

Non-Pharmacological Management for Primary Dysmenorrhoea: A Systematic Review

SUKRITI RAJ¹, KSHITIJA BANSAL²

ABSTRACT

Introduction: Primary Dysmenorrhoea (PD) is cramping pain or an idiopathic origin that starts within 6-12 months after menarche. The prevalence of primary dysmenorrhoea is 25-90% females worldwide. Various symptoms accompanying PD have decreased the overall quality of life of females.

Aim: The main purpose of this review was to find various management options for females having PD.

Materials and Methods: Full-length articles in English were searched using various keywords, including 'primary dysmenorrhea, dysmenorrhea, menstrual cramps, management, treatment, non-pharmacological treatment, conservative treatment'. Only studies focusing on the non-pharmacological treatment of PD in females aged 17-30 years were included, with menstrual distress & pain as primary outcome measures. The search was conducted across multiple databases, including PubMed, Google Scholar, Cochrane

Database of Systematic Reviews and CINAH, covering studies from 2012 to November 2024. A total of 206 articles were analysed.

Results: The analysis of 830 participants across the 14 selected studies confirmed the effectiveness of non-pharmacological treatments for females with PD. The studies were analysed and reviewed in detail based on inclusion and exclusion criterion, focusing on various interventions such as physiotherapy, therapeutic exercises, physiotherapy modalities {Transcutaneous Electrical Nerve Stimulation (TENS), electrical stimulation}, yoga, thermotherapy, massage, gym ball exercises, aerobics, Pilates, Kinesio taping, acupuncture and herbal tea. These approaches were found to be effective in managing the symptoms of PD.

Conclusion: Therapeutic exercises, yoga, and massage therapy and herbal tea has proven to be effective and cost-efficient in managing the symptoms of primary dysmenorrhoea.

Keywords: Idiopathic, Menstrual cramps, Therapeutic exercises

PARTICULARS OF CONTRIBUTORS:

1. PhD Scholar, Department of Nutrition and Dietetics, School of Allied Health Sciences, Manav Rachna International Institute of Research and Studies (Deemed to be University), Faridabad, Haryana, India.
2. Professor, Department of Physiotherapy, School of Allied Health Sciences, Manav Rachna International Institute of Research and Studies (Deemed to be University), Faridabad, Haryana, India.

NAME, ADDRESS, E-MAIL ID OF THE CORRESPONDING AUTHOR:

Sukriti Raj,
PhD Scholar, Department of Nutrition and Dietetics, School of Allied Health Sciences, Manav Rachna International Institute of Research and Studies,
Faridabad-121004, Haryana, India.
Email: sukritiraj14152@gmail.com