



# What is Menstrual Problem & Its Symptoms



Menstrual problems can encompass a wide range of issues related to a woman's menstrual cycle, including irregular periods, heavy bleeding (menorrhagia), painful periods (dysmenorrhea), absence of menstruation (amenorrhea), and premenstrual syndrome (PMS) or premenstrual dysphoric disorder (PMDD).

- 1. Irregular Periods:** This refers to menstrual cycles that are shorter or longer than the typical 28-day cycle or cycles that vary significantly in length. Irregular periods can be caused by hormonal imbalances, stress, significant weight changes, thyroid disorders, or certain medical conditions.
- 2. Heavy Menstrual Bleeding (Menorrhagia):** Menorrhagia is characterized by excessive or prolonged menstrual bleeding. It can be caused by hormonal imbalances, uterine fibroids, polyps, blood clotting disorders, or certain medications.
- 3. Painful Periods (Dysmenorrhea):** Dysmenorrhea involves severe menstrual cramps and pelvic pain before or during menstruation. Primary dysmenorrhea is caused by natural chemical compounds called prostaglandins, which trigger uterine contractions.

Secondary dysmenorrhea is associated with underlying conditions such as endometriosis, pelvic inflammatory disease, or fibroids.

4. **Absence of Menstruation (Amenorrhea):** Amenorrhea is the absence of menstrual periods in women of reproductive age. It can be classified as primary (when menstruation has not occurred by age 15 or within three years of breast development) or secondary (when menstruation stops after previously having regular cycles). Causes include pregnancy, hormonal imbalances, excessive exercise, stress, and certain medical conditions.
5. **Premenstrual Syndrome (PMS) and Premenstrual Dysphoric Disorder (PMDD):** PMS encompasses a range of physical and emotional symptoms that occur in the days leading up to menstruation. PMDD is a severe form of PMS characterized by debilitating mood swings, irritability, anxiety, and depression. The exact cause of PMS and PMDD is unclear, but hormonal fluctuations, neurotransmitter imbalances, and sensitivity to hormonal changes may play a role.

Treatment for menstrual problems varies depending on the underlying cause and severity of symptoms. It may include lifestyle changes, medications (such as hormonal contraceptives or pain relievers), hormone therapy, or surgical interventions (such as endometrial ablation or hysterectomy in severe cases). Consulting a healthcare provider is essential for proper diagnosis and management. If you are from Kolkata then you can choose the right one from the [list of top gynaecologists in Kolkata](#)