



MENSTRUATION: A BIOLOGICAL PROCESS

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ABSTRACT:

Menstruation is the natural Biological phenomenon in female which need to be talked in our society more sensitively and openly. Men should also be a part of it to understand the challenges female have to undergo during every month. All the inhibitions regarding Menstruation should be tackled freely in every society . Young girls need to be prepared for their menarche and educated fully to get prepared further for Menstruation. There are many physical problems girls and women face every month during their Menstruation. It is fatigue pain, cramping etc. These are all included in Pre Menstrual syndrome (PMS) . There might be heavy or absent periods , These period can also be extremely painful .

KEYWORDS: natural Biological phenomenon , challenges female.

INTRODUCTION :

All these physical problem may vary from female to female and should be tackled openly and individually. There are many problems emotionally and physically women face when they go in the various fields of education and sports. They also suffer from pre Menstruation depression which can interfere their working and sports performance. Due to this their social interaction and general will be is also hampered. As many women suffer from moods swings and emotional irritability , certain measures of education, care and nonmedical techniques can be helpful . Taking sports into consideration, it is seen that the women who have the sports back grounds or those who

indulge in the physical activities are less likely to suffer from the pre menstrual depression. Periods do not affect athlete performance in a negative way. Periods do not make them physically weaker in any way. In fact in some, it is seen that performance is at its peak during the Menstruation due to the hormonal trigger. The girls in sports can try different breathing exercise to alleviate cramps . They should be given moral boost by their teachers and coaches to perform better. They should be given awareness towards hygiene, sanitation and keeping themselves clean during menstruation . This should be necessity specially in the small towns and rural areas . Finally the important thing is to listen to the body and exercise accordingly to fight from fatigue and dehydration . Athletes are also reported to have mood

swings and lack of stamina during first few days of menstrual cycle . Very importantly aggression of PMS can be utilized to the more fruitful things. Exercise also relieves bloating, cramps and swelling . It is like a medicine for intense pain . Female should also be well informed about all the aspects of menstruation specially the adolescents. They should take care of their hygiene and should overcome the social taboo of menstruation. It is about time that we started talking freely about this natural process that women have to deal with every single month. It's time to end period shaming; little medical condition can affect our menstruation Cycle, but are we allowed to talk about it? Talking freely about menstruation to the young girls makes them more aware of their bodies.

It is a natural process is men should also be allowed to be a part of the discussion, we are able to inform them and they will begin to understand the challenges female have to go through every month.

A lot of things happen when a women bleeds, like abdominal cramps that can render women near dead. Removing the stigma and the fear of rejection when discussing and being open about periods can help empower women and allowed the participation of men.

Menstruation is such a natural process which should be talked by every mother to her daughter and must be told the reason and the biology behind it. Most of the girls don't know that what the reason for this monthly bleeding is. They are ashamed if discussing about this vaginal discharge.

A girl starting her menstruation feels embarrassed of bleeding. This mental inhibition goes a long way and many girls hide their menstruation and the problems related to it.

Menstrual stigma has been demonstrated in many societies. However there is little research of menstrual attitudes in South Asia, despite religiously based menstrual restrictions imposed on women. In Hindu society a menstruating women forbidden to enter a temple or a kitchen. During menstruation a women are untouchables when some qualitative research has been done on women in Nepal, the studies employed focus groups and individual interviews to understand how some women experience menarche and menstrual stigma. It was explored that how women describable their experiences and strategies they adopt to manage old age Stigma in the society where they have multiple roles as wives, mothers and workers. Participates reported they experience menarche with little preparation which caused distress, were also subjected to ongoing stigmatization as menstrual women.

1. Physical problems in Menstruation :

Even the regular menstrual cycle being many Uncomfortable symptoms leading to the periods. These include mild cramping and fatigue. These are included in PMS (Premenstrual Syndrome) Sometimes many serious menstrual problems also occur. the flow can be too heavy or light or complete absence of the cycle.

A normal menstrual cycle varies from women to women. It is important to be tuned to one's own body or individual might talk to a doctor regarding the significant changes in the cycle. some of the common Physical problems are -

Pre menstrual syndrome:

It Occurs one or 2 weeks before the periods. Women might experience a range of physical and emotional Syndrome.

It can cause - bloating, irritation, headaches, Breast soreness, acne, fatigue, anxiety, constipation, insomnia cramps and so on.

