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MEASURING THE PREVALENCE AND IMPACT OF MENSTRUAL HEALTH: A QUANTITATIVE CLINICAL SURVEY

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ABSTRACT

A Clinical survey was carried out to study the common menstrual problems faced by women of child bearing age, during their menstrual period. 183 individuals of women were interviewed personally with a standard questionnaire and the statically analysis was performed. The level of significance was analyzed where be results emphasized based on the responses received. The questionnaire is related to the menstrual problems women face during throughout their menstrual phases.

Keywords: Clinical Survey, Menstrual Health, Menstrual Disorders, Pre- Menstrual Syndrome

INTRODUCTION

Menstrual disorders are problems that affect a woman's normal menstrual cycle. They include painful cramps during menstruation, abnormally heavy bleeding, or not having any bleeding. Menstruation occurs during the years between puberty and menopause. Menstruation, also called "menses" or a "period," is the monthly flow of blood from the uterus through the cervix and out through the vagina [1]. The

menstrual cycle prepares your body for pregnancy. If you are not pregnant, your hormones send a signal to your uterus to shed its lining. This becomes your period. Once you start your period, the cycle starts again. A menstrual cycle is measured from the first day of your period to the first day of your next period. The average length of a menstrual cycle is 28 to 29 days, but every woman's cycle is different [2].

The phases of menstrual cycle include

- **The follicular phase:** The follicular phase starts on the first day of your period and lasts for 13 to 14 days, ending in ovulation. The pituitary gland in the brain releases a hormone to stimulate the production of follicles on the surface of an ovary. Usually, only one follicle will mature into an egg. This can happen from day 10 of your cycle. During this phase, your uterus lining also thickens in preparation for pregnancy [3].
- **Ovulation:** Ovulation is when a mature egg is released from an ovary and moves along a fallopian tube towards your uterus. This usually happens once each month, about two weeks before your next period. Ovulation can last from 16 to 32 hours. It is possible to get pregnant in the five days before ovulation and on the day of ovulation, but it's more likely in the three days leading up to and including ovulation. Once the egg is released, it will survive up to 24 hours. If sperm reaches the egg during this time, you may get pregnant [4].
- **The luteal phase:** After ovulation, cells in the ovary (the corpus luteum), release progesterone and a small amount of oestrogen. This

causes the lining of the uterus to thicken in preparation for pregnancy. If a fertilised egg implants in the lining of the uterus, the corpus luteum continues to produce progesterone, which maintains the thickened lining of the uterus. If pregnancy does not occur, the corpus luteum shrinks and progesterone levels drop, the uterus lining sheds and the period begins [5].

Menstrual Disorders

There are several types of menstrual disorders. Problems can range from heavy, painful periods to no periods at all. There are many variations in menstrual patterns, but in general women should be concerned when periods come fewer than 21 days or more than 3 months apart, or if they last more than 10 days. Such events may indicate ovulation problems or other medical conditions [6, 7].

- **Oligomenorrhea:** It is a condition in which menstrual cycles are infrequent, occurring more than 35 days apart. It is very common in early adolescence and does not usually indicate a medical problem. Light or scanty flow is also common in the first years after menarche and before menopause. When girls first menstruate, they often do not have regular cycles for several years.

- Even healthy cycles in adult women can vary by a few days from month to month. Periods may occur every 3 weeks in some women, and every 5 weeks in others. Flow also varies and can be heavy or light [8].
- Dysfunctional uterine bleeding (DUB). A general term for abnormal uterine bleeding that usually refers to extra or excessive bleeding caused by hormonal problems, usually lack of ovulation (anovulation). DUB tends to occur either when girls begin to menstruate or when women approach menopause, but it can occur at any time during a woman's reproductive life [8, 9].
 - **Premenstrual dysphonic disorder (PMDD)** is a severe physical and emotional discomfort prior to menstruation [10].
 - **Dysmenorrhea (Painful Cramps):** Dysmenorrhea is severe, frequent cramping during menstruation. Pain occurs in the lower abdomen but can spread to the lower back and thighs. Dysmenorrhea is usually referred to as primary or secondary:
 - Primary dysmenorrhea. Cramping pain caused by menstruation. The cramps occur from contractions in the uterus and are usually more severe during heavy bleeding.
 - Secondary dysmenorrhea. Menstrual-related pain that accompanies another medical or physical condition, such as endometriosis or uterine fibroids [11].
 - **Menorrhagia (Heavy Bleeding):** Menorrhagia is the significantly heavier periods. Menorrhagia can be caused by a number of factors. During a normal menstrual cycle, the average woman loses about 1 ounce (30 mL) of blood and changes her sanitary products around 3 to 5 times per day. With menorrhagia, menstrual flow lasts longer and is heavier than normal. The bleeding occurs at regular intervals (during periods), but may last more than 7 days, and menstrual flow soaks more than 5 sanitary products per day or requires product change during the night. Clot formation is common [12].
 - Metrorrhagia also called breakthrough bleeding refers to bleeding that occurs at irregular intervals and with variable amounts. The bleeding occurs between periods or is unrelated to periods. Spotting or light bleeding between periods is common in girl's just starting menstruation and sometimes

during ovulation in young adult women.

- Menometrorrhagia. Refers to heavy and prolonged bleeding that occurs at irregular intervals. Menometrorrhagia combines features of menorrhagia and metrorrhagia. The bleeding can occur at the time of menstruation (like menorrhagia) or in between periods (like metrorrhagia) [13].
- Other types of abnormal uterine bleeding. Include bleeding after sex and bleeding after menopause. Postmenopausal bleeding is not normal and can be a sign of a serious condition.
 - Amenorrhea (Absence of Menstruation)
 - Amenorrhea is the absence of menstruation.
- Primary amenorrhea. Occurs when a girl does not begin to menstruate by age 16. Girls who show no signs of sexual development (breast development and pubic hair) by age 13 should be evaluated by a doctor
- Secondary amenorrhea. Occurs when periods that were previously regular stop for at least 3 months.
- **Premenstrual syndrome (PMS)** is a set of physical, emotional, and behavioural symptoms that occur

during the last week of the luteal phase (a week before menstruation) in most cycles. The symptoms typically do not start until at least day 13 in the cycle, and resolve within 4 days after bleeding begins [14, 15].

Methodology

A survey was carried out to study various menstrual problems experienced by the teenage girls and women below 45 years old. A questionnaire was designed and was interviewed personally. The survey based among 183 respondents. The questionnaire was based on the general health issues.

Questionnaire

The questionnaire was about the collection of data related to the following information.

- Age :10-20\20-30\30-40\above 40
- Body weight:
- Marital status: unmarried\married\mother\lactating mother
- Occupation:
- Age of menarche:
- How long periods lasts:2-3days\3-4days\5-6days\6-7days
- Menstrual flow: low\medium\heavy
- Experienced menstrual cramps: yes\no

-
- Experienced any premenstrual symptoms: no\yes
 - Length of menstrual cycle:20-28 days\28-35days\35-45days
 - How long these premenstrual symptoms:1day before\2days \3-4 days \a week before
 - Your working timings: morning shift\night shift
 - How often you change sanitary pads:1-3 hours\4-6 hours\7-9 hours\9-12 hours
 - Having any diseased conditions:
 - Any other medical conditions:
 - Regular medication:
 - What kind of regular diet: vegetarian\non vegetarian \mixed\junk\healthy
 - Regular walking time: half an hour\2-3 hours\one hour
 - Any habit of tobacco smoking: no\yes
 - Any habits of drinking alcohol: no\yes
 - How often exercise regularly: no\daily\alternative days\once or twice a week
 - Have ever experienced irregularity of periods: yes\no
 - Symptoms during periods: Throbbing or cramping pain in your lower abdomen\pain that radiates to your lower back and thighs\pain that starts 1 to 3 days before your period, peaks 24 hours after the onset of your period and subsides in 2 to 3 days \pai that starts before 2-3 days with intense pain in abdomen, stomach, back pain \dull continuous ache.
- Physical symptoms**
- Stomach pain: yes\no
 - Nausea & vomiting sensation: yes\no
 - Pimples: yes\no
 - White discharge: yes\no
 - Hand pain: yes\no
 - Abdominal pain radiating to lower abdomen: yes\no
 - Backache, back pain radiating to thighs: yes\no
 - Leg pain, muscle pain: yes\no
 - Chest pain, breast tenderness: yes\no
 - Loss of appetite: yes\no
 - Pain in vaginal region: yes\no
-

- Fatigue, weakness: yes\no

Psychological symptoms

- Mood swings: yes\no
- Headache: yes\no
- Irritation: yes\no
- Frustration: yes\no
- Sadness: yes\no
- Depression: yes\no
- Angry: yes\no
- Dullness: yes\no

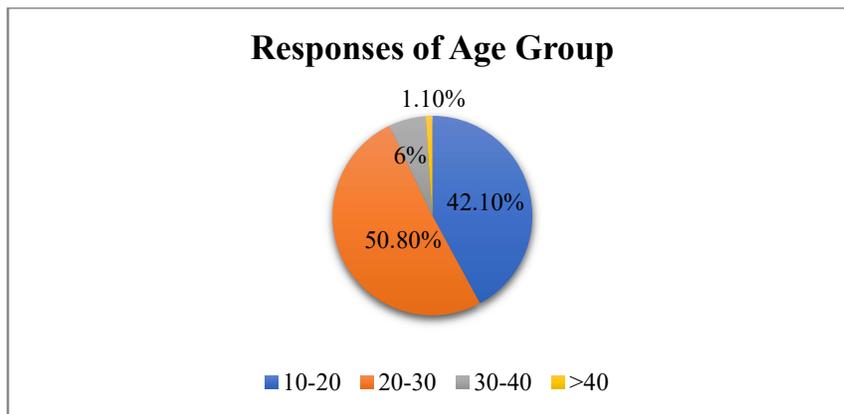
RESULTS AND DISCUSSION

The results received from the respondents have been evaluated, analyses and emphasized as below.

Demographic Data

Response of Age Group

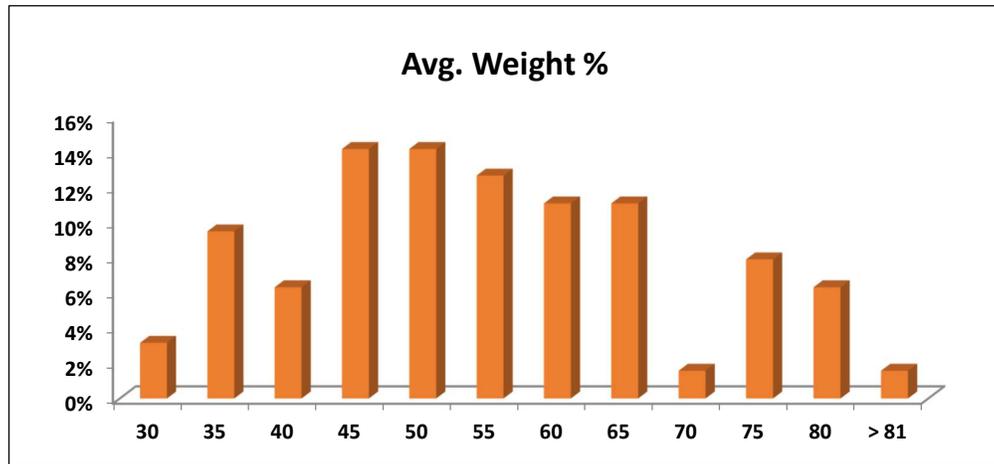
According to the survey among 183 respondents we found that most of the responses 50.8% among were belonging to the age between 20-30 years, also 42.1% belongs to the age between 10-20 years and 6% belongs to the age between 30-40 years.



Body weight

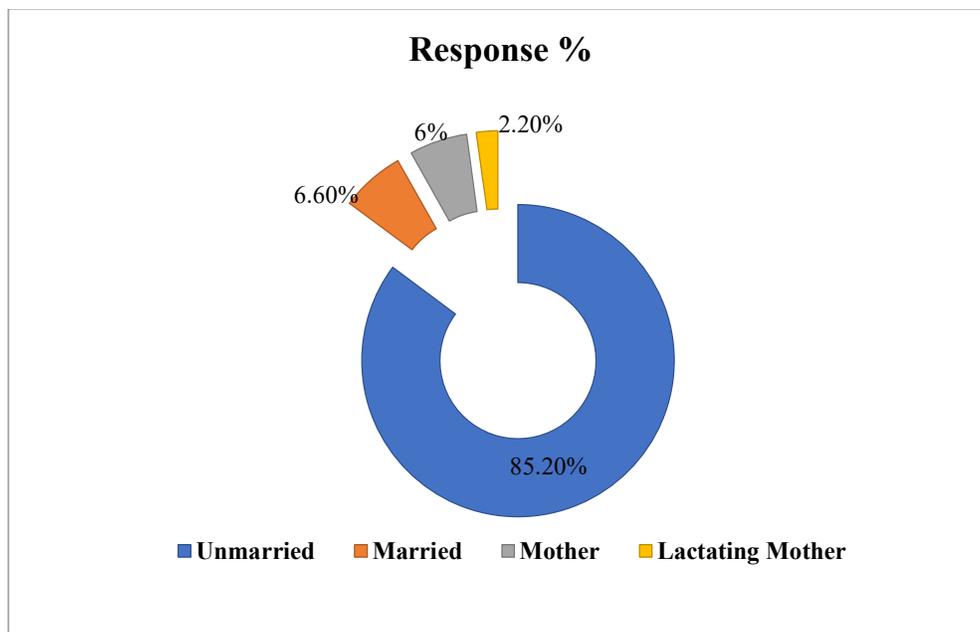
The responses received from the survey related to the weight of 183 respondents were also observed as the menstrual phases are different for different aged women. Most of the respondents were belongs to 30 kgs weight of percentage 3.17% ,9.52% belongs to the 30-35 kgs weight, 6.34% belong to the weight between 35-40 years,14.2 % belongs

to the 40-45 kgs of weight,14.2% belongs to the weight between 45-50 kgs,12.68% belongs to the weight between 50-55 kgs,11.11 % belongs to the weight between60-65kgs and 65-70kgs,1.58% belongs to the weight between70-75 kgs,7.93% belongs to the weight between 75-80kgs,7.92% belongs to the weight of 80 and above.



Results based on the marital status

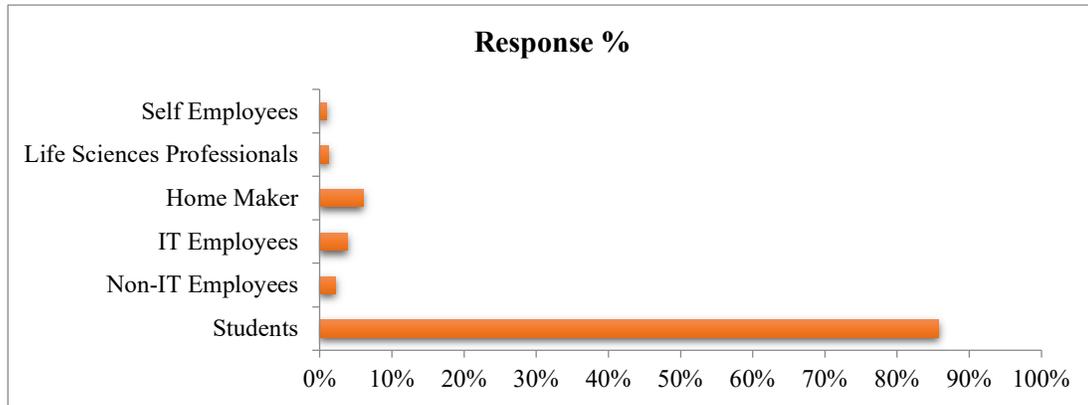
Survey is performed on 183 women and the response can see as below.



In our survey, among the respondents, 85.2% were unmarried, 6.60% were found to be married, 6% were mothers and 2.20% were found to be lactating mothers.

Occupation

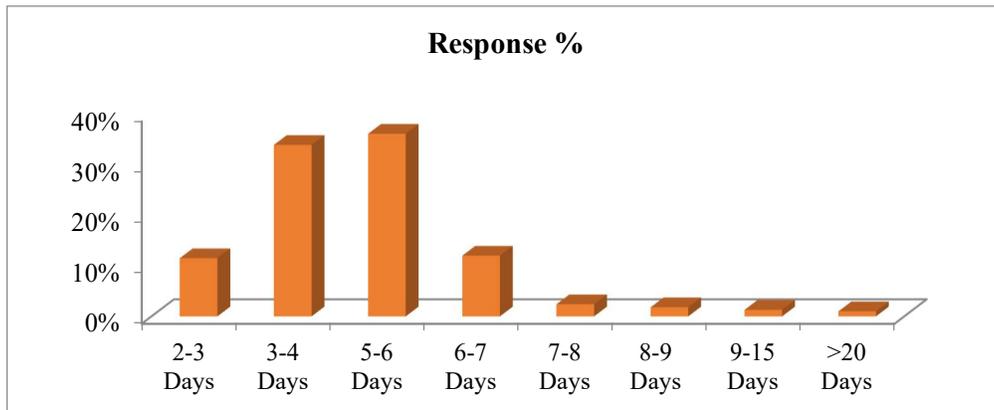
Based on the survey among occupation 183 responses 85.8% were students, 6% were found to be home makers, 4% belongs to the IT employees and also minor percentages belongs to various fields like faculty, life sciences professionals, private employees.



Length of the Period

Standardly, the period can last between 2 and 7 days, but it will usually last for about 5 days. The bleeding tends to be heaviest in the first 2 days. When your period is at its heaviest, the blood will be red. On lighter days, it may be pink or brown. Based on the

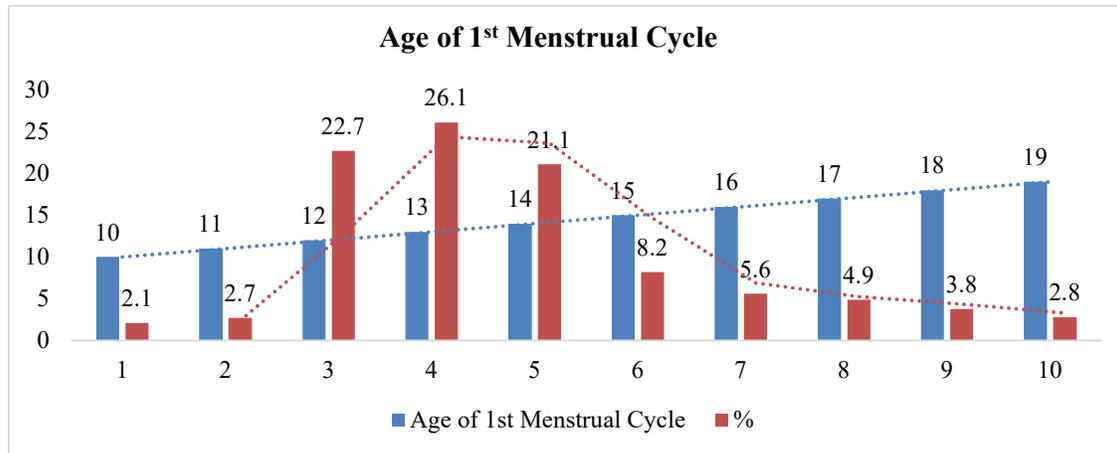
survey, we found that most of the women 33.9% lasts their bleeding between 3-4 days of period, 36.1 %lasts bleeding between 5-6 days, 12.5% lasts bleeding between 2-3 days, 12% lasts between 6-7 days and rarely lasts their bleeding for 8 days, 9 days stays for a week 8-9 days.



Menarche Data results

Among the 183 responses, most of the has experienced their first (menarche) menstrual cycle at the age of 10 years where 2.1%, 2.7% experienced at the age of 12 years, 22.5% experienced at the age of 12 years, 26.1% has their first period at 13 years, 21.1% experiencing at the age of 14 years, 8.2% experiencing at the age of 15

years, 5.6% experiencing at the age of 16 years, 4.9% experiencing at the age of 17 years, 3.8% experiencing at the age of 18 years, 2.8% experiencing at age of 19 years and also some people have experienced at different ages below 20 years. Overall based on our survey we found that the most common menstruating age is between 12 to 15 years of age.

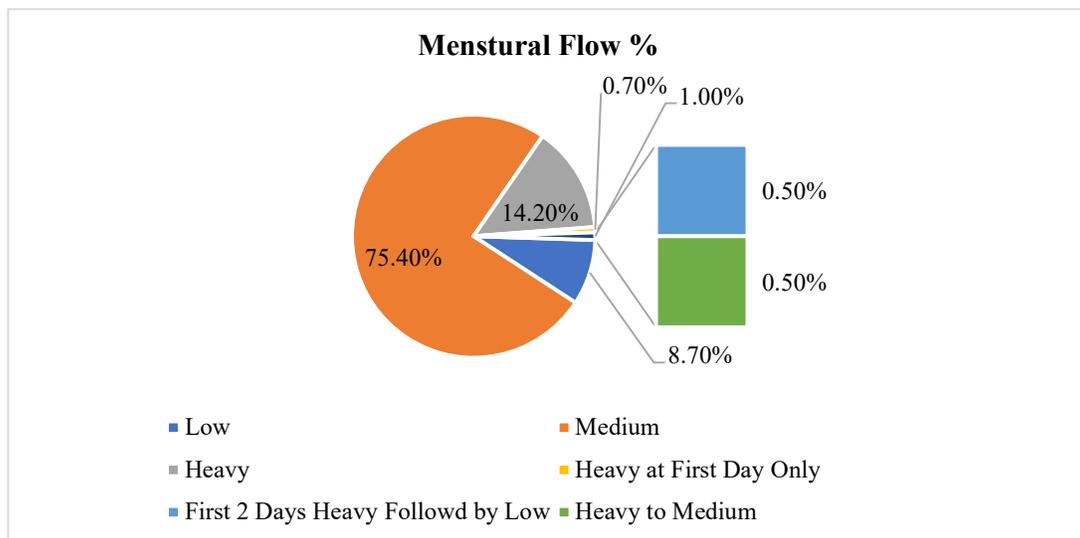


Results on menstrual flow and length of menstrual cycle

Here according to the responses, we found that majority that is 75.4% have constant medium flow of blood during periods, 14.2% have found heavy flow also 8.7% people found that they have low

blood flow, 1% found that having first two days heavy then low, heavy to medium flow, heavy at first day The duration and amount of menstrual flow can vary from person to person, as well as from cycle to cycle.

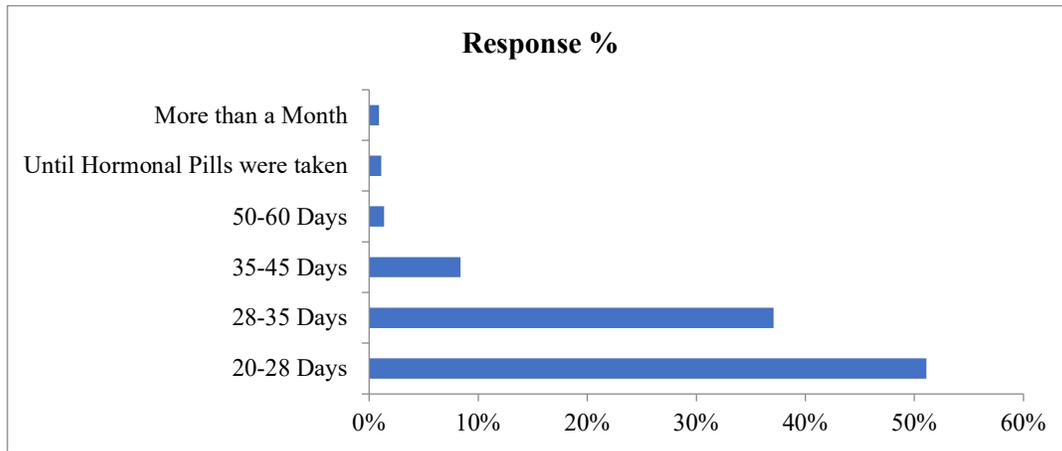
Menstrual flow



Length of menstrual cycle

Here it was found that 51.1% have regular menstrual cycle, 37.1% have menstrual cycle between 28-35 days, 8.4%

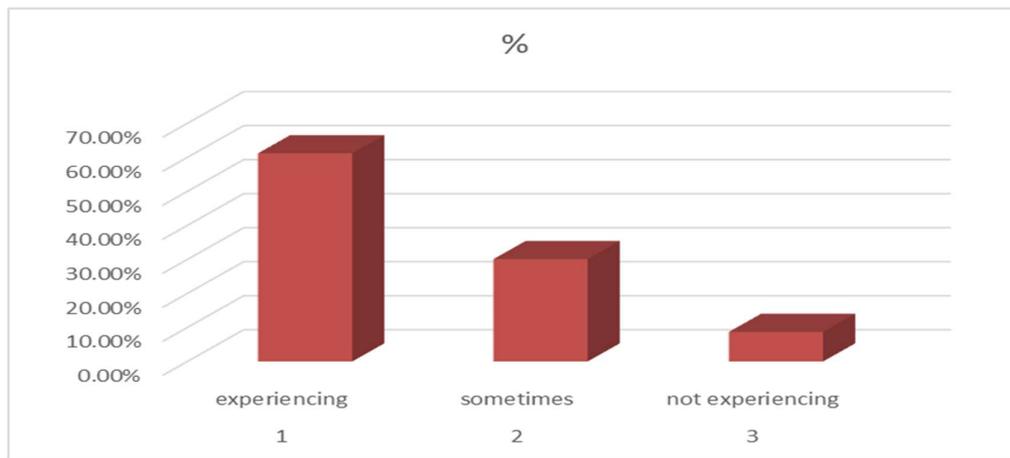
having more have 35-45 days which not normal, also marginally some experiencing more than 50 days or until they take hormonal tablets.



