

**DYSMENORRHOEA- MYTHS AND FACTS!!!*****Dr. Madhu M., **Dr. Usha Patil and ***Dr. Jyoti Kumbar**

*PhD Scholar, Sri Chandrashekharendra Saraswathi Vishwa Mahavidhyalaya, Enathur,
Kanchipuram.

Assistant Professor, Department of PTSR, Paril Institute of Ayurved, Parul University,
Limda, Vadodara, Gujarat.

**Phd Guide, Sri Jayendra Saraswathi Ayurved College & Hospital, Poonamalle, Chennai.

***Professor, Department of Prasuti Tantra and Stree Roga.

Article Received on
23 August 2018,

Revised on 13 Sept. 2018,
Accepted on 03 October 2018

DOI: 10.20959/wjpps201811-12553

Corresponding Author*Dr. Madhu M.**

PhD Scholar, Sri
Chandrashekharendra
Saraswathi Vishwa
Mahavidhyalaya, Enathur,
Kanchipuram.

ABSTRACT

The female body undergoes series of physical changes during Puberty initiated by hormonal signals from brain to the gonads and capable of sexual reproduction. The major landmark of the puberty in females is Menarche. The Menarche is onset of menstruation which occurs around 12 years of age. The normal menstrual cycle is boon for every girls, but if abnormal causes many complications including Infertility. The commonest abnormal menstruation is reported to be Dysmenorrhoea. Dysmenorrhoea is painful menstruation which is of two types- Primary and Secondary. As there are many myths about the menstruation, there are good number of myths about dysmenorrhoea too. Myths surrounding the menstruation exclude the women and girls

from many aspects of social and cultural life. Some of these are helpful where few have potentially harmful implications.

KEY WORDS: Menstruation, Dysmenorrhoea, Myths, Facts.

INTRODUCTION¹

Menstruation is a specific event which occurs from 12years to 50years to characterise womanhood, encompassing about 32 to 38 years of her life. Many a times menstruation troubles the woman in terms of *Kaṣṭārtava* [Dysmenorrhoea], *ārtavakśaya* [oligomenorrhoea & hypomenorrhoea], *atyārtava*, *raktapradara* [menorrhoea] etc. Dysmenorrhoea which is called as *Kaṣṭārtava* or *Udāvartini Yonivyāpat* in contemporary science is prim among all ill

health caused in female. The painful menstruation is called as Dysmenorrhoea where the day today activities are hampered. In Ayurved, *Vātakaraāhāravihāra* are said to be causes for the same.

There are two types of Dysmenorrhoea

Primary Dysmenorrhoea: is the most common type of Dysmenorrhoea, affecting more than 50% of women, and quite severe in about 15%. Primary Dysmenorrhoea is more likely to affect girls during adolescence. Primary Dysmenorrhoea is menstrual pain that's not a symptom of an underlying gynaecologic disorder but is related to the normal process of menstruation.

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 Dysmenorrhoea: is menstrual pain that is generally related to some kind of gynaecological disorder. Most of these disorders can be easily treated with medications or surgery. Secondary Dysmenorrhoea is more likely to affect women during adulthood.

Myths & Facts about Menstruation

Myth: In many parts of India, culturally the menstruation is considered as impure and dirty. The origin of the same is long back from Vedas. The women are prohibited to work and participate in normal life during menstruation.

Facts: Menstruation is resulting from shedding of endometrium after a missed chances of Pregnancy even after Ovulation, which is followed by preparation for next cycle.

Scientifically the women are made to take rest in the name of menstruation. The women will have exclusion from her daily works only during this period.

2. Myth: The women are not allowed to enter into the kitchen and participate in cooking. Its myth that they not allowed to do so due to their unhygienic condition during menstruation.

Facts: According to study by Kumar and Srivatsava^[2] in 2011, concluded that the menstruating women's body emits some smell or ray which turns preserved foods bad like pickles. No scientific study proved the spoilage of foods during cooking.

