

## **WHAT IS PAIN DURING MENSTRUATION**

Primary dysmenorrhea occurs in women who experience pain before and during menstruation. Women who have had normal periods that become painful later in life may have secondary dysmenorrhea. A condition affecting the uterus or other pelvic organs, such as endometriosis or uterine fibroids, can cause this.

## **TYPES OF PAIN DURING MENSTRUATION**

There are two types of dysmenorrhea; primary and secondary. Primary dysmenorrhea is the most common kind of dysmenorrhea. Cramping pain in the lower abdomen (belly) can start from 1–2 days before your period begins and can last 2–4 days.

## **REASONS OF PAIN DURING MENSTRUATION**

Hormone-like substances called prostaglandins trigger this process. Prostaglandins are chemicals that form in the lining of the uterus during menstruation. They cause muscle contractions and cramps that are similar to labor pains. ... It may also happen because there are high levels of leukotrienes during menstruation.

## **SYMPTOMS OF PAIN DURING MENSTRUATION**

- Lower back pain.
- Leg pain, radiating down the legs.
- Nausea.
- Vomiting.
- Diarrhea.
- Headaches.
- Irritability.
- Weakness.

## **NEUROTHERAPY TREATMENT**

- For any type of pain during menstruation give.  
(30) Medulla

This treatment can be given even during menstruation period

- If pain is due to prolapse of uterus, give any one of the following treatment:

**First treatment**                      Prolapse of uterus treatment

**Second treatment**                Prolapse point