

# Observational Study the Correlation between Lifestyle Factors and Irregular Menstruation in Medical Students

<sup>1</sup>Dr. Pramod Prakash Kanap, <sup>2</sup>Dr. Dipali Prasad Patil

Associate Professor  
Dept. of Kriya Sharir  
L.R.P. Ayurvedic Medical College, Hospital, P.G. Institute and Research Centre  
Islampur, Tal: Walwa, Dist.: Sangli.

**Abstract**– In this present era, the lifestyle of a human being is changing rapidly. The manner of living, thinking and food habits are changing day by day. The proper nutritional food is not being consumed by people. Disruptions or changes in daily routine can have an impact on menstrual cycle. Some examples of lifestyle factors include: stress, irregular diet, disturbance of Sleep etc. To avoid the Irregular Menstruation, try to maintain physical fitness & healthy lifestyle by exercising moderately and eating nutritious foods. Take enough rest. Practice stress reduction and relaxation techniques. [1, 2, 3]

**Keywords**– Menstruation, irregular periods, lifestyle, stress, nutrition, exercise.

## I. AIM -

To study the Correlation between Lifestyle Factors and Irregular Menstruation.

## II. OBJECTIVE -

1. To study the concept of Irregular Menstruation in detail.
2. To collect and enlist various Lifestyle Factors from Ayurvedic & Modern literature.
3. To study the causes of Irregular Menstruation from modern science literature.
4. To conclude the exact Correlation between Lifestyle Factors and Irregular Menstruation found now days.

## III. INTRODUCTION –

What are irregular periods?

Most women and people assigned female at birth (AFAB) have menstrual periods that last four to seven days. Your period usually occurs every 28 days, but normal menstrual cycles can range from 21 days to 35 days. In fact, the average cycle length is 29 days. Many things cause irregular periods (or irregular menstruation) such as changes in hormone levels, stress, certain health conditions, medications and more.

What are examples of irregular periods?

Period is still considered “regular” even if it varies slightly from cycle to cycle. Examples of irregular menstruation include:

- Periods that occur fewer than 21 days or more than 35 days apart.
- Missing three or more periods in a row.
- Menstrual flow (bleeding) that’s much heavier or lighter than usual.
- Periods that last longer than seven days.
- Length of time between cycles varies by more than nine days. For example, one cycle is 28 days, the next is 37 days and the next is 29 days.
- Periods that are accompanied by severe pain, cramping, nausea or vomiting.
- Bleeding or spotting that happens between periods, after menopause or after sexual intercourse.
- Soaking through one or more tampons or sanitary pads in an hour.

Menstrual cycle may not always be predictable — and that may be okay. It’s normal to have slight variations in cycle length or have a menstrual period that seems slightly heavier or lighter in flow than your previous period. Menstrual irregularities are fairly common, and you don’t have to be able to predict your cycle to the exact day for it to be considered “normal.”

Conditions related to irregular menstruation

- Amenorrhea: A condition where your periods have stopped completely. The absence of a period for 90 days or more is considered abnormal unless you’re pregnant, breastfeeding or going through menopause (which generally occurs between ages 45 and 55). If you haven’t started menstruating by age 15 or 16 or within three years of your breasts developing, you may also have amenorrhea.
- Oligomenorrhea: A condition where your periods occur infrequently. You may go more than 35 days between periods or have six to eight periods a year.
- Dysmenorrhea: A medical term for painful periods and severe menstrual cramps. Some discomfort during your cycle is normal.

- Abnormal uterine bleeding: Abnormal uterine bleeding is bleeding between monthly periods, prolonged bleeding or an extremely heavy period.

Lifestyle factors and irregular periods

Disruptions or changes in daily routine can have an impact on menstrual cycle. Some examples of lifestyle factors include:

- Stress.
- Irregular Diet
- Disturbance of Sleep [1,4]

#### IV. MATERIAL:-

Lifestyle Factors related to Irregular Menstruation was taken from Ayurvedic & Modern Literature

1. Stress.
2. Irregular Diet
3. Disturbance of Sleep

#### V. METHOD -

1. 60 volunteers will be taken for the survey.
2. A specially prepared questionnaire, case paper with informed written consent.
3. Screening of the volunteers will be done and outcomes will be noted down.

#### A. INCLUSION CRITERIA:-

1. Volunteers having Irregular Menstruation.
2. Age group - 18 years to 25 years.
3. Also irrespective of religion.

#### B. EXCLUSION CRITERIA:-

1. Married Students.
2. Volunteers with major chronic or congenital disorders.

#### VI. OBSERVATION & RESULT:-

Table No. 1

Sr. No	Total Number of Volunteers	Type of Age Group	No of Volunteer	%	Stress	%	Irregular Diet	%	Disturbance of Sleep	%
1	60	18-21	37	61.66 %	13	21.66 %	11	18.33 %	13	21.66 %
2		22-25	23	38.33 %	08	13.33 %	05	8.33 %	10	16.66 %

Observation no. 1 and Table no. 1 Shows-

There are total 60 volunteers Participated in study. Various P.F.I. Grade Volunteers

Lifestyle Factors and Menstrual Disturbance Relation wise Distribution of volunteers are as follows:

- 1) Age Group 18 to 21: there are 37 (61.66 %) volunteer of total volunteers.
  - a. Stress - Volunteers- there are 13 (21.66 %) volunteer of total volunteers
  - b. Irregular Diet - Volunteers - there are 11 (18.33 %) volunteer of total volunteers
  - c. Disturbance of Sleep - Volunteers - there are 13 (21.66 %) volunteer of total volunteers
- 2) Age Group 22 to 25: there are 23 ( 38.33 %) volunteer of total volunteers
  - a. Stress - Volunteers- there are 08 (13.33 %) volunteer of total volunteers
  - b. Irregular Diet - Volunteers - there are 05 (08.33 % ) volunteer of total volunteers
  - c. Disturbance of Sleep - Volunteers - there are 10 (16.66 % ) volunteer of total volunteers

#### VII. CONCLUSION

- Try to maintain a healthy lifestyle by exercising moderately and eating nutritious foods. If want to lose weight, do it gradually instead of turning to diets that drastically limit your calorie and food intake.
- Make sure you get enough rest.
- Practice stress reduction and relaxation techniques.
- Cut back on prolonged or intense exercise routines.

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