial were carefully selected. They were without any palpable evidence of pelvic pathology like fibromyoma, adenomyosis, endometriosis and salpingo-oophoritis. Endometrial biopsy was done to rule out tuberculous endometritis and carcinoma of body of the uterus, and as such at the end only cases which were considered to be due to hormone imbalance were taken up for trial. Complete curettage of the endo-

metrium was purposely not done in any of the cases as it often acts as a therapeutic procedure and may give a wrong impression about the efficacy of the drugs.

The patients were selected carefully and only those who would follow the instructions properly and meticulously and who would come back for follow-up were selected for the trial. Out of a total of 132 cases of menorrhagia and hypomenorrhoea, only 68 completed the trial as desired.

Each patient was given a card with days of menstrual cycles printed on it in tabular manner, so that the patient could mark on it as and when she takes the tablet. This was just to make sure that the patient did not miss her tablet even for a day. The card system is quite lucid and even less educated but reasonably intelligent patients can follow it well.

(I) Menorrhagia

Cases of menorrhagia were given Voldys-V tablets containing ethinyl-oestradiol 0.1 mg. and megestrol acetate 2 mg. per tablet available in packs of 21 tablets. The patients were advised to take one tablet once a day, starting from the fifth day of the menstrual cycle, so that the whole

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course of treatment was complete on the 25th day of the cycle. She was then advised to await the onset of menstruation and then to start the treatment in the same fashion from the next cycle. The treatment was given for three consecutive cycles. (These patients were then followed up every month when they were given another course of treatment.) Each patient, on follow-up was asked if she had any complaint, whether the previous complaints were relieved or not and was asked to review her health subjectively. We then objectively evaluated her state of health by clinical examinations.

TABLE I
Menorrhagia — Results of Treatment

Total No. of cases.	Cured	Partly cured	Unrelieved or worse than before
24	21	1	2

TABLE II
Side-Effects of Vodys—V
Total No. of Cases of Menorrhagia = 24

Sr. No.	Side Effects.	No. of cases free from side-effects	Severity of side-effects		
			Mild	Moderate	Severe.
1	Mastalgia	18	4	1	1
2	Fatigue	13	3	5	3
3	Headache	11	4	5	4
4	Depression	19	4	1	..
5	Weight gain	24
6	Nausea during first menstrual cycle	13	6	2	3
7	Nausea during subsequent menstrual cycles	12	10	1	1
8	Vomiting	13	9	1	1
9	Evidence of androgenic activities	24

Summary

Voldys-V appears to be a very effective drug for cases of menorrhagia. Headache and nausea appear to be troublesome side-effects in a very small number of patients. They, however, are amenable to symptomatic treatment and as such do not necessitate interruption of therapy. Fatigue experienced by a few patients is difficult to attribute to this drug since many of the patients are found to be undernourished. With the improvement in the nutritional status of the patient, tiredness experienced by the patient would perhaps disappear.

(II) Hypomenorrhoea

Hypomenorrhoeic patients were given Voldys Serial 28 consisting of 16 pink tablets of ethinyloestradiol 0.1 mg., 5 white tablets containing ethinyloestradiol 0.1 mg. + megestrol acetate 1 mg. and 7 blue tablets of inert lactose base. It is available as

TABLE III
Hypomenorrhoea — Results of Treatment

Total No. of cases	Cured	Partly cured	Unrelieved or worse than before
34	25	3	6

As for the follow-up, it was conducted in the same way as that for Voldys V given for menorrhagia.

Summary

Voldys Serial 28 is a very effective drug in cases of hypomenorrhoea. Fatigue and nausea are the two main side-effects in a very small number

TABLE IV
Side-Effects of Voldys Serial 28
Total No. of cases of Hypomenorrhoea = 34

Sr. No.	Side Effects	No. of cases free from side effects	Mild	Moderate	Severe
1	Mastalgia	30	2	1	1
2	Fatigue	23	3	3	5
3	Headache	17	10	5	2
4	Depression	28	3	2	1
5	Weight gain	34
6	Nausea during first menstrual cycle	19	9	2	4
7	Nausea during subsequent menstrual cycles	24	6	3	1
8	Vomiting	25	8	..	1
9	Evidence of androgenic activity..	34

strip packed in a box starting with pink tablets and ending with blue ones. The patient is advised to take one tablet once a day starting from the fifth day of menses. When 28 tablets are over the patient starts with another pack of tablets as described. This is repeated for 3 consecutive cycles. This type of packing is most convenient. Once the patient starts the treatment, she does not have to discontinue it at all.

of patients. They can be treated symptomatically without discontinuing the treatment with Voldys Serial 28.

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