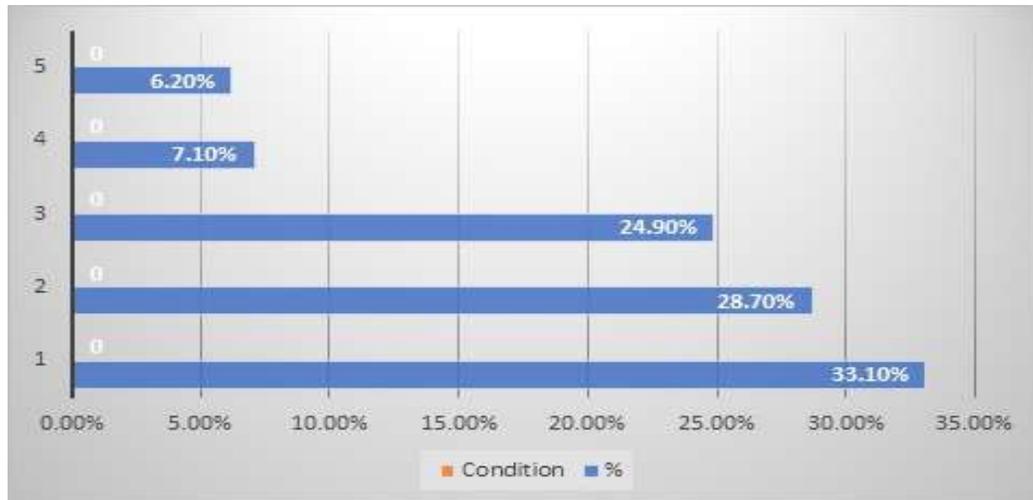
Menstrual Cramps

Based on the survey 61.2% experiences menstrual cramps during

periods, also some people experienced sometimes 30.1% and 8.7% have never experienced menstrual cramps.



S. No.	%	Condition
1	33.10%	Throbbing or cramping pain in your lower abdomen that can be intense.
2	28.70%	Pain that radiates to your lower back and thighs.
3	24.90%	Pain that starts 1 to 3 days before your period peaks 24 hours after the onset of your period and subsides in 2 to 3 days.
4	7.10%	Pain that starts before 2-3 days with intense pain in abdomen, stomach, back pain
5	6.20%	Dull, continuous ache.

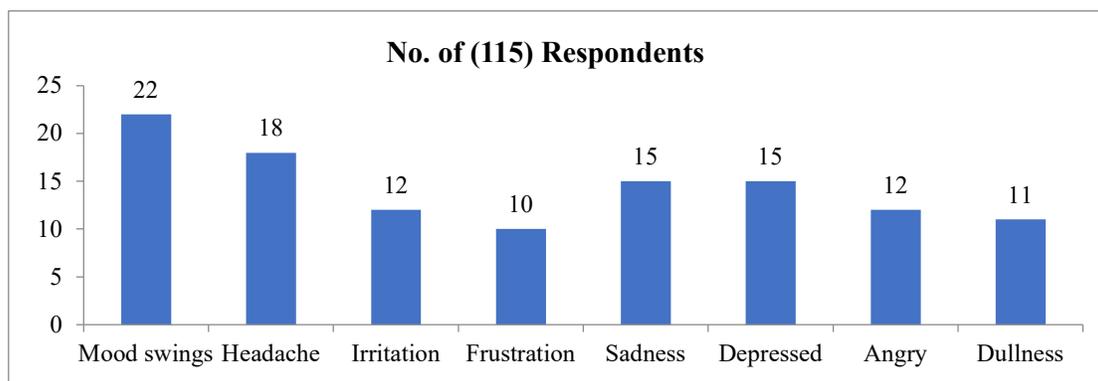


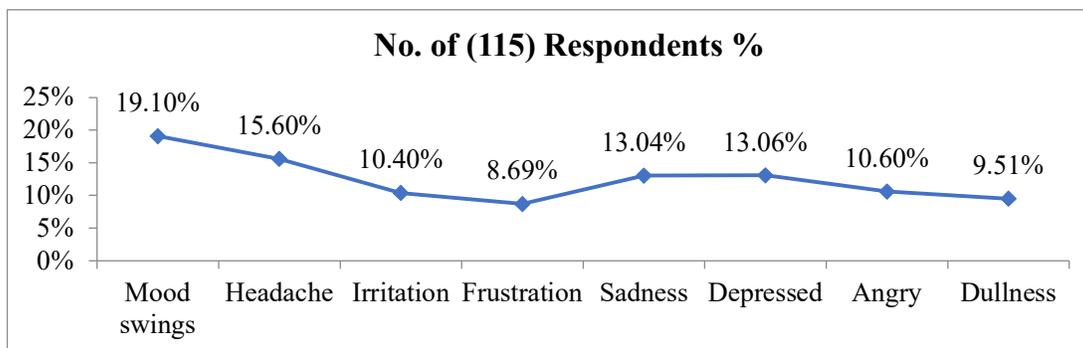
Psychological Symptoms

The constellation of the physical and psychological symptoms that appear several days before menstrual period is regarded as the premenstrual syndrome (PMS). The current study evaluated the symptoms associated with PMS and their impact on the day-to-day activities of women. Based on the majority of them 19.10% were experiencing mood swings, 15.60% were

experiencing headache, 10.40% were having symptoms of irritation, 8.69% experiencing frustration, 13.04 percent having symptom of sadness, 13.06% were experiencing depression, 10.60% were having symptom of angry and 9.51% experiencing dullness, not having interest. These were the common psychological symptoms during periods.

S. No.	Symptoms	No. of (115) Respondents	No. of (115) Respondents %
1	Mood swings	22	19.10%
2	Headache	18	15.60%
3	Irritation	12	10.40%
4	Frustration	10	8.69%
5	Sadness	15	13.04%
6	Depressed	15	13.06%
7	Angry	12	10.60%
8	Dullness	11	9.51%





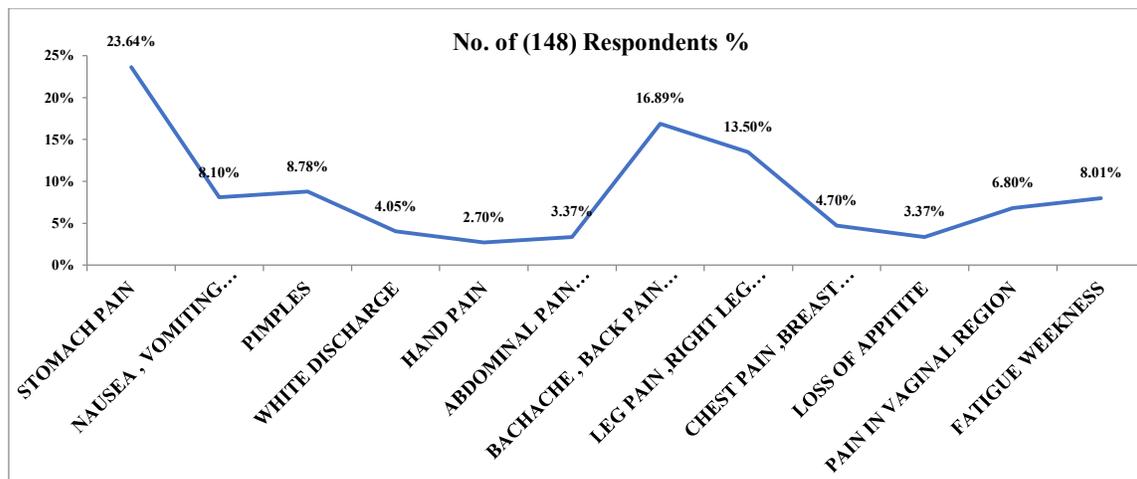
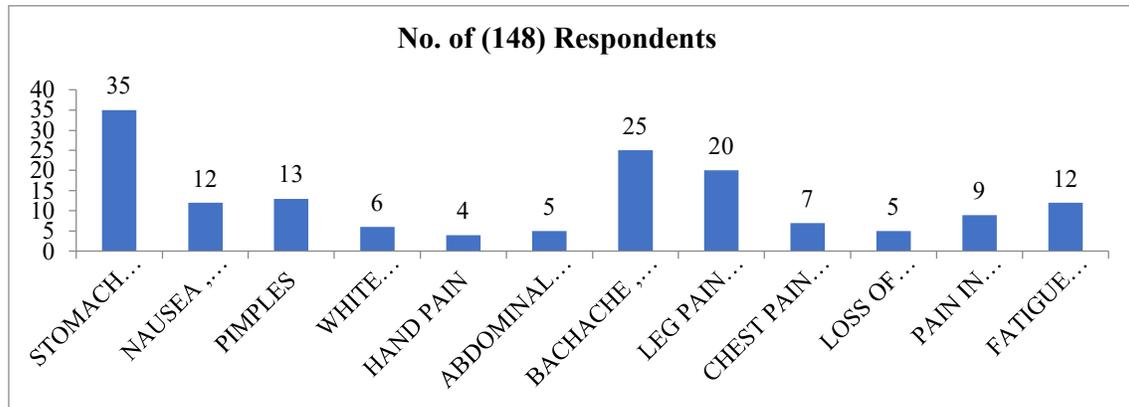
General Symptoms

Somewhere between 5 days and 2 weeks before your period starts, you may experience symptoms that let you notice the symptoms. These symptoms are known as premenstrual syndrome (PMS). For most, PMS symptoms are mild, but for others, symptoms can be severe enough to disrupt daily activities.

