



Menstrual Pain: Alter Daily Life And Work

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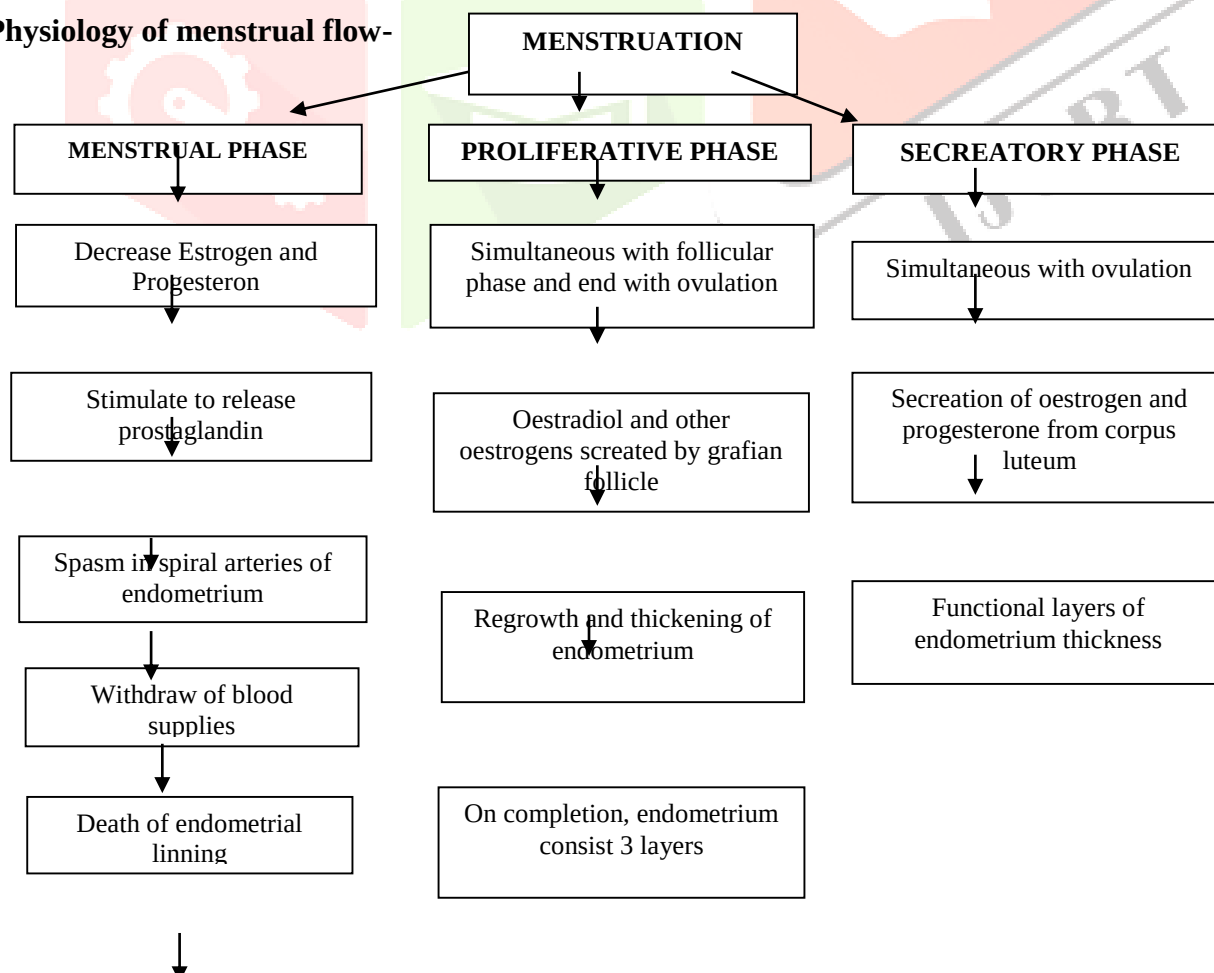
Abstract: All over the world there is a significant number of females who are suffering from menstrual pain. It inclusively affects the workplace and also triggers daily life activity. Menstrual related problems including pain along with other symptoms reduced productivity of work performed by a woman

Index Terms – Menstruation, Hypothalamic releasing hormones, Ovarian hormones

I. INTRODUCTION

Menstruation is the basic physiological phenomenon of human female body which regulated by pituitary hormones.^[1] Menstrual pain is defined as a cyclic menstruation pain undergoes with cramps along with backache, nausea and vomiting, headache diarrhoea and insomnia.^[2]

