



NUTRITIONAL SURVEY ON PREVALENCE OF IRREGULAR MENSTRUATION IN WOMEN OF REPRODUCTIVE AGE

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INTRODUCTION:

Menstruation is the process of the discharge of blood and mucosal tissue from the inner lining of the uterus at regular interval i.e monthly during the absence of pregnancy. Its caused mainly due to the decrease in estrogen and progesterone levels. It lasts for about 3 to 7 days. The first menstruation is called as “menarche”. Usually menstruation begins at the age of 11 to 12 years and continues till upto 52 years till menopause. The women of this age can reproduce, and this age group can be called as reproductive age. Any changes or problems in this cyclic process can lead to irregular menstruation. There are several factors which can lead to irregular menstruation, they are body type (slim, overweight, obese etc), eating habits (consumption of bakery products, high sodium foods, carbonated beverages in excess), age, hormonal changes, disease, stress, drugs, etc. If these are not diagnosed on time, it can lead to several health problems like anemia, hypothyroidism, PCOS (PolyCystic Ovarian Syndrome), pregnancy complications. These factors can lead to abdominal pain, cramps, leg pain, nausea, irritation.

OBJECTIVE:

- To know the prevalence of irregular menstruation among the women of reproductive age
- To know how they affected the regular activities of that particular individual and the remedies they use to treat the same.
- To understand about the women’s physical, mental and behavioural changes during the menstruation.

METHODOLOGY:

A survey was conducted among 58 individuals of reproductive age of age group between 20 to 45. The questionnaire was prepared and the survey was conducted through Online Survey Questionnaire Method. The obtained results were studied through graphs .
<https://forms.gle/rfAkv7UP4ZAzsBzx9>

RESULTS:

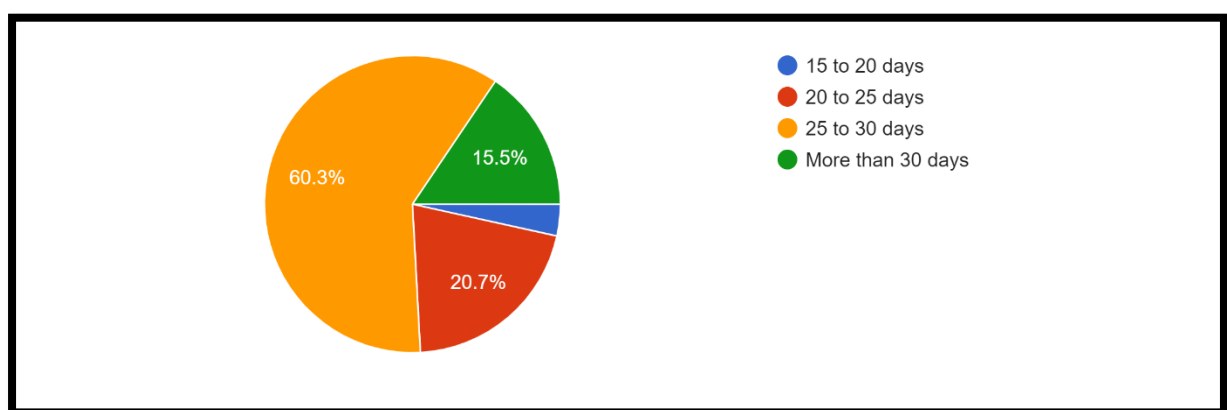
The questionnaire contained 14 questions. The first four questions were about that individual's basic personal details like name, age, email id and contact number. 58 women of the age group between 20 to 30 answered the questionnaire.

Among 58 individuals, when asked about their knowledge about the irregular menstruation, 72.4% of them were completely aware, 17.2 % were partially aware and 10.3% were not aware about it.

When asked about menarche, 25.9% got their menarche at the age group between 10 -12 years, 69% got their first menstruation at the age between 13 -15 years and 5.2% of them had their menarche after 15 years of age.

