

MANAGE PAINFUL MENSTRUATION - THE NATURAL WAY

Dr. Shaikh Nikhat

Pain full menstruation also called Dysmenorrhea, literally translated as "difficult monthly flow." Although it's normal for most women to have mild abdominal cramps on the first day or two of their period, about 10% of women experience severe pain.

There are two types of dysmenorrhea:

- **Primary dysmenorrhea** is menstrual pain that's not a symptom of an underlying gynecologic disorder but is related to the normal process of menstruation. Primary dysmenorrhea is the most common type of dysmenorrhea, affecting more than 50% of women. It is most common in late adolescence and the early 20s. Fortunately for many women, the problem eases as they mature, particularly after a pregnancy. Although it may be painful and sometimes debilitating for brief periods of time, it is not harmful.
- **Secondary dysmenorrhea** is menstrual pain that is generally related to some kind of gynecologic disorder. Most of these disorders can be easily treated with medications or surgery. Secondary dysmenorrhea is more likely to affect women during adulthood.

Common Causes:

- Primary dysmenorrhea is thought to be caused by excessive levels of *prostaglandins*, hormones that make your uterus contract during menstruation and childbirth. The pain results from the release of these hormones when the lining (*endometrium*) is sloughing off during your menstrual period. This leads to uterus contraction and decreased blood flow to the uterus.

Factors that may make the pain of primary dysmenorrhea even worse include longer, heavier, or irregular menstrual periods; lack of exercise; psychological or social stress; smoking; drinking alcohol; being overweight; a family history of dysmenorrhea; and starting menstruating before age 12.

- **Secondary dysmenorrhea may be caused by a number of conditions, including** fibroids, adenomyosis, sexually transmitted infection (STI), endometriosis, pelvic inflammatory disease (PID), which is primarily an infection of the fallopian tubes, but can also affect the ovaries, uterus, and cervix, an ovarian cyst or tumor and the use of an intrauterine device (IUD), a birth control method.

Symptoms. and Complications:

The main symptom of dysmenorrhea is pain. It occurs in your lower abdomen during menstruation and may also be felt in your hips, lower back, or thighs. Other symptoms may include nausea, vomiting, diarrhea, lightheadedness, headache, or fatigue.

For most women, the pain usually starts shortly before or at the beginning of their menstrual period, peaks around 24 hours after the start of bleeding, and subsides after 2 to 3 days. Sometimes clots or pieces of bloody tissue from the lining of the uterus are expelled from the uterus, causing pain.

Dysmenorrhea pain may be spasmodic (sharp pelvic cramps at the start of menstrual flow) or congestive (deep, dull ache). The symptoms of secondary dysmenorrhea often start sooner in the menstrual cycle than those of primary dysmenorrhea, and usually last longer.

Treatment and Prevention:

Primary dysmenorrhea is usually treated by medication such as an analgesic medication. Many women find relief with nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen etc., hormone medications, Oral contraceptives may also help reduce the severity of the symptoms.

Home Remedies for managing your menstrual cramps:

- **Exercise:** Studies have found that physical activity may ease the pain of menstrual cramps.
- **Heat:** Soaking in a hot bath or using a heating pad, hot water bottle or heat patch on your lower abdomen may ease menstrual cramps.
- Taking a warm bath

- Getting plenty of rest and avoiding stressful situations as your period approaches
- Avoiding alcohol and tobacco.
- Reducing stress.

Herbs you can add to your diet

Sr.no	Herb or supplement	Dosage	How it work
1	Baboona (chamomile tea)	Sip two cups of tea per day a week before your period. You may benefit more if you drink it every month.	Drinking chamomile tea increases urinary levels of glycine, which helps relieve muscle spasms. Glycine also acts as a nerve relaxant
2	Badiyan (fennel seeds)	When your period starts, take 30 mgs of fennel extract four times a day for three days.	One study looked at girls 15 to 24 years old. The group that took the extract reported feeling relief. The placebo group reported none.
3	Darrchini (Cinnamon)	Take 420 mg of cinnamon capsules twice a day during the first three days of your period	In 2015, women who took cinnamon capsules in a study reported less bleeding, pain, nausea, and vomiting compared to the placebo group.
4	Adrak (Ginger)	Try grating a small piece of ginger into hot water for a warm cramp-relieving drink.	One study found that 250 mg of ginger powder four times a day for three days helped with pain relief. It also concluded ginger was as effective as ibuprofen.
5	Anisoon (Dill)	Try 1,000 mg of dill for five days, two days before your cycle.	A study concluded 1,000 mg dill was as effective for easing menstrual cramps as mefenamic 6acid, an over-the-counter drug for menstrual pain.
6	Methi (Fenugreek)	Try 1,000 mg of dill for five days, two days before your cycle.	A study concluded 1,000 mg methi was as effective for easing menstrual cramps .
7	Haldi (Turmeric)	Pinch of haldi in one glass of warm water for 5 days	Research shows it may help with symptoms of premenstrual syndrome(PMS). One study looked at women who took two capsules of curcumin for seven days before their period and three days after.

			Participants reported significant reduction in PMS
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Diet Include papaya (rich in vitamins), brown rice (contains vitamin B-6, which may reduce bloating), walnuts, almonds, and pumpkin seeds (rich in manganese, which eases cramps), olive oil and broccoli (contain vitamin E), chicken, fish, and leafy green vegetables (contain iron, which is lost during menstruation), flaxseed (contains omega-3s with antioxidant properties, which reduce swelling and inflammation;), pea nut butter ,chickpeas vegetables such as lettuce ,celery cucumber, fruits like avocados,, prunes, bananas, lettuce, celery, cucumbers, watermelon, berries (strawberries, blueberries, raspberries) help in decreasing menstrual pain.

Conclusion

Menstrual pain (Dysmenorrhoea) is a common problem among young females which can be easily managed by Moderate activity such as walking during your period instead of more strenuous exercise and by a healthy diet

Dr Nikhat is a Research Officer Unani, RRIUM, Mumbai under CCRUM, New Delhi, Ministry of AYUSH, Govt of India

Contact No. 9820399433