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### Role of Non-invasive treatment impact on Primary Dysmenorrhea patients: An Update

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#### Abstract

**Background:** The majority of women experiences abdomen pain and menstrual cramps before and during their menstrual cycle. In the absence of pelvic disease, this condition is referred to as primary dysmenorrhea. The pain is caused by the natural chemical production of prostaglandin in the uterine lining which contracts the Uterine muscles and blood vessels. The discomfort is usually modest, but in some cases, it is so terrible that it prevents them from going to work for many days in a month. Pharmacological treatment is the first of line treatment that inhibits prostaglandin production and help in relieving the pain but have many side-effects. however, the non-pharmacological approaches are also a choice of treatment in primary dysmenorrhea.

**Objective:** This study tries to focus on the evidence-based physiotherapy practice for treating primary dysmenorrhea.

**Brief Methods:** Authors conducted a review of the literature using PRISMA criteria, we thoroughly scanned the following databases. Using Mesh, PubMed, Google Scholar, and ACOG (American College of Obstetrics and Gynecology), researchers conducted a scoping investigation to determine the general themes rather than examining specific categories. According to our inclusion criteria we included the studies published between the year of 2011 to 2022.

**Result:** Authors found the positive effects of non-invasive physiotherapy management like Aerobic exercise, Microwave diathermy, TENS, Combined exercise, Pilate's exercises and Connective tissue manipulation therapy in primary dysmenorrhea patients.

**Conclusion:** The conservative treatment gives symptomatic relief, preventing the progression of disease and preserving the fertility of the reproductive system in primary dysmenorrhea patients

#### Biography

Dr Kamran Ali is Doctorate of sports physiotherapy from Jamia Millia Islamia one of the leading central universities of India. Working as an assistant professor in Maharishi Markandeshwar deemed to be university. Having 8 years of experience as assistant professor in different universities of India. During this journey guided many PG students and published 14 publications with 110 citations, h index- 7 and i10 index-4 till now. Also having 3 patents and 6 copywrites.

Areas of research, writing and presentations revolve around emerging technologies in sports physiotherapy, Women health, Exercise performance and testing, Exercise physiology, Biomechanics and kinesiology, Sports injuries and rehabilitation, Strength and conditioning, Athletic performance and training.

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