On asking about the regularity of their periods, 74.1% of them had regular menstruation while 25.9% of them had irregular menstruation.

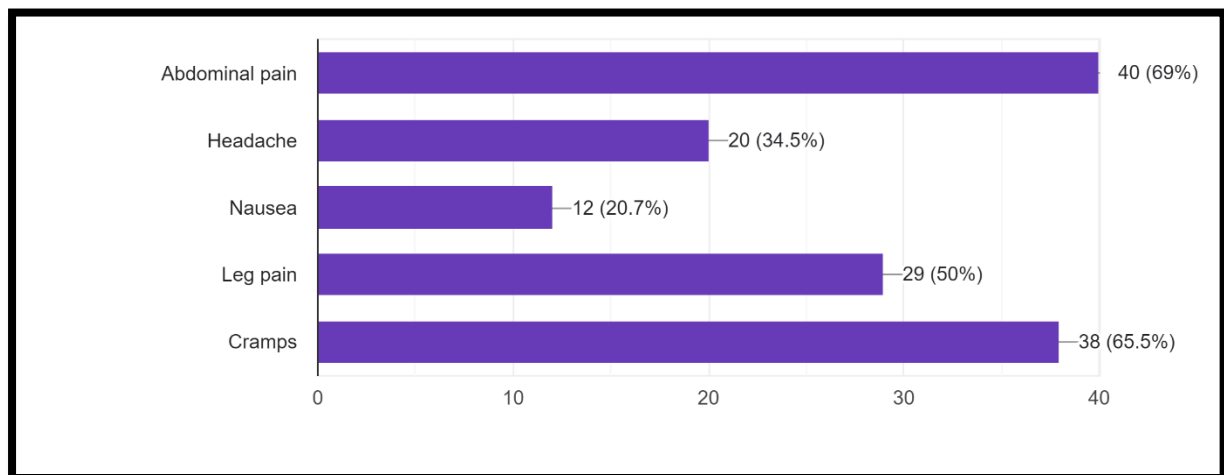
Graph 1- Gap between the menstrual cycle



In the above graph, when asked about gap between the menstrual cycle, 3.4% of the individuals had gap of 15 -20 days between their cycle, 20.7% of them had the gap of 20 -25 days between their cycles, 60.3% of them had gap of 25 -30 days between each cycle, while 15.5% of the individuals had the gap of more than 30 days between their cycle.

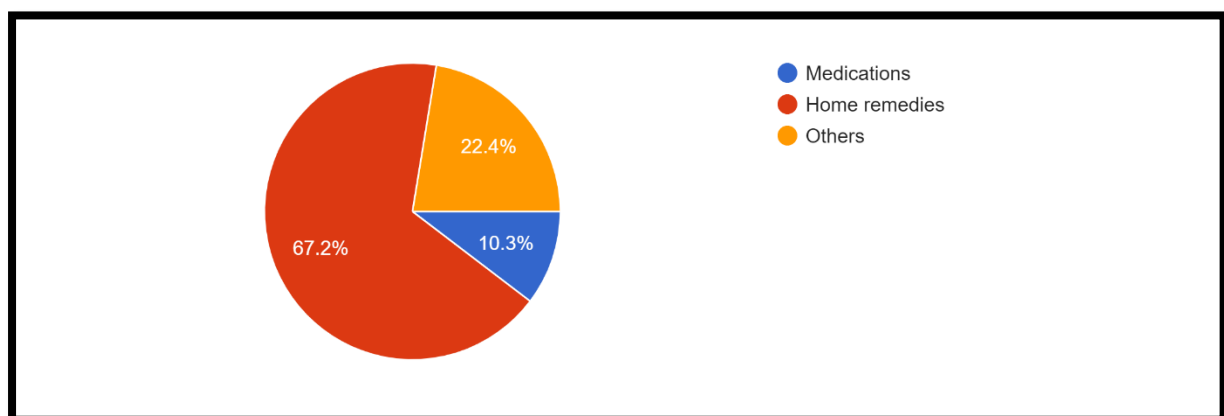
When asked about the discomfort experienced during menstruation, 39.7% of the individuals agreed that they experience discomfort during periods, 37.9% of them experienced discomfort occasionally and 22.4% of them never experienced any discomfort.