Heavy Periods -

It is commonly known as menorrhagia it causes the women to bleed more than normal. Duration of the period can also be longer than usual. It is mostly caused by the imbalances in hormone levels

PRAGESTERONE AND ESTROGEN:

Other causes are - puberty, vagina;l infection, inflammation of cervix "hypothyroidism, uterus fibroids etc."

ABSENT PERIODS -

It the women may not get their period condition is Amenorrhea.

When a female does not get her 1st period by the age of 16. This may caused by an issue with the pituitary gland, a congenital defect of a female reproduction system or delay in puberty.

Secondary amenorrhea occur when a female stop getting her regular periods for six months and more causes are -

Anorexia, overactive thyroid gland, ovarian cysts, sudden weight gain or loss, pregnancy etc.

PAINFUL PERIODS -

Cramps are normal during PMS and they can also occur when we contract as the periods begin. However some females can experience excruciating Pain – dysmenorrhea causes are – Fibroids, pelvic inflammation, abnormal tissue growth outside the uterus – endometriosis.

DIAGNOSING MENSTRUAL PROBLEMS -

1st step is to see the doctor. He will be observing the symptoms and the duration of the Symptoms. How regular and irregular the menstruation is.

In addition to the physical exam the doctor will likely to do a pelvic exam. It allows the doctor to assess the reproductive organs and the working. A pap smear will also be performed to rule out the possibility of cancer or other underlying conditions.

Blood test for the hormonal imbalances can be done. Or blood or urine pregnancy tests to determine pregnancy

other tests are –

- Endometrial biopsy.
- hysteroscopy
- ultrasound

2. Psychological problems in Menstruation in sports, education and other fields -

Some emotional and physical challenges – The menstrual cycle is governed by hormones that rise and fall on rhythmic patterns, influencing or variety of physical sensation and emotional shift. It might be experienced before several days of menstrual flow. Hormonal fluctuations are normal and definitely not a sign of hormonal imbalance.

Some people experienced more creativity and energy which others are subjected to mood swings, depression fatigue and headaches.

Some level of emotional irritability can also be seen. Certain self care and non medical techniques can sometimes help with mood changes.

A small but significant number of us do experience extreme premenstrual depression which can interfere with working sports and social interactions and general well being.

MENSTRUATION AND SPORTS -

Periods do not affect an athlete's performance in a negative way and it is a known fact that periods do not physically weaken them either. Usually the iron and hemoglobin content in the blood do not decrease due to the periods. In theory the body is at its best performance during the menstruation because estrogen and progesterone are at its lowest points.

It is when the body is energetic and turned hormonally. The more we know about periods the better an athlete utilizes the different phases of the menstrual cycle.

It affects every single person in sports. The athletes can also try different breathing exercises to alleviate cramps.

According to a Swedish study one can gain more muscle mass by training during the first few weeks of menstruation cycles from the beginning of menstruation until ovulation. The group that trained early in their cycles ended up performing clearly better than those who trained the second two weeks. Their legs grew stronger, gaining more muscle mass and they could perform higher and better.

So one might be prone to fatigue and dehydration or injuries at certain times in the cycle. Just as there will be times where one can feel more powerful and resilient.

The important thing is to listen to the body and exercise accordingly some athletes also reported suffering from mood swings and lack of stamina on the first days of the cycle when there are more menstrual cramps.

Aggression during PMS can also be utilized to something useful.

Exercise can also prove to be a good stress reliever and cramps and other symptoms. Exercise eases pain and swelling it also relieves bloating and makes one feel better.

Exercise is like a medicine for intense pain.

Water intake is particularly effective.

THE FUTURE OF ATHLETICS AND RESEARCH ON MENSTRUAL CYCLE -

Pippa Laukka, specialized in sports says that menstruation should be discussed and utilized more in professional training. As he said - "I think the best way is to anticipate and make use of your periods the well beings of the athletes.

3. AWARENESS ON MENSTRUAL HYGIENE -

A large no. of adolescent girls from rural areas of India are still not aware about issues related to menstruation and maintaining personal hygiene.

They usually do not get the platform to get information or does discuss their issues.

An awareness sessions should be conducted in which all the associated topics related to the menstruation were explained to the adolescent school girls like - What is menstruation? problems faced by young girls during menstruation, importance of maintain hygiene awarding using duty clothes, traditional myths and misconceptions.