Symptoms vary from person to person, but paying attention to any unique patterns your body follows month to month can be a great way to catch the onset of each cycle. Most common symptom experiencing during the periods were stomach pain among, the 148 respondents 23.64% were experiencing, 16.89% experiences back pain, 13.50%

experiences leg cramps, 8.10 % experiencing nausea and vomiting sensation, 8.78 % have experiencing pimples, 4.05% experiencing increased white discharge than normal, 2.70% experiencing hand pain and 3.37% experiencing abdominal pain which is radiating to lower abdomen, 4.7% were having the symptom of chest pain and breast tenderness, 8.01% experiencing fatigue and weakness, 6.80% were experiencing pain in the vaginal region, muscle spasm in vaginal region and minorly 3.37% were having the symptom of loss of appetite. So here these are the major symptoms found during our survey.

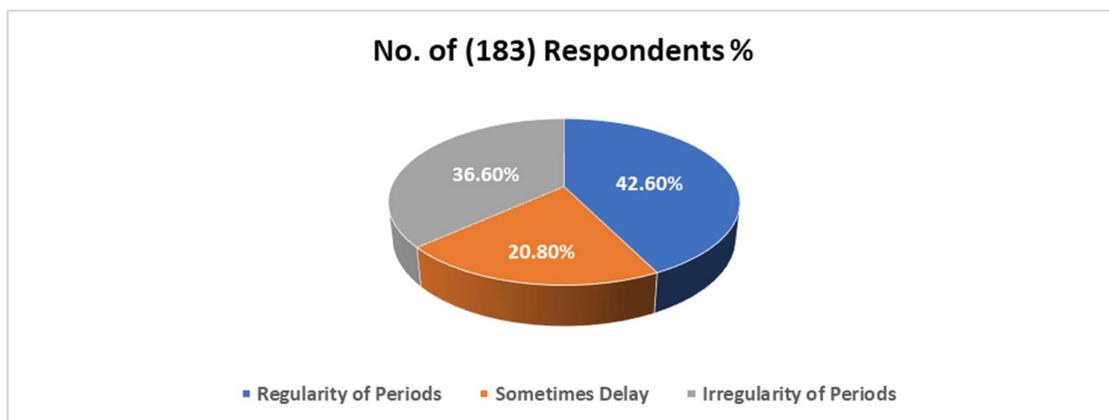
S. No.	Symptoms	No. of (148) Respondents	No. of (148) Respondents %
1	Stomach Pain	35	23.64%
2	Nausea & Vomiting Sensation	12	8.10%
3	Pimples	13	8.78%
4	White Discharge	6	4.05%
5	Hand Pain	4	2.70%
6	Abdominal Pain Radiating to Lower Abdomen	5	3.37%
7	Backache, Back Pain Radiating to Thighs	25	16.89%
8	Leg Pain, Right Leg Muscle Pain	20	13.50%
9	Chest Pain, Breast Tenderness	7	4.70%
10	Loss Of Appetite	5	3.37%
11	Pain In Vaginal Region	9	6.80%
12	Fatigue Weakness	12	8.01%



Regularity of Periods

42.6% have experiencing regularity of periods, 20.8% have experienced

irregularity of periods sometimes, and 36.60% have experiencing irregularity of periods.

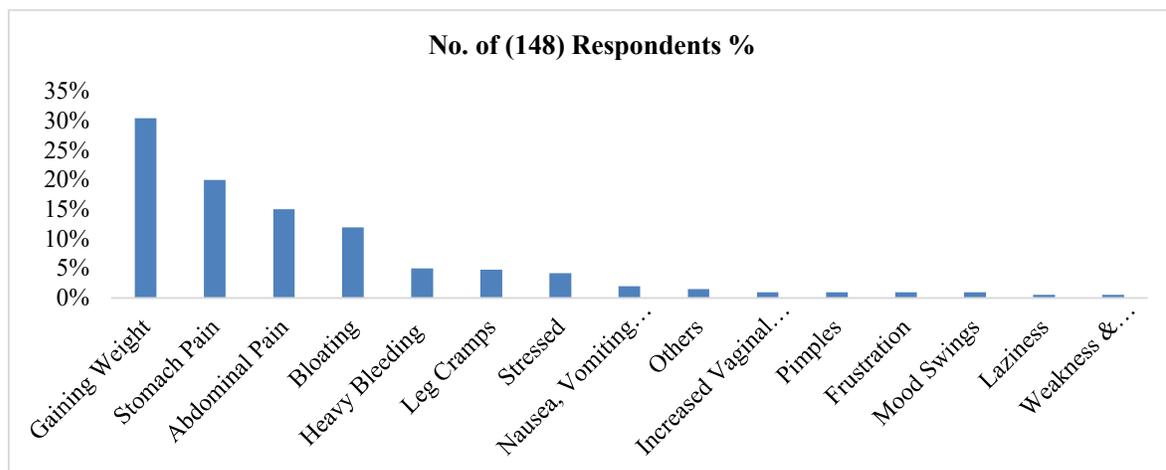


Symptoms Experiencing by Irregularity of Periods

S. No.	Symptoms experienced by irregularity of periods	Condition	%
1	7	Gaining Weight	30.45%
2	1	Stomach Pain	20.00%
3	4	Abdominal Pain	15.05%
4	2	Bloating	12%
5	11	Heavy Bleeding	5.00%
6	6	Leg Cramps	4.80%
7	10	Stressed	4.20%
8	3	Nausea, Vomiting Sensation	2%
9	16	Others	1.50%
10	8	Increased Vaginal Discharge	1%
11	13	Pimples	1%
12	14	Frustration	1%
13	15	Mood Swings	1%
14	5	Laziness	1%
15	12	Weakness & Tiredness	0.50%

Most common symptom experiencing during the irregularity of periods were weight gain among, the 119 respondents 30.45% were experiencing 20.00% experiences stomach pain, 4.80% experiences leg cramps, 2% experiencing nausea and vomiting sensation, 1% have experiencing pimples, 1% experiencing increased white discharge than normal, 15.05% experiencing abdominal pain which

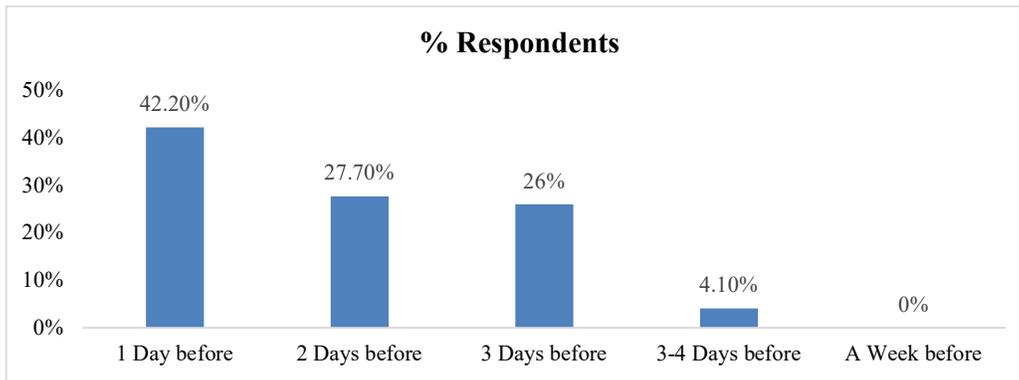
is radiating to lower abdomen, 5.00% were having the symptom of heavy bleeding, 0.50% experiencing fatigue and weakness, 12% were experiencing pain in the bloating, minorly 1% were having the symptom of laziness, 1% experiencing mood swings, 4.20 % were experiencing stressed condition. So here these are the major symptoms found during our survey.



