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Impact of Dysmenorrhoea on Women Health and Quality of Life: A Review

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Abstract

Statement of the Problem: Women health is very important for life. Dysmenorrhoea is still an important public health problem which may have a negative impact on women health, social relationships, school or work activities, psychological status and her quality of life. The purpose of this review is a better understanding of the dysmenorrhoea and its impact on women health and quality of life. **Methodology & Theoretical Orientation:** Published literature in English language providing relevant information on dysmenorrhoea and its impact on quality of life of a women were identified by searching Google Scholar, PubMed and Google; extracting the population to young women and the year of publishing from 2015 to June 2022, based on the keywords 'dysmenorrhoea', 'quality of life', 'women health'. **Findings:** We found 30 studies that met our inclusion criteria. The majority were systematic review among young adults and young women published from 2015 onwards. The prevalence of dysmenorrhoea varies between 16% and 91% in women of reproductive age, with severe pain in 2%–29%. Prevalence of dysmenorrhoea was found to be 72.7% and was significantly higher in coffee consumers, females with menstrual bleeding duration ≥ 7 days. **Conclusions and Significance:** Difficulty in doing daily activity among young girls and women due to dysmenorrhoea represents a substantial public health burden. It is one of the leading causes of absenteeism from school, house work and office work, responsible for significant diminished quality of life. Many women do not seek medical care for this condition. Appropriate counselling, education, support and management should be instituted among young girls and women to help them cope with the challenges of dysmenorrhoea and its impact on quality of life. **Recommendation:** It is recommended that health care providers should be knowledgeable, well-trained and actively involved in the care of adolescents with dysmenorrhoea.

Keywords: Dysmenorrhoea, Pain, Quality of life, Women

Biography

Meenu Verma has a total experience of 7.8 years spanning in both, academic as well as clinical domain. Her present duties are to conceptualize Post-Graduate students and Internship Projects, deliver lectures to Postgraduate and Graduate students. Over the span of years, Dr. Verma is working with excelling in research covering different domains of research methodology, cardiovascular, pulmonary rehabilitation, human behavior, and human communication in relation to Physiotherapy and associated fields of healthcare. Dr. Verma puts great emphasis on intervention strategies towards drawing Evidence Based Inference with the best treatment and cost effective protocols in treating diseases/impairments/disorders which favour for all sections of the society. Seeking quality working environment in an esteemed organization where my skills will get further enhanced so that I can contribute positively in that organization. Dr. Verma was awarded Gold Medal for her MPT degree.

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