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## Short Communication

### SYSTEMATIC REVIEW ON PREVALENCE OF MENSTRUAL DISORDERS AMONG WOMEN

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#### ABSTRACT

Menstrual disorders often affect the quality of life of teenagers and young adult women, and they may be signs of more severe underlying issues. Menstrual problems and menstrual hygiene habits have a major impact on reproductive-age women's wellbeing. Menstrual health is an essential component of a woman's reproductive and sexual health. Menstrual disorders have a particularly negative effect on women's reproductive health in developing countries like India, where health care, particularly in the public sector, is inadequate. More than 90% of menstrual issues are preventable and require early diagnosis and treatment with appropriate methods.

##### Key Words:

Menstruation, Dysmenorrhea,  
premenstrual syndrome, disorder, problem.

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#### INTRODUCTION

##### Background

One of the four most common reasons for visiting a gynecologist is a menstrual issue, which is considered a high cost of morbidity among women of reproductive age. [1]

Dysmenorrhea, one of the most common gynecologic complaints in young women who see a doctor, is described as painful menstruation or difficult menstrual flow. Premenstrual syndrome (PMS) is the name given to a group of physical and mental symptoms experienced by a small number of women during their menstrual cycle's late luteal phase (7 to 14 days prior to menstruation). [2]

Menstruation is a natural occurrence in primates that occurs in the flow of blood and endometrium from the uterine cavity and is linked to a variety of constitutional issues. Up to 24% of women of reproductive age said they had a painful phase and 20% said they had a strong flow, with about half saying they had both. 56% of those with heavy flow and 44% of those with pain report mood swings during their cycle. [2]

Quality of life of (QOL) of women with this problem is compromised. The world health organization (WHO) defines QOL as 'the individuals' perception of their position in life in

the context of the culture and value systems in which they live and in relation to their goals, expectations, standards, and concerns. [3]

Menstrual issues are often neglected in India due to cultural factors. The literature on the effect of menstrual disorders on women's quality of life is scarce. [3]

The most common causes of menstrual complications are dysmenorrhea, premenstrual syndrome (PMS), amenorrhea, hypo-menorrhoea, and irregular uterine bleeding. [4]

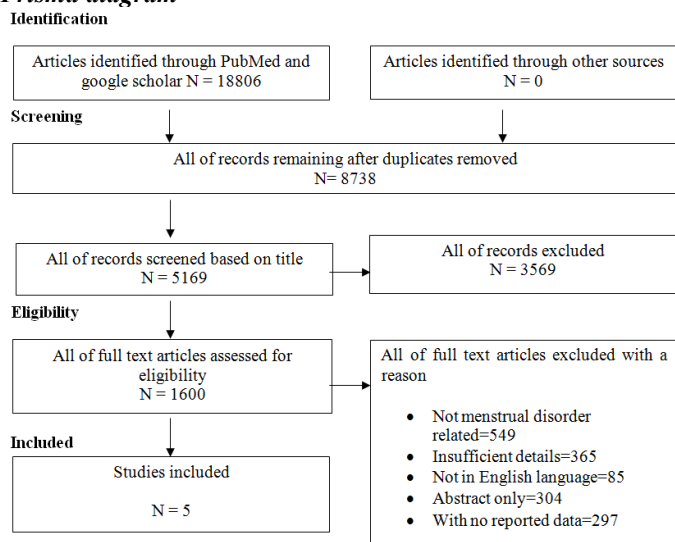
A variety of factors can influence menstrual patterns, including age, ethnicity, family background, smoking, physical activity, and dietary habits. [4]

A regular menstruation period lasts 21 to 35 days, with a menstrual flow that lasts 3 to 7 days. [5] The average blood loss is between 20 and 80 millilitres. An irregular menstrual cycle is described as one in which the length of the menstrual cycle varies abnormally. Moderately irregular cycles have a length variation of 8 to 20 days, whereas very irregular cycles have a length variation of 21 days or more. [6]

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**Prisma diagram**



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**Availability of data and materials**

Not applicable.

**Declarations**

**Ethics approval and consent to participate**

There's no need for ethical approval for this systematic review since no patient data will be collected.

**Competing interests**

There are no potential conflicts of interest.

**Financial support**

This research received no funding.

