



PHYSICAL EXERCISES AND DYSMENORRHEA MYTHS AND REALITY

Tidke M.D.

Physical Education, DNYS, Nagpur. (M.S) India

Abstract: Research in exercise physiology involves immediate and long term effect of exercise and training on various physiological systems. It is an established fact that improved performance in sports has a close relation with increased efficiency of different body systems. As a result of constant research in the area a wide variety of procedures both direct and indirect have been established for the solution of problems pertaining to improve performance in sports. While Dysmenorrhea is common among most menstruating women, there are steps that can be taken to relieve the discomfort and pain. Using a calendar, keep track of your period by marking the first day of each period. The week before your period begins, it is a good idea to eat moderately and try to limit your intake of salt. This helps reduce water retention, bloating, and headaches, keeping active, do exercise especially during the first few days, is helpful as is resting with your feet up, taking warm baths, and using a heating pad on abdomen. Exercises are helpful to alleviate pain, and other symptoms of dysmenorrhea.

Introduction:

Physical Exercises are absolutely essential for a youth during the period of childhood which is period of growth and development. Good health and wholesome experience through recreative games regardless of age will certainly contribute to make life worth living. If health and endurance are any criteria of strength, women have special advantages, which might be cultivated to enhance their eligibility for better sports programs.

In recent years women have become more involved in physical activity and competition. The existing differences are those of magnitude and not the basic physiological functions. The enzyme systems and cellular control mechanism are the same in both men and women. There are few specific problems common to women, menstrual problem is not new. From earliest antiquity, medieval women have had to face the problem of relieving this periodic discomfort.

Menstrual Disorders:

Amenorrhea : failure to menstruate

Dysmenorrhea: painful menstruation

Menorrhagia: excessive menstrual flow

Menorrhagia: abnormally frequent menstruation

Dysmenorrhea:

It means painful menstruation is caused by inadequate and uterine blood flow during myometrial contractions, stimulated by prostaglandins provided in the endometrium.

Dysmenorrhea appears to be less prevalent among active women; it is inconclusive whether specific sports participation can alleviate or produce dysmenorrhea.

Types of Dysmenorrhea:

Primary dysmenorrhea: occurs in absence of organic-diseases

Secondary dysmenorrhea: it has an underlying physical cause

Causes of Dysmenorrhea:

- Caused by lack of normal blood flow to the pelvic organs .
- Hormonal imbalance
- Improper functioning of the ovaries.
- Production of prostaglandins, natural chemicals the body makes that causes an inflammatory reaction. They also causes the muscles of the uterus to contract, thus helping the uterus shed the lining built up during the first part of a women's cycle

- Prostaglandins also cause the arteries and veins to expand so that blood collects in them rather than flowing freely through them, causing pain and heaviness.

Myths:

A number of old wives tales have percolated down the years on this subject: 'my mother says i mustnot wash my hair during a period'. Even the great physiologist, Olaf Astand, wrote, 'women should not swim during menstruation because of the possibility of infection' Baron Pierre De Coubertin considered 'women sport against law of nature'

Reality:

Some gynaecological facts

On the basis of extensive evidence gynaecologists agree that:

- Neither premenstrual changes in the body nor menstruation itself need interfere with a fitness program or ancillary activities.
- Physically fit women appear to avoid many of the leg, back, hormonal, and other problems that seems to affect women in general more than they do men.
- On the contrary, keeping fit means keeping normal, 'doing your thing' and living and enjoying life.

Therapeutical Modalities:

- Mild exercise are beneficial for removing the status of dysmenorrhea.
- Clinical evidences to proved that the stretching exercise actually cured or prevented dysmenorrhea.
- From relieving pain of dysmenorrhea psychotherapy is also helpful measure.
- Proper nutritopis diet.
- Cold hip baths, between the periods that increases the tone of the ovaries.
- Hot hip baths just before the period is due.
- Use of heating pad, hot baths, hot drinks, massage or stress reduction techniques.
- Going ro run, or taking an aerobics class will increase blood circulation and relax the teen's abdominal muscles.
- Regular bicycle ride may also preven dysmenorrhea.

Conclusion:

Menstrual disorders are always related to some myths in females and their participation in physical activity is also affected by these myths, but some gynecological facts ahve removed these myths and also reseraches in the fireld of physical education and sports has revealed that the females who perform physical activities refularly i.e. walking, running, cycling get less prone to the menstrual disoders like dysmenorrhea.
