REVIEW OF LITERATURE:


Exercise status was found to interact with menstrual cycle phase with predicting pain esp. exercise participants reported less pain than sedentary women during menses. Throughout there were no difference between the two groups during the follicular and Uteal phase. Again it reports of anxiety during menses.


Health care providers should explain the physiology of menstruation to the girls. Hormone changes over a normal menstrual cycle. Side effect caused by progesterone components of cyclical hormonal replacement therapy. Because of that most women will experience at least one of the mensturally related problems.


The study shows menstruation related problems in adolescent girls and given counseling services and relevant information on possible treatment options. So, there is a need to emphasize on designing menstrual health programmes for adolescents.


Dysmenorrhea is a leading cause of recurrent short term school absents in adolescent girls and a common problem in women of reproductive age. Risk factors for dysmenorrhea include nulliparity, heavy menstrual flow, depression. Empiric therapy can be initiated by typical history
of painful menses and negative physical examination. NAID are the initial therapy of choice in patients with preemptive primary dysmenorrhea.


The social pressure to maintain concealment of menstruation is a strong influence on women's health-related behaviour in response to menstrual concerns. Women's choices may be better understood if attention is paid to the social context in which they live.


Premenstrual syndrome is a group of psychological and physical symptoms which regularly occur during the luteal phase of the menstrual cycle and resolve by end of menstruation. The severe and predominantly psychological forms PMS is called Premenstrual dysphoric disorder.


Evidence from controlled trial suggests that exercise can reduce Primary dysmenorrhea and associated symptoms. But these have been small and of low methodological quality. Large randomized controlled trial is required before women and clinicians are advised that exercise is likely to be effective in reducing PD and related menstrual symptoms.


General population have shown that participation in regular exercise can improve some of the types of symptoms that is mood disturbance, fatigue, cognitive dysfunctions, bloating typically experienced by women. So exercise is an effective treatment for these conditions.

Management of menopausal symptoms in the form of non hormonal drug therapy and non pharmacological measures. They give recommendations that change in lifestyle, regular exercise, diet, yoga, therapeutic massage and other stress reducing measures. Yoga does have the potential to provide physical, mental and emotional health benefits to those who practice it with proper guidance.


The three most common symptoms present on both days, that is, day before and first day of menstruation were lethargy and tiredness (first), depression (second) and inability to concentrate in work (third).


It can be mentioned that prevalence of dysmenorrhea and menstrual irregularity among young females is high. Working ability is reported to be affected by menstrual pain. It could be possible to improve menstrual discomforts management by including awareness programs.


There was significant difference in pain intensity and pain duration yoga reduced severity and duration of Primary dysmenorrhea. The finding suggest that yoga poses are safe and simple treatment for Primary dysmenorrhea.

The practice of yoga nidra throughout urogenital problems helps to create the most intrauterine growth and development. Yoga nidra also been prescribed for the relief of pain associated with dysmenorrhea. It can be used in stressful situations to become relaxed and for better management of stress.


The effect of one term of stretching exercise on primary dysmenorrhea in high school students. The studies shows after eight weeks, pain intensity reduce, pain duration decreased. Use of sedative decreased.

Solanki H et.al. (2012), NJIRM 3 (4). A study of menstrual problems and practices among girls of Mahila College.

Menstrual problems particularly dysmenorrhea is common in girls. Teachers, family members, health educators and media play a very important role for educating the adolescent girls regarding menstrual hygiene. It is a very important factor for general health of adolescent girl. So this period is considered as child bearing age.


When comparing with control group or pre and post test findings of experimental group, overall result of the study indicated that participating in physical activity program is likely an approach to reduce the detrimental effect of primary dysmenorrhea and symptoms in females.

alternative therapy for primary dysmenorrhea.

This study is to analyze the effect of yoga and meditation as alternative therapy for primary dysmenorrhea in young students and its outcome on school absentees. The perceived pain after yoga intervention in study group, it shows complete pain relief. After yoga intervention absentees drop and improvement in daily activity increased.

Kanojia et. al. (2013) Journal of Clinical and Diagnostic Research. Vol. 7 (10) Effect of yoga on Autonomic Functions and Psychological status during both phases of menstrual cycle in young healthy females.

The study shows that there was significant alteration of autonomic functions and psychological status in premenstrual phase when compared with postmenstrual in young healthy females. Also regular practice of yoga has beneficial effect on both phases of menstrual phases.


Primary dysmenorrhea refers to menstrual pain without underlying pathology, whereas secondary dysmenorrhea is menstrual pain associated with underlying pathology. Endometriosis one of the main cause of secondary dysmenorrhea, induced dysmenorrhea, pelvic pain and infertility resulting in reduction of quality of life during reproductive age.


The study showed that pain intensity and length were reduced after two months of aquatic exercises in the experimental group so that if physical exercise continued Primary dysmenorrhea decreased constantly. Aquatic exercise with regard to their potential environment for activities compared with land exercise can be helpful for stress and pain reduction.
Vani et al. (2013) J Clin Diagn Res. 7(11). Menstrual abnormalities in school going girls – Are they related to dietary and exercise patterns?