Myths & Facts about Dysmenorrhoea

1. Myth: In some parts of India there are dietary restrictions during the menstruation such as sour food, Tamarind, Pickle etc. it is believed that these foods will stop the menstruation².

Facts: These foods may cause Dysmenorrhoea causing discomfort to the women, hence to be avoided.

2. Myth: Many studies in India shows that, the girls believe that the exercise or physical activity during the menses will aggravate the Dysmenorrhoea.^[3]

Facts: Exercise also causes release of serotonin making that lady to feel much happier. The exercise can also help to relieve the Dysmenorrhoea and relieve bloating.^[4]

3. Myth: Menstrual cramps are a warning sign of Infertility.^[6]

Facts: Menstrual pain is caused by uterine contractions and is a normal phenomenon many a times. In some cases Dysmenorrhoea can be a symptom of another health problem that can cause infertility.^[6]

4. Myth: Dysmenorrhoea is usually associated with Premenstrual syndrome which is in one's own head.^[6]

Facts: The causes of this syndrome is unknown, but hormonal changes could play a role. Regular exercise, healthy eating, adequate sleep may reduce the symptoms.^[6]

5. Myth: The sports should not be practiced during the Dysmenorrhoea as it aggravates the condition.^[6]

Facts: The well planned physical exercise even in terms of sports will help in the reduction of Dysmenorrhoea.^[6]

Observational Myths about the Dysmenorrhoea

An observational study was made in 100 patients of the Primary dysmenorrhoea during PhD work from 2015.

1. The hosteller patients who are suffering from Dysmenorrhoea believe that the pain is due to change in the food habits after their shift to the hostel.

The fact is it may be due to the spicy, oily food they take from hostel or the junk food what they starting eating more during the study.

The other reason may be the psychological change thinking that they are away from the home.

2. People believe that the medicines are not to be taken for pain, if taken it will hamper the fertility rate and have difficult delivery. It's the myth that the people experience the pain will have easier delivery.

3. Some patients revealed that exercise and sitting long way in colleges/schools increases the menstrual pain.

The fact is the exercise help in reducing the menstrual cramps.

4. They believed that they are not supposed to take head bath during menses.

Fact is the hot water head bath will reduce the pain and helps to feel fresh.

DISCUSSION AND CONCLUSION

The Myths are by the people and for the people. In this era people are behind the scientific reasoning. Thus think about the facts to eradicate the myth.

Home remedies to combat the pain^[5]:

1. Distract oneself from thinking about the pain by engaging with friends, reading books, watching movie or spending time with the things which feels good.
2. Mild exercise helps in distracting from pain. It also increases Serotonin levels which reduces the pain and feels happy.
3. Have a pain relieving positions like lateral position with bent knees, prone position etc.
4. Warm water bath
5. Take lots of fluid, avoid soft drinks, salt, sugar and caffeine.
6. Good dietary supplements have been found to reduce the Dysmenorrhoea.

ACKNOWLEDGEMENT

I hereby acknowledge the able guidance and support of subordinator SCSVMV UNIVERSITY for providing a platform for the PhD studies. I also acknowledge Dr.Hemant Toshikhane, Dean Faculty of Ayurved, for his support to conduct the PhD clinical trials in Parul Ayurved Hospital, Parul University.

REFERENCES

1. Dr.Madhu M, 'Severe pain is not normal, not ever during menstruation'! A critical & scientific analysis of causes of Dysmenorrhoea, Anveshana Ayurveda Medical Journal, AAMJ / Vol. 2 / Issue 3 / May – June 2016.
2. Kumar A, Srivastava K.Cultural and social practices regarding menstruation among adolescent girls. Soc Workn Public Health. 2011; 26: 594-604.

3. Sadiq MA, Salih AA. Knowledge and practice of adolescent females about menstruation in Baghdad. J Gen Pract., 2013; 2: 138.
4. Morley W. Common myths about your period. 2014.
5. <https://Metrohealthsolutions.wordpress.com>
6. <https://www.jeancoutu.com>