Graph 2- Symptoms During Menstruation



Among 58 women, when asked for the symptoms they had during menstruation, 69% of them had abdominal pain, 34.5 % experienced headache, 20.7% of the individuals experienced nausea, 50% of women had leg pain during menstruation and 65.5% of the women had experienced cramps during menstruation.

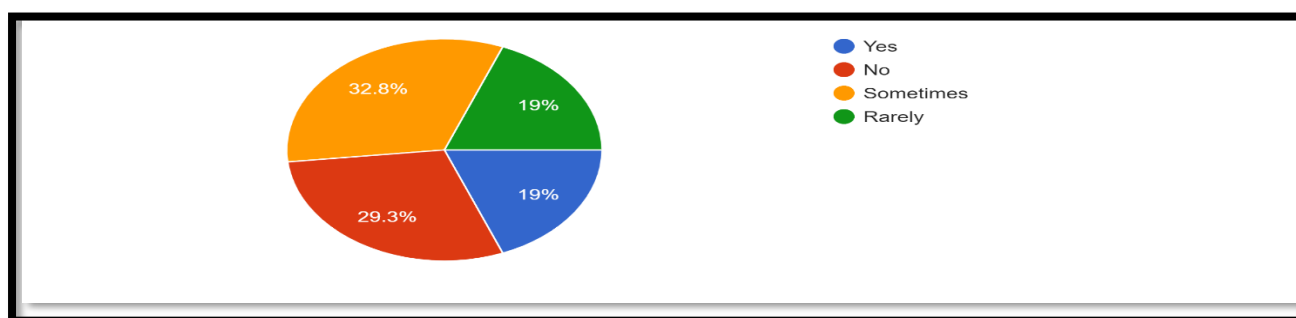
Graph –3- Treatment For The Discomfort During Menstruation



When asked about the treatments they use, 67.2% of the women used home remedies, 10.3% of the individuals took medications while 22.4% of them used other treatment methods. When further asked about other treatments, the individuals said about different measures they use which included hot water bags, cumin water, ginger tea, tablets like paracetamol, diclofenac, meftal forte, naprosyn, and also exercise and sleep.

When asked about any medical advice or consultancy they took for their irregular menstruation, 25.9% of the women agreed that they took medical advice while 74.1% of them did not.

Graph- 4- Discomfort or pain affecting the daily routine



Among the 58 individuals, 19% of them agreed that the discomfort affects their daily routine. 29.3% of them said that they do not experience any pain and it does not affect their daily routine. 32.8% of the women opted the option saying that they sometimes experience discomfort which affects their daily routine. 19% of the individuals rarely experience discomfort which affects their daily activities.

DISCUSSION:

From the questions asked in the survey, it could be seen that still few women are unaware about irregular menstruation and their complications. Almost everyone of them had regular menstruation while some of them had irregular menstruation. Many experienced regular discomfort during their menstruation. And everyone had one among these : headache, abdominal pain, leg pain, nausea and to treat these discomforts, they used home remedies, medications like paracetamol, diclofenac, meftal forte, naprosyn. Other treatments like jeera water, ginger tea, hot water were also used by the responding individuals. When the individuals were unable to bear the pain, they also took medical advise. It was also seen from the questionnaire survey that these discomforts affected daily routine of many while it sometimes or rarely affects the daily activity of some and in few it does not affect their life at all.

CONCLUSION:

From this survey, it can be conclude that, as many of the respondents of this survey were belonging to young adults age group, their lifestyle, eating habits, body type, medications may cause irregular menstruation and if the lifestyle and eating habits are changed and regular physical activity is included in their routine it may help in reducing menstrual discomforts and may also treat irregular menstrual problems.

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