



## Menstrual disorders



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Menstrual disorders are conditions that affect the normal menstrual cycle in women. The menstrual cycle is a complex process that involves the release of hormones and the shedding of the uterine lining, which leads to bleeding. Any disruption in this process can result in menstrual disorders that can cause significant physical and emotional distress. Menstrual disorders can affect the duration, frequency, and amount of menstrual bleeding.

One of the most common menstrual disorders is abnormal uterine bleeding (AUB). AUB refers to any bleeding that is not normal, including heavy bleeding, prolonged bleeding, or bleeding that occurs at irregular intervals. AUB can be caused by a variety of factors, such as hormonal imbalances, structural abnormalities of the uterus or cervix, medications, or medical conditions such as polyps or fibroids.

Another common menstrual disorder is amenorrhea, which refers to the absence of menstrual bleeding for more than three months in women who are not pregnant or breastfeeding. Amenorrhea can be caused by hormonal imbalances, such as those that occur in polycystic ovary syndrome (PCOS) or thyroid disorders, or by structural abnormalities of the uterus or ovaries.

Dysmenorrhea is another menstrual disorder that affects many women. Dysmenorrhea refers to painful menstrual cramps that occur before or during menstrual bleeding. Dysmenorrhea can be caused by hormonal imbalances or structural abnormalities of the uterus or cervix. Treatment options for dysmenorrhea include over-the-counter pain relievers, prescription medications, or hormonal therapy.

Polycystic ovary syndrome (PCOS) is a common hormonal disorder that can cause menstrual irregularities. Women with PCOS often have infrequent or absent menstrual periods, and may also experience other symptoms such as acne, weight gain, and excessive hair growth. PCOS is often treated with hormonal therapy to regulate menstrual cycles and manage other symptoms.

Premenstrual syndrome (PMS) is a collection of symptoms that occur in the days or weeks before menstrual bleeding begins. PMS can cause physical symptoms such as bloating, breast tenderness, and fatigue, as well as emotional symptoms such as irritability, anxiety, and depression. Treatment options for PMS may include lifestyle changes, such as exercise and diet modification, as well as medications such as antidepressants or hormonal therapy.

Finally, menorrhagia is a menstrual disorder characterized by heavy menstrual bleeding that lasts for more than seven days. Menorrhagia can be caused by hormonal imbalances, structural abnormalities of the uterus, or medical conditions such as fibroids or endometriosis. Treatment options for menorrhagia may include hormonal therapy, nonsteroidal anti-inflammatory drugs (NSAIDs), or surgical procedures to remove the uterus or uterine lining.

In conclusion, menstrual disorders can cause significant physical and emotional distress for women. The variation in menstrual cycle flow and length is due to various hormonal and structural abnormalities, medical conditions, and medication usage. Treatment options for menstrual disorders may include lifestyle modifications, medications, or surgical procedures depending on the underlying cause of the disorder. Women who experience abnormal menstrual bleeding should consult their healthcare provider for proper diagnosis and treatment.