**Systematic Review**

Authors name/ year/state /country	Aims & Objectives of the study	Methodology used	Sampling technique used	Study population & sample Size	Key findings of the study	Conclusion
1) .Ahmad M. nooh, AtieAbdulhady,Na-diaElattar 2) .2016Zhagazig, 3) Egypt	To determine the nature and prevalence of menstrual disorder among teenage girls	An observational descriptive cross-sectional study was used.	stratified random sampling	Teen-age girls (up to age of 20 years minus 1 day) N=340	Oligo menorrhea was reported by 18 participants (6.3%) and 5 others (1.8%) mentioned having polymenorrhea. hypomenorrhea was noted in 25 students (8.8%), and hypermenorrhea was reported by 12 (4.2%).Irregular periods were mentioned by 24 students (8.4%).	the quality of life, and social integration suggest that management of these disorders should be given more attention within the available reproductive health care programs
4) Duraivanitha, Shanthiedward, Suresh varadharajun,muthuthandavananitarani.2017Chennai, india	To determine the prevalence of menstrual disorders among women in rural areas	cross sectional study	Two Stage cluster sampling	Married women of reproductive age group (15-49)N=330	Mean age of 330 participantswere 34.1 years and 61% had completed high school. More women (76%) belonged to upper reproduction of women and to offer scientific contribution and solutions. and middle socioeconomic class. It was observed that 44.8% of women had at leastone menstrual disorder	Almost half of rural women had menstrual disorders and very few sought health care. Majority of them did not seek Throughout the history of the world, the ones who had the expected lifetime for more than 2 years. In general, care due to personnel reasons, this should be addressed. Menstrual disorders are high Among international students in China. We established premenstrual symptoms as the most common menstrual disorder. High levels of stress (PSS > 20) emanating from factors including the language barrier, diet and loneliness was significantly related to the disruptions in their menstruation.
5) Emmanuel ansong, Samuel kofiarhin,xueqingwu2019Zhejiang, china	Prevalence of menstrual problem among school student	A cross sectional survey	semi structured questionnaire	university student from 15 schools in china up to age of 21.405 years. N= 409	Almost half of our respondents (49.1%) reported varying changes in their menstrual pattern after arrival to China. Although, menstrual regularity, normal menstrual length (21-35 days) and duration of flow (3-7 days) Remained fairly normal among most of the respondents.	Dysmenorrhea was the most common menstrual problem among adolescent girls. Girls' school attendance was affected due to menstrual pain. Girls with severe dysmenorrhea needed medical treatment. Irregular menstruation was reported by more than half of the girls and significant association was found with the ethnicity.
6) Sudhasharma, sajanadeuja, andC.G. saha,2016 pokharavalley, nepal	The objective the study was to determine menstrual pattern among adolescent girls of pokhara valley .	A cross sectional descriptive study.	purposive nonprobability sampling technique	adolescent girls, 14 years of age N= 260	It was observed that as many as 167(64.2%) girls had irregular menstrual cycle and significant association was found between regularity of menstruation and ethnicity. Seven (2.7%) girls had a menstrual cycle length shorter than 21 days, 60(23.1%) had cycle longer than 35 days and 193(74.2%) had a normal cycle length between 21 and 35 days. Majority 231(88.8% had normal duration of menstruation. Dysmenorrhea was reported by more than half of the girls and significant association was found between severity o dysmenorrhea with school absenteeism and treatment needed. Overall, the pooled prevalence of primary dysmenorrhea was 73.27% (95% CI=65.12-81.4 2). The mean proportion of women with oligo menorrhea was 13.11% (95.5%, 95% CI: 10.0416.19). We identified 16 studies that reported polymenorrhea with a random effect of pooled prevalence estimate of9.94% (95% CI 7.33%-12.56%). The prevalence estimate of hypermenorrhea was 12.94% (95% CI 9.31%-16.57%). Overall prevalence of hypo menorrheawas 5.25% (95% CI 3.20%-7.30%), ranging from 0.9-12.90%.	The review suggests that the average prevalence of menstrual disorders in Iran is substantial. It has been neglected as a fundamental problem of women's reproductive health. Diagnosis and treatment of these disorders should be included in the primary health care system of reproductive health.
7) Reza omanisamani, amiralmasihashiani, and nahdisepidarkish.2018Iran	This review identify and collate studies describing the prevalence of menstrual disorders in Iran.	observational studies in the form of cohort and crosssectional.	via searching electronic databases and reviewing citations	women age 945 yearstotal N=35eligible epidemiological studies.		

**CONCLUSION**

According to this study, almost half of all women have or have had menstrual problems at some point in their lives, but only a small percentage seek medical help. It's a fundamental problem to women's health in general. The main focus in health care should be on early detection and treatment of these disorders.

**Declarations**

Ethics approval is not needed for this systematic review since no patient data will be collected.

**Conflict of interest**

None.

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