Other medical condition experienced during irregularity of periods

S. No	Other Medical Condition
1	Vitamin And Iron Deficiency
2	Sleep Disturbances
3	Hirsutism
4	Skin Allergy
5	Ectopic Pregnancy
6	Anxiety And Depression
7	Seizures
8	Ear Pain
9	Sinus And Migraine

Prior Pre-Menstrual cramps



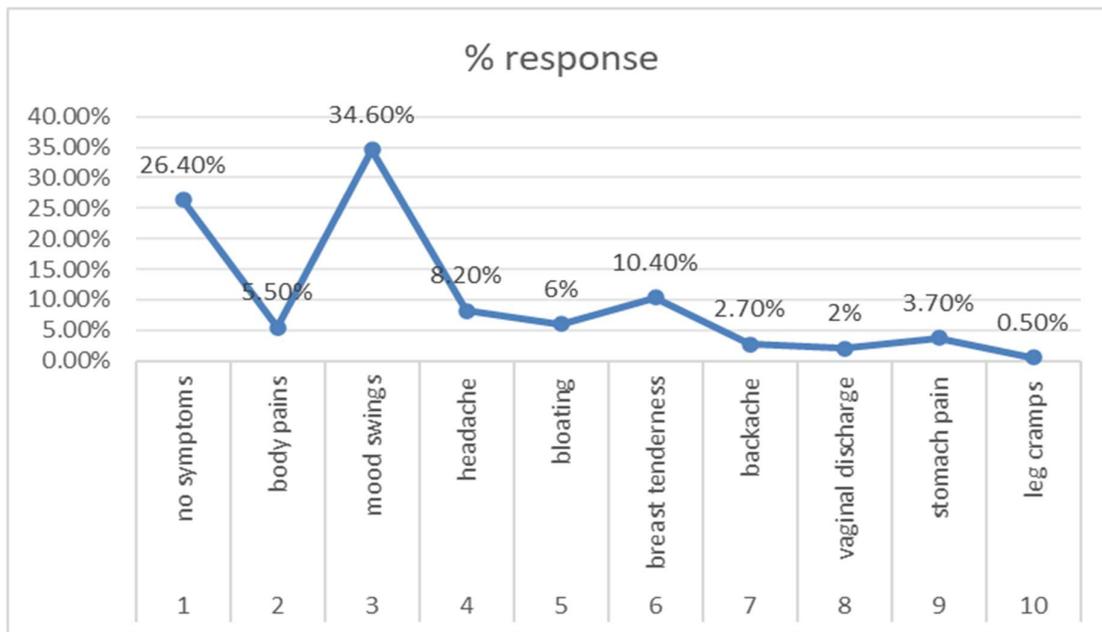
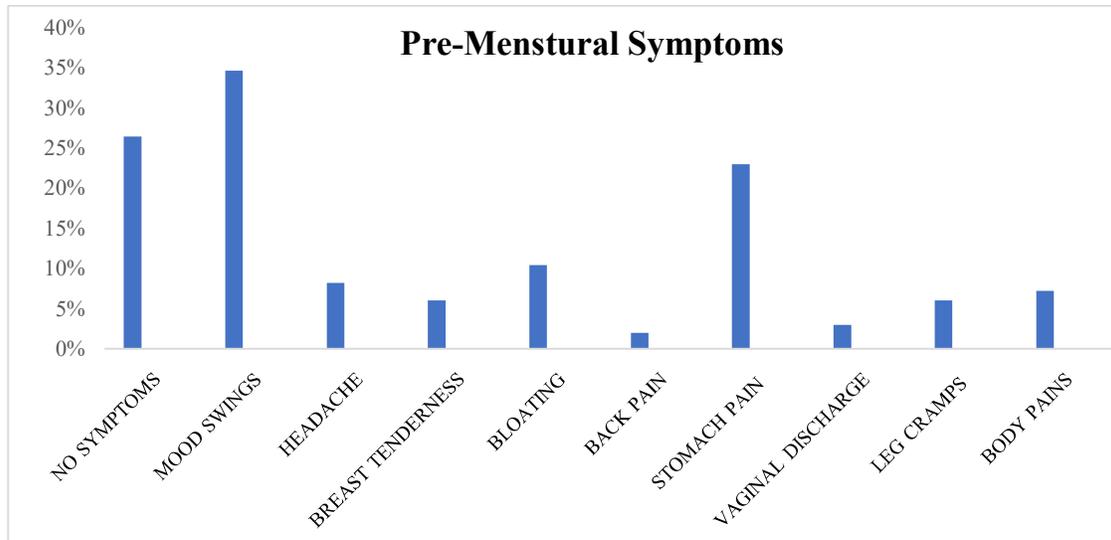
Among the 173 responses the majority of them were experiencing premenstrual symptoms 42.2% one day before the period, 27.7% experiencing 2 days before periods and 26% were experiencing before 3-4 days of periods, also 5 % of them experiencing premenstrual symptoms a week before.

Premenstrual symptoms

Here the pre- menstrual symptoms were not experienced any symptoms, 34.60% were experiencing mood swings, 5.5%

experiencing body pains, 8.20% were having headache, 6% of them were having the symptom of breast tenderness, 105 experiencing bloating, 2.70% have experiencing back ache, 2%of them were having increased vaginal discharge, 3.70%having stomach ache, leg cramps and pain were experienced by 0.50 %. According to the survey these are the pre - menstrual symptoms.

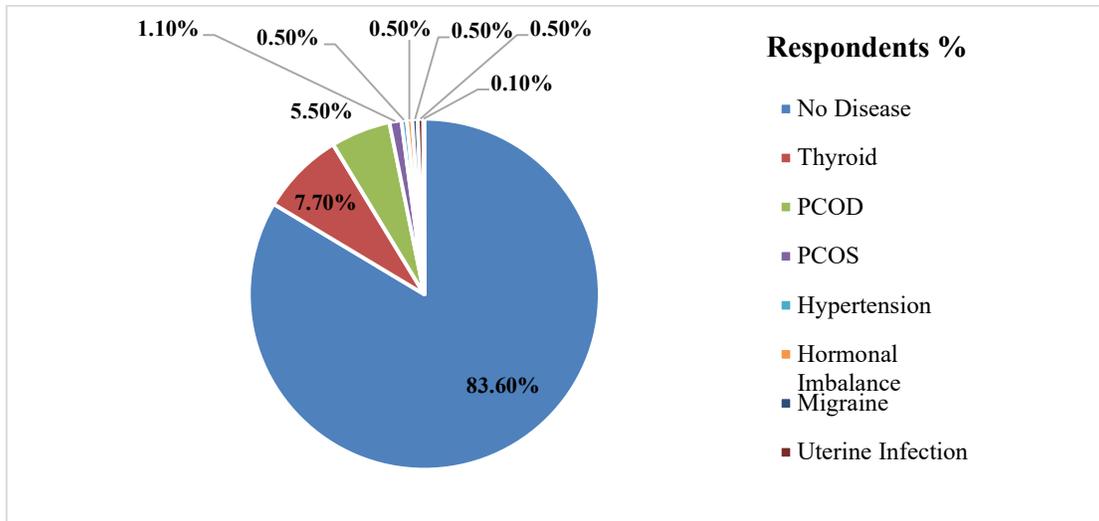
S. No	Condition	% Response
1	No symptoms	26.40%
2	Body pains	5.50%
3	Mood Swings	34.60%
4	Headache	8.20%
5	Bloating	6%
6	Breast Tenderness	10.40%
7	Backache	2.70%
8	Vaginal Discharge	2%
9	Stomach pain	3.70%
10	Leg Cramps	0.50%



Any Diseased Conditions

Based on the survey on any diseased condition among 183 individuals, majority of them were not having any diseased condition 7.70% were having thyroid, 5.50% were having PCOD condition, and

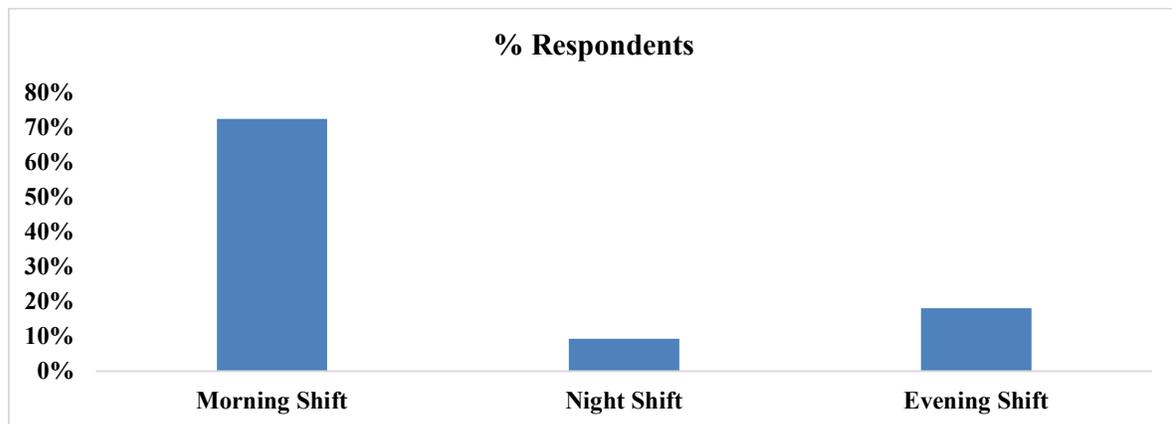
minorly 1.10% having PCOS condition, 0.50% were of hypertension, 0.1% were of diabetes, 0.50% were having hormonal imbalance, 0.5% were having migraine and uterine infection were found to be in 0.50%.