4. ADOLESCENTS EXPERIENCE TOWARDS MENSTRUATION UNDERSTANDING MENARCHE AND MEN PAUSE -

H Tiwari, UN Ozar, R. Tiwari Knowledge, attitudes and beliefs about menarche of adolescent girls in Anand district Gujarat.

Questionnaire survey of knowledge, attitudes and beliefs towards menstruation was made in 22 schools in Anand district Gujarat. 900 School girls Age 11-17 years.

Only 38.5% felt comfortable about menarche and only 31% believed that menstruation is a normal thing or physiological process.

Many have been not informed of Menarche before the onset and 48.2% felt that they were not prepared mentally Major source of information was mother or elder sister.

Teachers and other relatives play a very insignificant role.

To understand the physiological processes like menarche and Menopause as an important biological phenomenon. Girls and female of rural as well as urban areas should be given proper guidance and education.

7. REPRODUCTION - menstruation and its relation with conception :

Although few cases show that menstruation in women may occur independently of ovulation, it is held that, in general ovulation occurs at a fairly fixed time in each period producing a corpus luteum which regulates the time of onset of the succeeding menstruation.

Women differ from the female of other species in allowing coitus at any time during the cycle and the question accordingly arise whether conception may occur at any time. This would appear to be unlikely if ovulation occurs at a definite point in the cycle, it is improbable that the ovum preserves the power of fertilization for long after.

8. PREMENSTRUAL SYNDROME -

It refers to physical and emotional symptoms that occur in the one to two weeks before a woman's period. Symptoms often vary between women and resolve around the start of bleeding.

Common symptoms are acne, tender breast bloating, feeling tired, irritable and mood changes.

Often symptoms are present for six days. A woman's pattern may change over time. Symptoms do not occur during pregnancy or Menopause.

Diagnosis requires a consistent pattern of emotional and physical symptoms occurring after ovulation and before menstruation to a degree that interferes with normal life.

The cause of pre menstrual syndrome is unknown.

Reducing Salt, caffeine and increase of exercise to typically all that is recommended with those with mild symptoms.

Calcium and Vitamin D supplementation may be useful. Anti inflammatory drugs such as naproxen may help. In some birth control pills or the diuretic spironolactone may be useful.

9. MENSTRUATION AND CHILD BIRTH -

It is widely accepted that the flow ordinarily does not appear along as the child is breast fed however this view is erroneous.

That a considerable proportion of women menstruate during lactation and without the ill effect on the children.

Mostly women menstruate during lactation within 6 months after the birth of the child it had been reported that 51.3 women menstruated within 3 months of child birth.

It is also reported that 80% men's. Occurred before the cessation of lactation.

Stander (1945) accorded that great variations are observed in lactating women, first period may occur as early as the 2nd or as late as the 18th month following delivery. The most usual time being during the 4th month. He also stated that since it is popularly believe that ovulation does not occur during lactation, many women suckled their child for long periods as contraceptive measure.

ADAPTED PHYSICAL EDUCATION AND MENSTRUATION -

Adopted Phy. Edu. (APE) is the art and science of developing, implementing and monitoring carefully designed physical education instructional programme.

Relation between physical activity and Menstrual cycle characteristics were examined in 2 large cohorts.

These findings level modest support to the hypothesis that, moderate level of Physical activity can lengthen the menstrual cycle.

Numerous epidemiologic studies have observed an inverse association between physical activity and incidence of breast cancer.

Because it is hormonally mediated disease, one potential biologic mechanism accounting for these observations is a reduced life time exposure to cyclic estrogen and progesterone as a result of regular physical activity. This effect, comes from regular physical athletes who found to have a higher prevalence of or amenorrhea and greater likelihood of anovulatory cycles as compared to sedentary any women.

These also have shorter luteal phase.

A few epidemiologic studies suggest that women participating in moderate recreational activities have longer and more variable cycle than do sedentary women.

From a public health perspective understanding the effects on the menstrual cycle of moderate level of physical activity is most relevant because few women engage in high level of vigorous exercise, but as many as 20% women are engaged in moderate level of physical activity.

The finding suggests and is supporter of promoting regular participation of physical activities where it lengthens the menstrual cycle and also reduces the chances of breast cancer. Future studies should be directed toward assessment of the influence of physical activity on the ovulation and the more overt characters of menstrual cycle.

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