

Analytical study of number of females of reproductive age group suffering with menstrual disorder in a given community.

AIM: To acquire statistical data on number of females having menstrual disorders and to create awareness about menstrual hygiene to prevent complication with menstrual disorder

DATE: 24/11/2022

PLACE: Hanuman nagar

ORGANIZERS:-Dr. Swanand Shukla HOD- Community Medicine

Name of the Institute: Motiwala (National) Homeopathic Medical College and Hospital

METHODOLOGY:

1. Survey was carried under DHCS with the help of Google form having common questionnaire for the females of reproductive age group suffering with menstrual disorder.
2. Students of 4th BHMS in groups of 3 students were dispersed in Hanuman nagar area to interrogate with the available females.
3. Initially the program was explained to the individual, consent was obtained and then the interrogation was proceeded.
4. The girls of pubertal age were given proper information about the menstrual cycle and the status of health during the phases. They were advised about the proper care to be taken during the menstrual period.
5. Middle aged women were made aware about the negative effects of menstrual cycle on health and how to deal with it.
6. Discussion was carried out with post menopausal group about the problems faced after cessation of the normal menstrual cycle and to take care of it.
7. A major issue of proper disposal of sanitary pads was also discussed as it was one of the issues in the area.

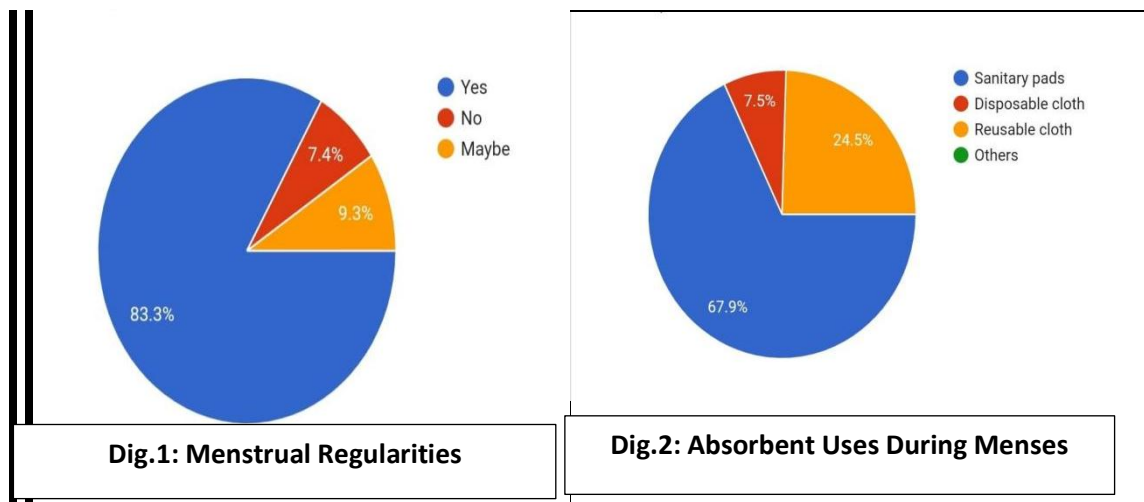
ACTIVITIES:

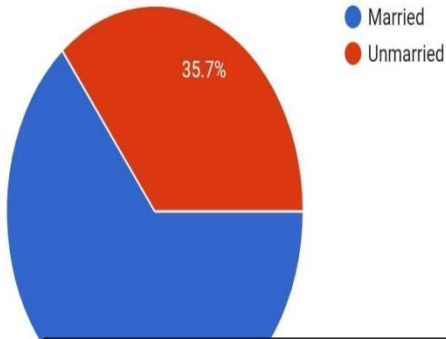
1. Interrogation of females in reproductive age group was done.
2. Overall general examination of all the female was done.
3. All the data which was collected were recorded in google form.
4. Awareness regarding menstrual disorders and menstrual hygiene was done.

CONCLUSION:

After screening of females of Hanuman Nagar area results were:-

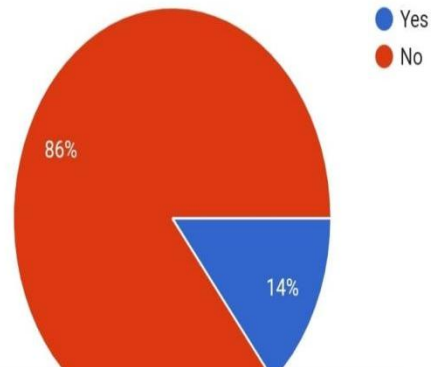
- 1) Majority of females with 83.3% were having regular menstrual cycle , 7.4 % of females were not having regular menstrual cycle whereas 9.3 % of females were having both regular and irregular menses.
- 2) 67.9% of women were using sanitary pads, 24.5 % of women were using reusable cloth whereas 7.5% of women were using disposable cloth.
- 3) Regarding marital status 64.3% were married, whereas 35.7% females were unmarried.
- 4) Majority of women i.e 86% of females were not having any abnormal vaginal discharge, whereas 14% of females were having abnormal vaginal discharge.
- 5) Colour of menstrual blood ,72.2% of females were having bright red colour menses, 22.2 % of females were having dark red colour menses, 3.2 % females were having black colour menses whereas 2.4 % of females were having clotted menses.
- 6) 74.1% of females were having normal consistency of flow, 9.3 % of females were having viscid flow whereas 16.7% of females were having clots in the flow.
- 7) 68.5% of females were having normal volume of flow, 18.5 % of females were having profuse volume, 11.1 % of females were having scanty flow .
- 8) 48% of females were having dysmenorrhoea during menses, 24% of females were having premenstrual syndrome , 22% of females were having irritability during menses, 4% of female were having malaise, 2% were having vaginal redness during menses.
- 9) 73.1% of female were having regular menses, 13.5% of female were having delayed menses, 7.7% were having irregular menses were as 5.7% were having early menses.





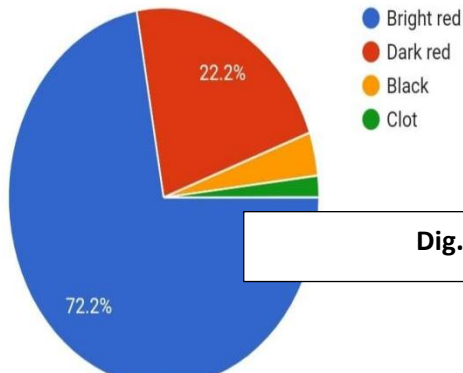
Dig.7: Volume of discharge

Dig.3 : Marital Status



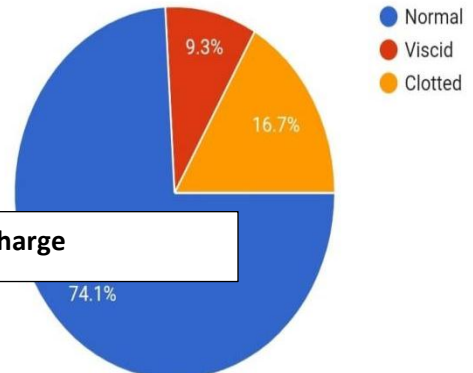
Dig.8: Associated Complaints

Dig.4 : Any abnormal vaginal discharge



Dig.9: Pattern of Discharge

Dig.5: Colour of menstrual discharge



Dig.6: Consistency of discharges

