

# DYSMENORRHEA

## Supportive Management

### To relieve pain from dysmenorrhea:

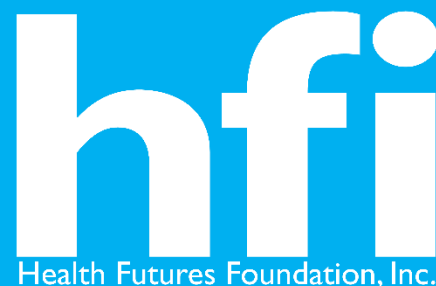
- Apply a heat pack over lower abdomen. Ensure that the heat pack is not too hot to burn your skin. A heat pack can be made at home by wrapping in a towel a tightly-closed glass bottle filled up with hot water. Ensure that glass bottle does not come in direct contact with the skin.
- Avoid food containing salt and caffeine (e.g. coffee, soft drinks, chocolate).
- Drink warm beverages.
- Take warm baths or showers.
- Avoid smoking.
- Take rest periods.
- Maintain a healthy weight.
- Calculate body mass index (BMI) and see if it's within normal range (18.5 to 24.99). If BMI is greater than 24.99, take steps to reduce weight. Lose weight gradually, around 0.5 – 1 kg per week.
- BMI can be calculated using the formula:  $\text{kg}/\text{meter}^2$
- Practice relaxation techniques.

### Deep Breathing

- Find a quiet and comfortable place where you can be alone with yourself.
- Sit upright in bed or chair, and find a comfortable position.
- Place one or both hands over the abdomen, just below the ribs.
- Deeply breathe in through the nose, while keeping mouth closed. Breathe in for a count of four.
- Feel the abdomen rise with each inhalation, and as far as possible.
- Through a pursed-lip, breathe out. Breathe out for a count of seven.
- Feel the abdomen sink with each exhalation.
- Perform deep-breathing exercises for 5-10 minutes at a time, and as many times each day.

### Music Therapy

- Choose a soothing, therapeutic song. Research findings indicate that music with slower tempo (60 beats per minute) induces a calming, relaxing effect. Sounds of nature (drops of rain, flowing waterfalls) are also relaxing. But the best relaxation music ultimately depends on each person's preference – whichever music one finds relaxing (albeit upbeat or moderately loud) – may be used for music therapy.
- Relax before and during the music therapy by performing deep breathing exercises (see instructions above).
- Listen actively to the music. Feel the music. Focus your mind on the music, get lost in it – listen to every beat and every silence in between. Let the music's mood influence yours.



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### Meditation

Meditation is a calming activity which restores inner peace. It brings the body into a deep state of relaxation and produces a peaceful mind. It enables one to redirect the mind away from thoughts that bring stress, anxiety, or tension.

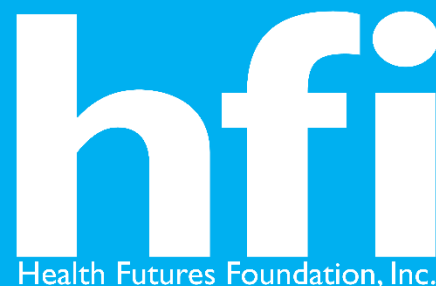
- Walking meditation – Please visit the following link for a video guide on walking meditation: [https://www.youtube.com/watch?v=7t70V\\_bnds](https://www.youtube.com/watch?v=7t70V_bnds)
- Qi Gong – Please visit the following link for a video guide on Qi Gong: <https://www.youtube.com/watch?v=Ac08kMK-dyl>
- Yoga – Please visit the following link for a video guide on Yoga: <https://www.youtube.com/watch?v=v7AYKMP6rOE>
- Guided Imagery – Please visit the following link for a video guide on Guided Imagery For stress relief: [https://www.youtube.com/watch?v=gU\\_ABFUAVAs](https://www.youtube.com/watch?v=gU_ABFUAVAs)

### Herbal Medicine

- **Pineapple**
  - Take 2-3 fruit slices 3 times a day during the menstrual period.
- **Tanglad Roots and Pepper Decoction**
  - There is no fixed dose for the tanglad roots. Boil tanglad roots with pepper for 5-10 minutes.

## Consult doctor if you experience any of the following:

- Unusual or severe menstrual cramps
- Menstrual cramps that last for 2-3 days
- Sudden and severe pain, especially if possibly pregnant
- Foul-smelling vaginal discharge



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