Modification of Monophasic Hormonal Contraception (MHC)

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The method is based on the principle of the monophasic hormonal contraception (MHC) application depending on the duration of female menstrual cycle. According to the method, the duration of the pill usage for 21 days (one package) is recommended only for women with 28 days menstrual cycle. In case, if cycle duration is different than 28 days, correspondingly the number of used pills changes. For example, in case of 30 days cycle, a patient takes 23 pills, 26 days cycle - 19 pills, etc. (starting from the 5th day of menstrual cycle in all cases).

The study was carried out during 2 periods: the I period covered time between 1969 and 1995 was carried out on almost 10 000 female patients using MHC of the first IV generations like Infecundin, Ovulen, Metrulen, Bisecurin, etc.

The II stage of investigations, was realized on the same principal basis, but using the new generation ultramodern low-dose MHCs, like Lindinet, Midiana, Novinet, Regulon, Rigevidon, ("Gedeon Richter"), Mikroginon, Diane, Logest, Yanine, Yarina, Yass ("Bayer-Schering Pharma") etc.

The 300 practically healthy women were divided into two groups. In the first group 150 women with menstrual cycle duration different than 28 days were included. The regimen of MHC uptake was similar to all of them: 21 tablets starting from the fifth day of menstrual cycle during 28 days. The second group of women of 150 were using the same contraceptives under the proposed us regimen.

As a result of our study in the main group we have found out the considerable (more than in 80% of cases) decrease of side effects during the usage of MHCs. The side effects were the following: bleeding irregularities, headache, nausea, vomiting, changes of libido, breast tenderness, depressions etc. The most expressed decrease (approximately 3 times) was found with bleeding irregularities.

The possible mechanisms of the action of the modification are discussed. The main suggestion is, that the considerable decrease of the number of MHCs side effects during the usage of proposed modification is connected with the preservation ontogenetically and phylogenetically formed sexual cycle, which includes cyclic changes not only in reproductive system, but also in other organs as well, like adrenals, thyroid glands, liver, kidney etc.

The change of the technology of HC manufacturing is proposed to pharmaceutical companies.