

WHAT IS CRAMPS

A cramp is a sudden, involuntary muscle contraction or over-shortening; while generally temporary and non-damaging, they can cause significant pain, and a paralysis-like immobility of the affected muscle. ... Cramps of smooth muscle may be due to menstruation or gastroenteritis.

TYPES OF CRAMPS

Skeletal muscle cramps can be categorized into four major types.

These include "true" cramps, tetany, contractures, dystonic cramps

Cramps are categorized according to their different causes and the muscle groups they affect.

REASONS OF CRAMPS

Overuse of a muscle, dehydration, muscle strain or simply holding a position for a prolonged period can cause a muscle cramp. In many cases, however, the cause isn't known. Although most muscle cramps are harmless, some may be related to an underlying medical condition, such as: Inadequate blood supply.

SYMPTOMS OF CRAMPS

In addition to cramps in the lower abdomen, a woman may also experience some of these symptoms with menstrual cramps:

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

First treatment	(4)	Para
	(3)	Gal
	(7)	Liv
	(8)	LefPab
	(6)	Adr

Second treatment Cabidefenyath – on alternate days.