



Best Doctor for Irregular Periods in Mumbai – Expert Care for Women’s Health



Irregular periods can be a distressing experience for many women, often leading to discomfort, anxiety, and underlying health concerns. Whether caused by hormonal imbalances, stress, lifestyle changes, or medical conditions, seeking expert guidance is crucial to maintaining overall well-being. If you are looking for the [best doctor for irregular periods in Mumbai](#), Dr. Deepika Doshi is a trusted name known for her expertise in gynecological care and women’s health.

Understanding Irregular Periods and Their Causes

Irregular menstrual cycles can manifest in various ways, including missed periods, frequent periods, prolonged cycles, or unpredictable bleeding. Several factors contribute to irregular menstruation, such as:

- **Hormonal Imbalances** – Conditions like polycystic ovary syndrome (PCOS), thyroid disorders, and perimenopause can disrupt hormonal balance, affecting menstrual regularity.

- Stress and Lifestyle Factors – High stress levels, sudden weight fluctuations, excessive exercise, and poor dietary habits can impact the menstrual cycle.
- Medical Conditions – Endometriosis, fibroids, and pelvic inflammatory disease (PID) are some gynecological issues that can lead to irregular menstruation.
- Medications and Birth Control – Certain contraceptives, hormonal treatments, and medications can influence menstrual patterns.

Why Consult a Specialist for Irregular Periods?

Ignoring irregular periods can lead to potential complications, including fertility issues, anemia, or underlying reproductive health concerns. Seeking consultation with an experienced gynecologist ensures accurate diagnosis and personalized treatment plans. Dr. Deepika Doshi, a leading gynecologist in Mumbai, specializes in diagnosing and managing irregular periods, providing comprehensive care tailored to each patient's needs.

Diagnosis & Treatment Options

Dr. Deepika Doshi follows a comprehensive approach, including:

- Medical History & Examination – Assessing lifestyle, symptoms, and reproductive health.
- Ultrasound & Imaging – Detecting ovarian cysts, fibroids, or abnormalities.
- Hormonal Blood Tests – Identifying imbalances linked to thyroid function, PCOS, or other issues.
- Lifestyle & Dietary Changes – Personalized counseling for hormonal balance.
- Hormonal & Medical Therapy – Treating conditions like PCOS and thyroid disorders.
- Surgical Interventions (If Needed) – Managing severe gynecological conditions.

Clinic Location & Easy Access

Dr. Deepika Doshi's clinic is conveniently located at: [Dhaval Apartment, Factory Ln, near BORIVALI RAILWAY STATION, Bhatt Chawl, Mini Zaveri Bazaar, Mhatre Wadi, Borivali West, Mumbai, Maharashtra 400092.](#)

How to Reach the Clinic:

- Western Line: Get down at Borivali Railway Station (West), a short walk from the clinic.
- Central Line: Travel to Dadar Station, switch to the Western Line, and proceed to Borivali.
- Out of Mumbai Patients: The nearest airport is Chhatrapati Shivaji Maharaj International Airport. Take a cab or metro to reach Borivali conveniently.

If you are facing menstrual irregularities, consult Dr. Deepika Doshi for expert medical care and personalized treatment.