Those who were overweight, in girls who were eating junk food regularly, in girls who were eating less food (dieting) in order to lose weight and in those who were not doing regular physical activity were found to face more menstrual problem. Dysmenorrhea was significantly more common in the girls who were dieting to lose weight. Passage of clots was also significantly high in the girls who were dieting.


There was significant lesser area in water retention category as compared before and after yoga practices. The results suggest possible benefits of yogic technique reducing premenstrual symptoms and preventing suffering from premenstrual tension and symptoms.


In dysmenorrhea, difficult menstrual flow in the absence of any pelvic pathology where pain is spasmodic in character and felt mainly in lower abdomen. Stretching exercise showed significant improvement in pain. Pain intensity was reduced. So stretching exercises were effective in reducing pain in young females with primary dysmenorrhea.


Primary dysmenorrhea is the most common gynecology disorder among female adolescents.
Report shows that it affects their academic performance, social and sports activities and is a cause for school absenteeism. Yoga does not cause any side effect. It regulates the endocrine system and relieves anxiety. It helps in decreasing the level of prostaglandin and inflammatory mediators responsible for pain.


Yoga therapy helps efficiently in managing the menstrual disorder and reducing the symptoms with minimal efforts. Yoga therapy is fruitful in controlling menstrual disorders. The study depicts that yogic practices are helpful in managing disorder.


The study suggested that active stretching and core strengthening both can be safely used as an alternative therapy for pain relief in dysmenorrhea and this action is not mediated through progesterone. Pain intensity is decreased significantly.


The intervention effect was observed that girls with dysmenorrhea divided into yoga group, analgesic group and placebo group. The study shows significant reduction of symptoms in yoga group. Yoga is valuable means of giving relief to the girls and women suffering from pain every month during their menstrual cycle.

mood states and menstrual cycle symptoms.

The study shows effect of regular moderate exercise on mood, states and menstrual cycle symptoms. According to emotions scale, premenstrually, menstrually, intermenstrually, multivariate analysis relieved significant effects for exercise on negative mood state and physical symptoms and significant effects on all measures across menstrual cycle phase.


There was significant improvement in subject knowledge regarding PMS after educational session regarding CAM used to manage PMS. This includes diet, supplements, herbal, mind body intervention, manipulates body based method. The total knowledge score increased female awareness and practice about PMS.


Menstruation is an important milestone for adolescent girls and menstrual problems.

During menstruation, adolescent girls should use sanitary pads and should not use old cloths for menstrual hygiene purpose.


From puberty to menopause, the average women will have a period once a month, which is the shedding of uterine lining in the form of blood. On average, a women will bleed for three to five days. This varies with different body and different lifestyles.

Aerobic exercises has an impact on the activity on the sympathetic system reduced uterine contractions is that it trained to reduce the physical symptoms of primary dysmenorrhea.


Indian girls always been surrounded by secrecy and myths in many societies. Taboos surrounding menstruation exclude women and girls from many aspects of social and cultural life. Some of these are helpful and others are potentially harmful implications. Menstruation is nothing but a very normal biological phenomena and adolescent girls and women should understand that. They have the power of procreation only because of this virtue.


Suryanamaskar and yoga nidra are of great help in puberty. The purpose of the present study is to find out the effect of suryanamaskar and yoga nidra on physical problems of girls who have started their menses, it reduces physical problems of adolescent girls during menstruation in 24 weeks.


The study shows the effect of yoga program on menstrual cramps and menstrual distress in nursing students. Menstrual cramps and menstrual distress were decreased. According to this findings it indicates that yoga intervention may reduce menstrual cramps and menstrual distress
in females undergraduates with primary dysmenorrhea.


Intensity and duration of pain were significantly reduced in exercise. Active stretching and core strengthening exercises seem to be an easy non pharmacological method for managing primary dysmenorrhea. Reduction of dysmenorrhea in women who regularly exercise may be due to hormonal changes on uterine epithelial tissues. It appears that exercise has analgesic effects that acts in non specific way.


After yoga intervention, subjects reported decreased use of analgesics during menstruation. Severe effects of menstrual pain increased physical function, decreased abdominal swellings, breast tenderness and abdominal cramps. Employees can educate female employees about the benefits of regular exercise such as yoga.

**Karampour E et.al., (2016). Advances in environmental biology. The influence of stretch training on Primary dysmenorrhea.**

Stretch training program reduce significantly the symptoms of dysmenorrhea. Selected stretch training positively influence dysmenorrheal symptoms. Exercise is commonly cited as probable remedy for menstrual symptoms.


In India, lack of awareness leads to lack of hygiene and lower the confidence level in women.
Yoga plays a vital role by making it convenient for women to harmonize psychophysiological trauma before, during and after menstruation.


Nurses should provide health education to adolescent girls about menstruation. The usual menstrual care and the importance of practicing the stretching exercises to reduce dysmenorrhea and premenstrual symptoms.