Physiology of menstrual flow-



Shed of endometrium to the basal layer with a capillare blood, unfertilized oocyte, epithelial cell and mucus

FEMALE HORMONAL SYSTEM-

Female hormonal system includes 3 hierarchie of hormones-

1. Hypothalamic releasing hormones: (GnRH)
2. Anterior pituitary sex hormones: (FSH and LH)
3. Ovarian hormones: (estrogen and progesterone)

All over the world there is a significant number of females who are suffering from menstrual pain. It inclusively affects the workplace and also triggers daily life activity. Menstrual related problems including pain along with other symptoms reduced productivity of work performed by a woman. That's why in 2017 a bill proposed in parliament regarding 2 days paid leaves along with better resting facilities at their workplace.^[3] A cross-sectional study conducted in Spain in 2022 show a very challenging result that is 72.6% of women reporting menstrual pain and 45% of them need medication for the resolution among 1800 women.^[4] Basically menstrual pain is not life threatening but it affects quality of life of female as per its intensity and severity.^[5]

Data presented by WHO in (2023) a study by Gynoveda, 83% of female in India experiencing painful period. Menstrual pain considerably causes conditions leads to school absenteeism in school/ college going females.^[5,6,7] the females are taking medication, therapies, exercises, yoga or a combination to resolve this pain and reduce the productivity loss.

Research papers on effects of menstrual pain on daily life activities:

Osamu Yoshino et. al. had conducted a study on topic "MENSTRUAL SYMPTOMS, HEALTH-RELATED QUALITY OF LIFE, AND WORK PRODUCTIVITY IN JAPANESE WOMEN WITH DYSMENORRHEA RECEIVING DIFFERENT TREATMENTS: PROSPECTIVE OBSERVATIONAL STUDY" and explained that dysmenorrhea causes not only physical but also mental burden which affect negatively health-related quality of life (HRQL) and also show a significant impact on work productivity. The primary objective of the study was to compare LEP and non-LEP groups as in terms of menstrual symptoms, HRQL and work productivity. Secondary objective of the study were to investigate relationship between improvements in HRQL with respect to work productivity at 120th day. Method of the study was prospective observational study included LEP group (n=251) and non-LEP group (n=146) samples. Age group of the samples were 16-39 years. Mean age of LED group was 26.3 (5.5) years and non-LED group mean age was 28.7 (6.0) years. Subjects were selected on the basis of tool modified menstrual distress questionnaire (mMDQ) and improvements in work productivity. It measured by Work Productivity and Activity Impairment Questionnaire (mWPAI) and Supplementary Table S6. Result: to identify the difference in improvements between LEP and non- LEP by regression analysis as per all mMDQ points ($p < 0.01$). Conclusion: in Japan women suffering from dysmenorrhea associated with reduction in HRQL and work productivity. By improvement in physical and mental activities, clinical practice, menstrual symptoms, work productivity and specifically HRQL can be observed by the help of LEP treatment.^[9]

Deborah Tolulope Esan et. al. had conducted a study on the topic "PREVALENCE OF DYSMENORRHEA AND ITS EFFECT ON THE QUALITY OF LIFE OF FEMALE UNDERGRADUATE STUDENTS IN NIGERIA" and explained that painful menstruation need concern among adloscent female and they reported adversely that menstrual pain affects their quality of life due to which they are unable to manage their daily activity properly. Aim: main aim of the study to determine the incidence of menstrual pain on its effects on the quality of life among the adloscent females. Method: this was a descriptive cross-sectional study on 397 selected participants as the samples. Age group of the sample was 15-18 years with mean age 19.73 years. Dat were analyses by the healp of Statistical Package for Social Science (SPSS) version 25. Result: result showed that 69.8% participants suffering from menstrual pain. Work of 37.8%, sleep of 29.2% and social withdraw 33.8% had been reported due to menstrual pain. To reduce/resolve the pain 59.7% were using diversional therapy, 41.8% were using hot water bottle technique, 49.4% were taking medications, 25.9% taking lower

back and abdomen massage, 24.2% were taking herbs and 11.8% were practicing breathing exercise. This shows no any significant relationship between age and prevalence of dysmenorrhea. Conclusion: dysmenorrhea shows prevalence in females in undergraduate students and affecting their daily life activities and routine. By providing proper education to the students effect of dysmenorrhea on quality of life can be enhance.^[10]

