A Holistic Approach to Managing Dysmenorrhea: Integrating Dietary and Holistic Strategies to Address Women's Reproductive Health and Well-Being

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Abstract (300 word limit)

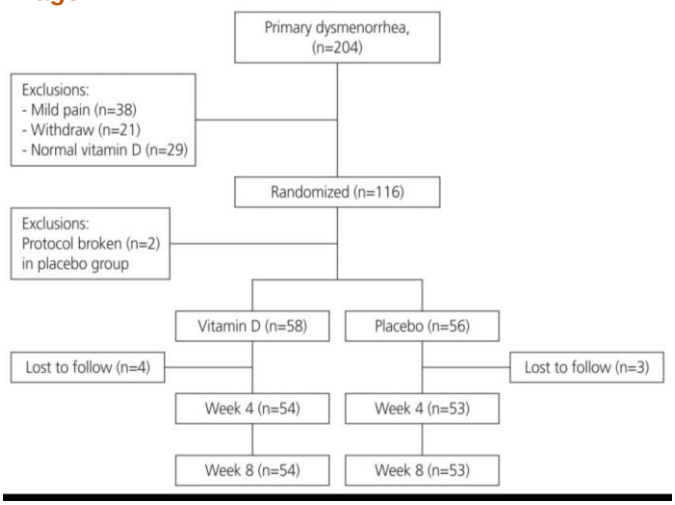
Statement of the Problem: Dysmenorrhea, or painful menstrual periods, is a common gynaecological problem affecting women of reproductive age. It can have a significant impact on quality of life and result in absenteeism from school or work. Traditional medical treatments such as nonsteroidal anti-inflammatory drugs (NSAIDs) and hormonal contraceptives may not be effective for all women and can have side effects. Holistic treatments, which consider the whole person and incorporate a range of modalities, have been suggested as an alternative approach. In particular, dietary and supplement treatments have gained attention as potential options.

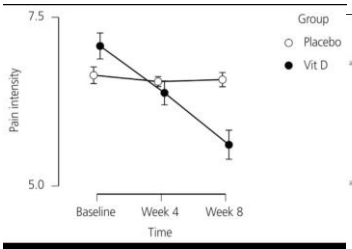
Methodology & Theoretical Orientation: A systematic review of the literature was conducted to identify studies on dietary and supplement treatments for dysmenorrhea. To ensure a comprehensive review of the literature, this study evaluated studies on dysmenorrhea that incorporated various factors that affect its development and management. These included dietary and lifestyle questionnaires. The Cochrane Risk of Bias tool was used to ensure the quality of the studies, and a narrative approach was employed to synthesise the findings.

Findings: The review identified several dietary and supplement treatments for dysmenorrhea, including omega-3 fatty acids, vitamin B1, vitamin D, magnesium, ginger, and turmeric. Overall, the studies suggested that these treatments may be effective in reducing pain and improving quality of life for women with dysmenorrhea. Magnesium, Vitamin B1 and Vitamin D3 found to be particularly promising, with several studies showing a significant reduction in pain intensity and duration.

Conclusion & Significance: Dietary and supplement treatments may offer a promising approach for the management of dysmenorrhea. However, further research is needed to establish the effectiveness of these treatments and to identify the mechanisms by which they work. Healthcare providers should consider incorporating dietary and supplement treatments into their management of dysmenorrhea and work with patients to individualised treatment plans.

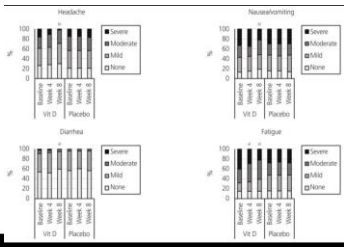
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Fig. 2 Pain intensity over the study period in the vitamin D and placebo groups.



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Fig. 3 Systemic symptoms severity over the study period in the vitamin D and placebo groups. [a]P <0.05; [b]P <0.001.

Recent Publications (minimum 5)

1. Rahnemaei, F. A., Gholamrezaei, A., Afrakhteh, M., Zayeri, F., Vafa, M. R., Rashidi, A., & Ozgoli, G. (2021). Vitamin D supplementation for primary dysmenorrhea: a double-blind, randomized, placebo-controlled trial. Obstetrics & gynecology science, 64(4), 353–363. https://doi.org/10.5468/ogs.20316

2. Bahrami, A., Zarban, A., Rezapour, H., Agha Amini Fashami, A., & Ferns, G. A. (2021). Effects of curcumin on menstrual pattern, premenstrual syndrome, and dysmenorrhea: A triple-blind, placebo-controlled clinical trial. Phytotherapy research : PTR, 35(12), 6954–6962. https://doi.org/10.1002/ptr.7314

3. James W. Daily, Ph.D., Xin Zhang, BS, Da Sol Kim, MS, Sunmin Park, Ph.D., Efficacy of Ginger for Alleviating the Symptoms of Primary Dysmenorrhea: A Systematic Review and Meta-analysis of Randomized Clinical Trials, Pain Medicine, Volume 16, Issue 12, December 2015, Pages 2243–2255, https://doi.org/10.1111/pme.12853

4. Seifert, B et al. "Magnesium--eine therapeutische Alternative bei der primären Dysmenorrhoe" [Magnesium--a new therapeutic alternative in primary dysmenorrhea]. Zentralblatt fur Gynakologie vol. 111,11 (1989): 755-60.

5. Gokhale, L B. "Curative treatment of primary (spasmodic) dysmenorrhoea." The Indian journal of medical research vol. 103 (1996): 227-31.

Photograph



Biography (150 word limit)

Kareena Kale is a renowned Women's Health Practitioner, Advanced Fertility Nutritional Advisor, and Nutritional Therapist, known for her exceptional expertise in helping women manage various gynaecological conditions through nutrition and lifestyle strategies.

Kareena has become a go-to expert for women who are seeking a more natural approach to treating their health issues.

She has taken her expertise in Women's Health and Nutrition to the next level with her innovative Endometriosis Management Platform as she recognized the need for a comprehensive and holistic approach to managing endometriosis.

Her platform offers women a unique set of tools and resources that combine nutritional therapy, lifestyle strategies, and educational materials to help them manage their symptoms effectively.

Kareena's Endometriosis Management Platform is designed to empower women to take control of their health and improve their quality of life. Her approach is evidence-based, with a focus on the latest research and scientific evidence on endometriosis management.

You can visit on her website : https://kareenakale.com/

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Notes/Comments: