Dysmenorrhea

Conception & Conditioners to Diagnosis:

Dysmenorrhea refers to the pain appearing in the lower abdomen and lower back before, after or during menstruation. The pain, sometimes is intolerable, occurring during the cycle of menses is known as painful menstruation.
Dysmenorrhea is principally ascribed to the impeded flow of qi and blood in the uterus. Deficiency or stagnation of qi and blood may cause unsmooth flow of menstruation. Dysmenorrhea is clinically classified into deficiency and excess type.
For **Medical cause** of Dysmenorrhea, it could be one of them below:

A. The causes of Primary Dysmenorrhea:
   1. Primary dysmenorrheal usually is caused by **prostaglandins.** Prostaglandins are made in the ling of the **uterus.** As prostaglandins levels high the pain would occur. And the pain often occurs at the first day of menstruation as the prostaglandins increases higher. And the pain decreased and disappeared as the prostaglandins decreased at the second day of the menstruation.

B. The cause of Secondary Dysmenorrhea:
   1. **Endometriosis –** In this condition, tissue from the lining of the uterus is found outside the uterus, such as in the **ovaries** and **fallopian tubes,** behind the uterus, and on the **bladder.** Like the lining of the uterus, endometriosis tissue breaks down and bleeds in response to changes in hormones. This bleeding can cause pain, especially right around menstruation. Scar tissue called **adhesions** may form inside the pelvis where the bleeding occurs. Adhesions can cause organs to stick together, resulting in pain.
   2. **Adenomyosis** – Tissue that normally lines the uterus begins to grow in the muscle wall of the uterus.
   3. **Fibroids –** Fibroids are growths that on the outside, on the inside, or in the walls of the uterus. Fibroids located in the wall of the uterus can cause pain.

C. Medical Exam for Diagnosis:
   1. **Pelvic Exam**
   2. **Ultrasound exam**
   3. **Laparoscopy**

Causative Factors in TCM:

A. Exogenous Pathogenic Factors
   1. External Cold
   2. Intake of cold drinks during menstrual periods

B. The impeded flow of qi & blood
   1. Stagnation of the liver qi
   2. Stagnation of blood in the uterus
   3. Weak body building
   4. Chronic disease

Above factors lead to the results of the impeded flow of qi and blood in the uterus, which occurring as pain before, during and after menses period.

The treatments of Acupuncture and Herbs:
The acupuncture treats dysmenorrheal often very effective. It could stop the pain right after the treatment. To treat the root (the cause factors) of the dysmenorrheal, it might have follow up with the herbal treatment or both acupuncture and herbs combine treatment.