Work Timings

Based on the survey of work timings among the 160 responses, 72.5% working timings were of morning shift, 9.4% were of night

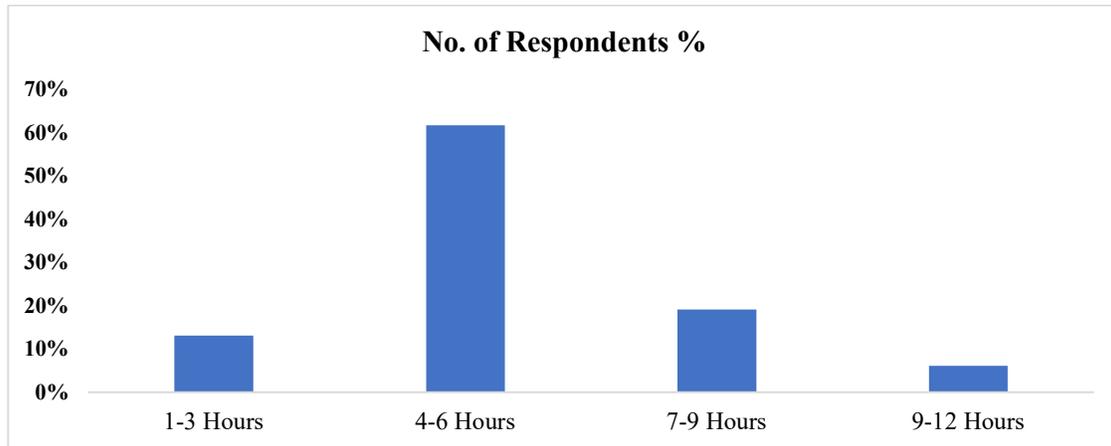
shift and 18.1% were of working in the evening shift according to their work conditions.



Time Interval for Changing Sanitary Pads

Also based on the survey, among 183 responses majority 61.7% of them were changing their sanitary pads between 4 -6

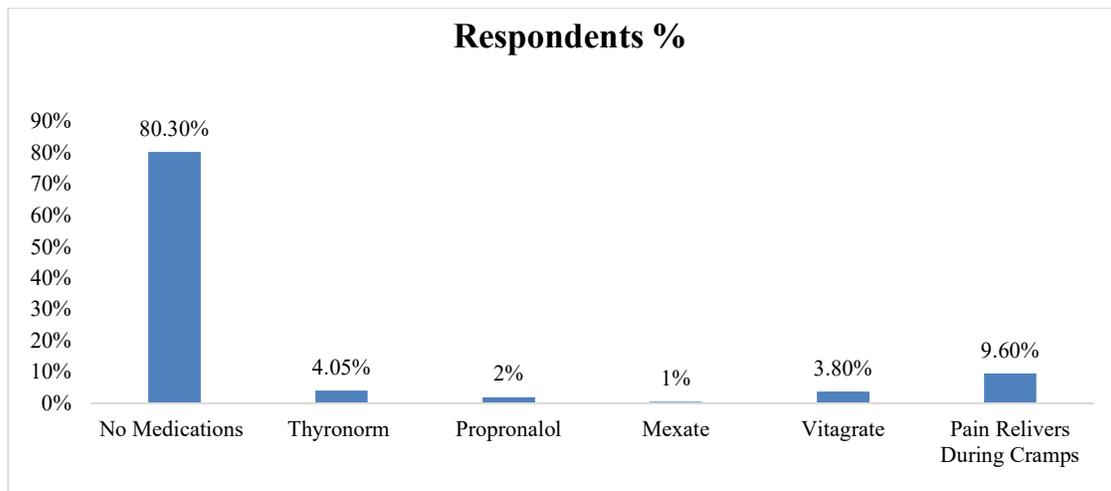
hours, 19.1% were changing between 7 to 9 hours, 13.1% changing between 1-3 hours and marginally changing their sanitary pads between 9-12 hours.



Medication Use

Based on the survey among 180 individuals 80.30% were not using any medications, 4.05% using thyronorm tablets for thyroid condition, 2% using propranolol for

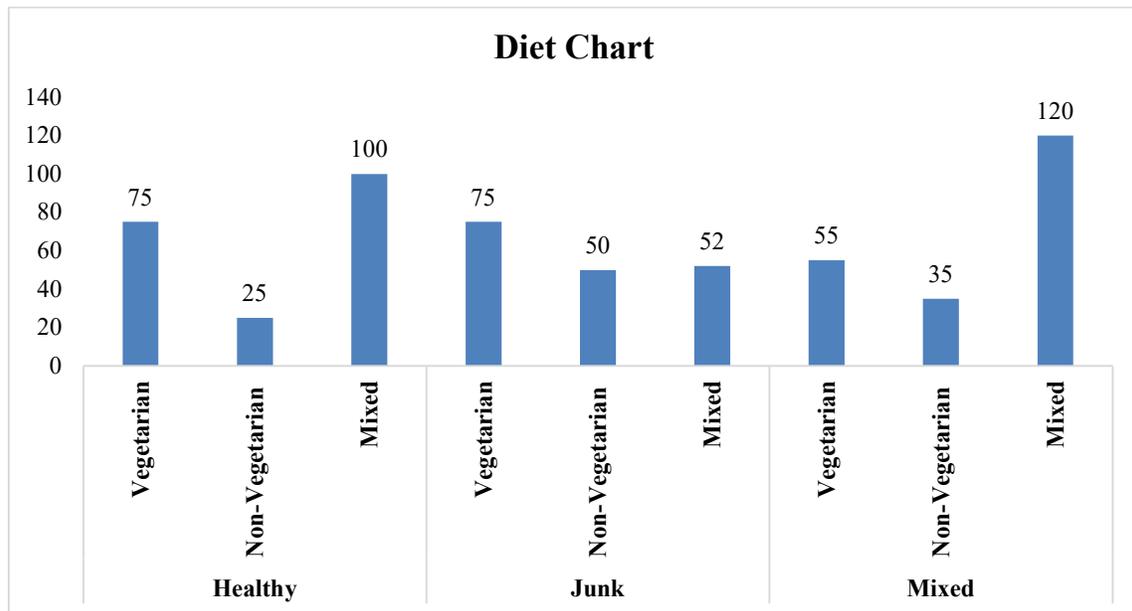
hypertension condition, 1% using mexate for arthritis condition, 3.80% using vitagrate medication of vitamin deficiency and 9.60% were using pain relivers for cramps during periods.



Diet Chart

Survey based on diet among 183 individuals, majority of them were having

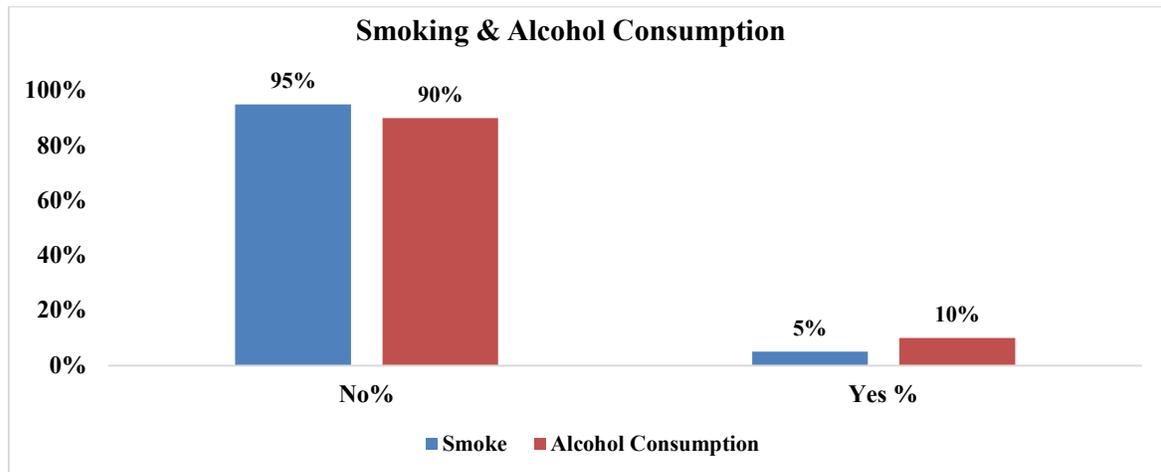
mixed diet which contains of both vegetarian and non-vegetarian of healthy and junk food habits.



Smoking & Alcohol Consumption

Survey based on smoking and alcohol consumption among the 183 respondents 90% were not having any smoking habits

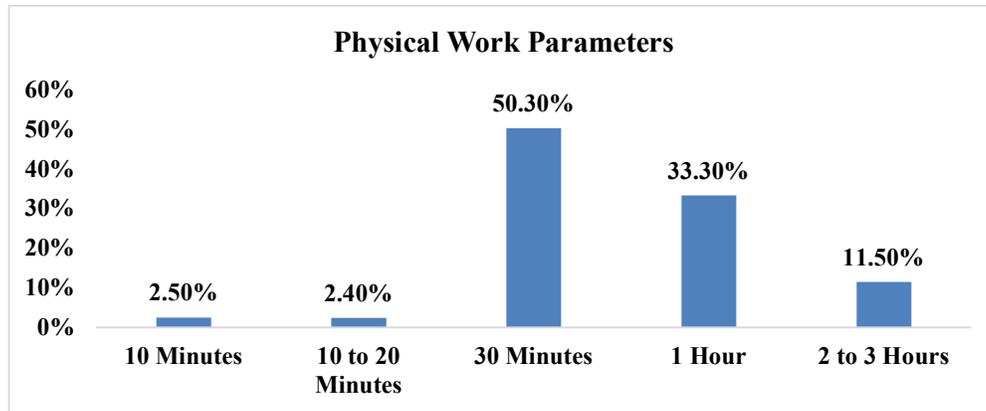
and 10 % were having habit of smoking and 95% were not having habit of alcohol consumption and 5% were found to be having consumption of alcohol.



Physical Exercise Parameters Analysis

Survey based on walking time majority 50.30% of were walking 30 minutes in a

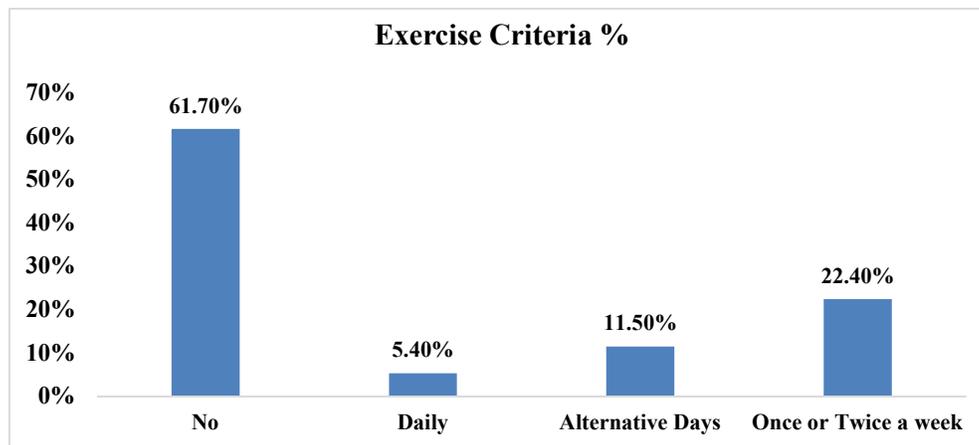
day, 33.30% were walking one hour, 11.50% walk for 2-3 hours, marginally 4.90% were walking for 10-20 minutes.



How often you Exercise

According to the survey we found that 61.70% were not exercising, and 5.40% were found to exercise on daily basis 11.50

% were exercise alternative days and 22.40% were found to exercise once or twice in a week.



DISCUSSION

Our article is based on the irregularity of menstrual periods and the factors affecting or which are responsible for the irregularity of period. The survey was performed among 183 individuals. Most of the responses we acquired from the survey were belonging to the age group among 20-30 years 50.8%. According to our research we found that the

average mean age of menarche is 12-14 years [16]. According to World Health and Organization the average age for menarche among the females is 10-16 years. According to the American college of obstetricians and gynecologists within in US population, median age of menarche has remained stable between 12- 13 years across well developed countries. Several studies

have reported that mean age at menarche decreased from 17 years in 1870 to 12 years in 2000, the decrease in menarcheal age depends on the nutritional status, increased prevalence of obesity, sedentary life style, stress, although genetic factors also play a crucial role [17].

According to the American college of obstetricians and gynecologists Normal menstrual cycles in adolescent girls, mean cycle interval is 32.2 days in first gynecologic year and menstrual cycle interval typically between 21 to 45 days and menstrual flow length lasts for 7 days or less [18], here according our research findings 51.1% were of 20-28 days of mean menstrual cycle interval 37.1% were between 28-35 days and 8.4% between 35-45days and according to our survey of length of menstrual flow most of them 36.6% were having a length between 5-6 days, 33.9% were of having 3-4 days, 12% were between 6-7 days and 11.5% were between the length of 2-3 days , where heavy bleeding were present in only 2.0% . According to the informed health.org the total amount of blood lost during one period is usually about 60 milliliters (around 2.7 ounces) that is about a- half shot glasses usually, above the 80 milliliters it has said to be abnormal. Based on our survey we found that 75.4% were having medium flow ,14.2% having heavy flow and 8.7% having low flow of bleeding from the above

percentages we can say that most of them were having regular medium menstrual flow [19].

Based on our survey menstrual cramps were experienced by 91.3% regularly or sometimes, this pain or cramps caused by natural chemicals called prostaglandins- which causes contraction of blood vessels of the uterus, as according to the survey menstrual cramps were common, but the need for medication and the inability to function normally occurs less frequently [20, 21]. Here 9.60% were using pain relievers or pain killers during periods without doctor consultation, but those pain killers were showing side effects of indigestion, bloating, altered taste, heart burn and acid reflux. Therefore, it is not suggestable to use pain relivers during periods unless the recommendation by physician. Painful periods are known as dysmenorrhea was very common gynecological complaint among the teenage girls and of adolescent age girls rather than that of women above 30 years or above. Dysmenorrhea seems to be associated with late or early menarche, prolonged and heavier than normal menstrual flow, low body weight and body mass index inadequate physical exercise, genetic predisposition, active and passive cigarette smoking, low socio-economic status, diet, stress and mental illness [22]. Dysmenorrheal symptoms include

psychological symptoms includes- mood swings 19.10%, headache 15.60%, 10.40% irritation, 8.69% frustration, 13.04% sadness, 13.06% depressed, 10.60% angry, 9.5% dullness.

Physiological symptoms include - majority 40.71% were having hand pain, abdominal pain, backache, back pain, legs cramps, chest pain, stomach pain 23.64%, 8.10% nausea & vomiting, 8.78% pimples, 4.05% white discharge, pain in vaginal region 6.80% & fatigue and weakness.

Pre- menstrual symptoms (PMS)

Common health problem in women of reproductive age- which occurs in luteal phase and disappears with menstrual flow, also it is due to hypothalamic-pituitary - adrenal axis which leads to defect in adrenal hormone secretion, nutritional defects and environmental effects. PMS effect quality of life, according to our survey these premenstrual symptoms were experienced by 73.6%, occurs one day before in most of the individuals 42.27% ,26% -two days before,3-4 days before 27.7% also a week before. The PMS includes- Body pains 12.7%, mood swings 34.60%, headache 8.2%, bloating 6%, breast tenderness 10.4%, and vaginal discharge 2%. We found that Mood swings were majorly the symptom of PMS in most of the individuals. Based on our survey 7.7% individuals were having thyroid condition in which 2.33% were using thyronorm 2.5 mcg

where these individuals experienced irregularity of periods sometimes or regularly, thyronorm -it replaces the hormones normally made by thyroid gland, also thyroid gland dysfunction causes menstrual irregularities – which it can causes changes in your period.

According to WHO, a study on 420 Lebanese nursing students' academic year 2005-2006 where 59.4% were found to have irregular menstruation, 63.1% experienced dysmenorrhea, 54.0% suffered from PMS. Based on your survey 57.4% was experiencing irregularity of periods, sometimes for 20.80% and 36.60% were experiencing regularly the irregularity of periods [23, 24]. According to our research the reasons for irregularity of periods is due to sedentary life styles- based the survey among 183 individuals 61.3% were not doing any physical exercise, but the individuals who exercise regularly were found to be never experience irregularity of periods, doing physical exercise help to maintain normal BMI, regular physical exercise like walking, cycling, swimming can help in improvement of blood circulation & promote hormonal balance [25]. And 49.7% were having the minimal walking time of just half an hour, walking on your periods can be effective to minimize the common symptoms of periods, also we found that people walking more than 3-4 hours were experiencing regular periods

rather than that of people have walking time of half an hour.

Work timings which may also affect the regularity of periods, here we found that 3 in 4 individuals with working timings of night shift were experiencing irregularity of periods [26, 27]. Most of them were having mixed diet habits which mostly includes junk foods- also that which causes obesity [28], obesity which results in experiencing of heavy bleeding and irregular periods also the obese women become insulin resistant which leads to PCOS & due to PCOS and irregularity PERIOD many of the women experiencing weight gain. Cigarette smoking can causes shortening of menstrual cycle, effects the hormonal levels, painful periods, menstrual disorders & irregularity of periods- cigarette contain nicotine and tar are 2 chemicals affect the estrogen & progesterone levels. Also, alcohol which imbalance's the levels of estrogen and luteinizing hormones-cause hormonal imbalance, while consuming of alcohol during the period cause bloating and even worsen the cramps also increase's estrogen levels which cause heavy bleeding [29].

CONCLUSION

In our survey was carried out to study the common menstrual problems faced by women of child bearing age, during their menstrual period. 183 individuals of women were interviewed personally with a standard questionnaire and the statically

analysis was performed. The level of significance was analyzed where be results emphasized that 22.4%percent had their first menstrual cycle which begin at the age of 13 years old where, and maximum number of respondents 61.2% experiences menstrual cramps and 75.4% experiences medium flow of bleeding. Most of them experienced prevalent psychological problems which affects their routine life among which 34.6% experienced mood swings. 57.4% experienced irregularity of periods and 42.6% have regular periods with minimum abnormality .42.4% experienced premenstrual- majorly irregularity of periods, this survey was done during the year 2023.

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