

Prevalence of Dysmenorrhoea among Adolescent Girls

A Cross-Sectional Study in Karjan Taluka

By

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Abstract

This cross-sectional study examined the prevalence, severity, and impact of dysmenorrhea among 630 adolescent girls aged 13–25 years in Karjan Taluka. Data was collected by an online questionnaire using the WaLIDD scale.

Key findings:

83% of respondents experienced menstrual pain. 77% had moderate to severe pain. 30% missed school/college due to pain. Most relied on non-medical methods (rest, warmth); only 17% used medicines. There was a significant association between pain severity and absenteeism ($p < 0.001$). The findings highlight the need for menstrual health education and accessible pain management.

Introduction:

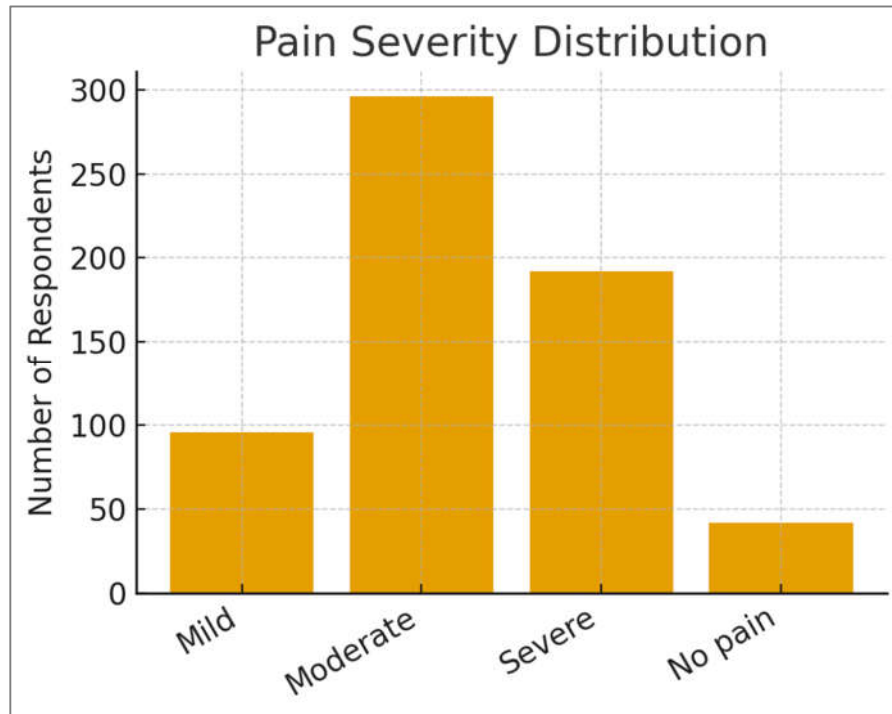
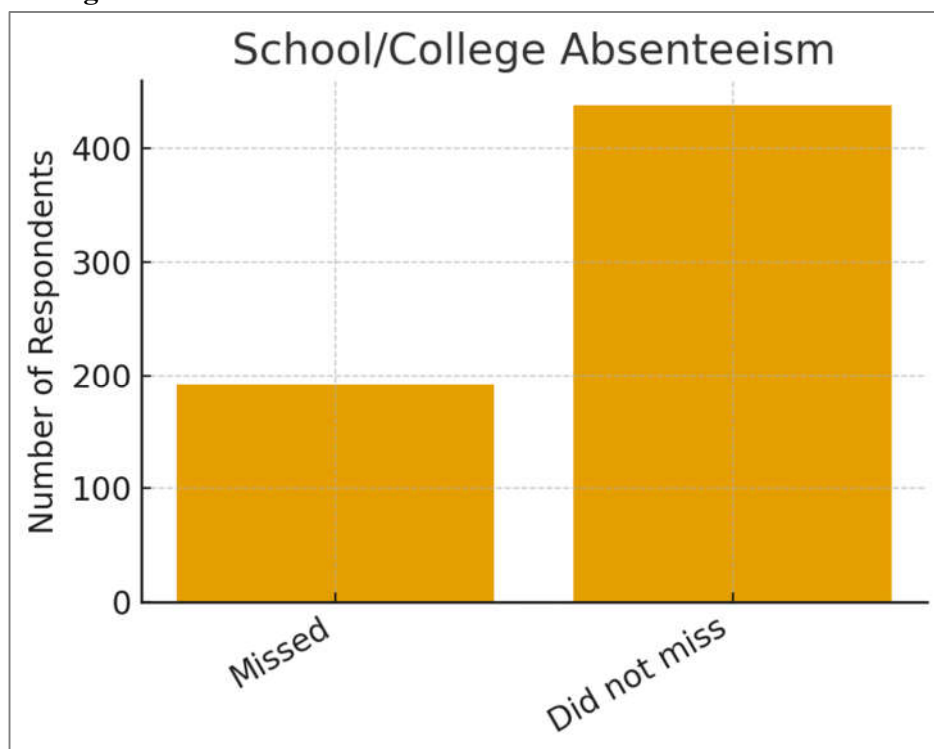
¹Dysmenorrhoea, or painful menstruation, is one of the most common yet under-addressed health issues affecting young women. It manifests as cramping pain in the lower abdomen and may be accompanied by fatigue, nausea, headaches, or diarrhea. Primary dysmenorrhea occurs without pelvic pathology, while secondary dysmenorrhea results from conditions like endometriosis or fibroids. Though not life-threatening, dysmenorrhea significantly affects daily functioning, academic attendance, and quality of life.

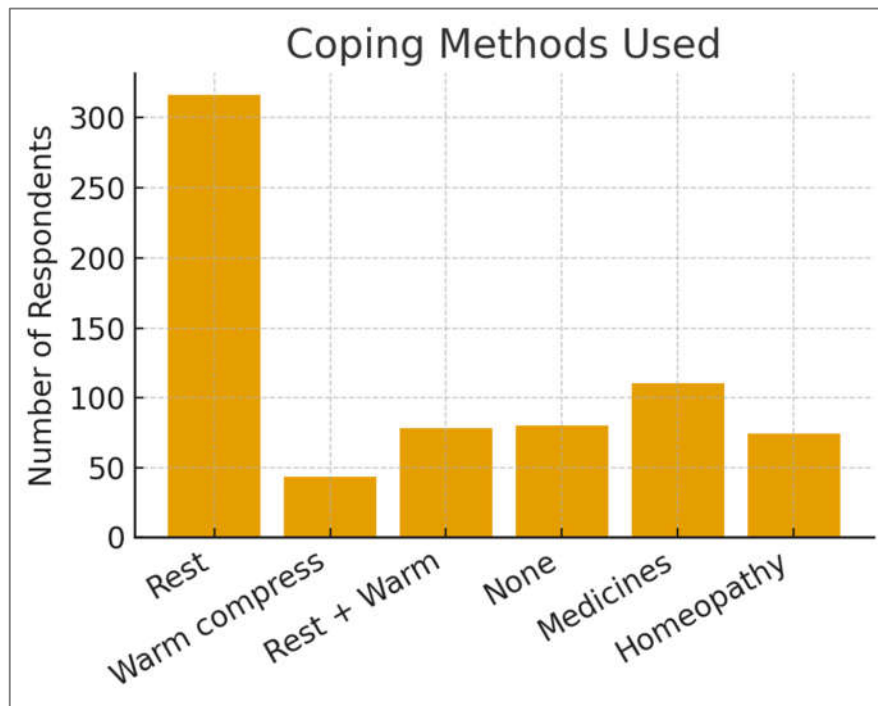
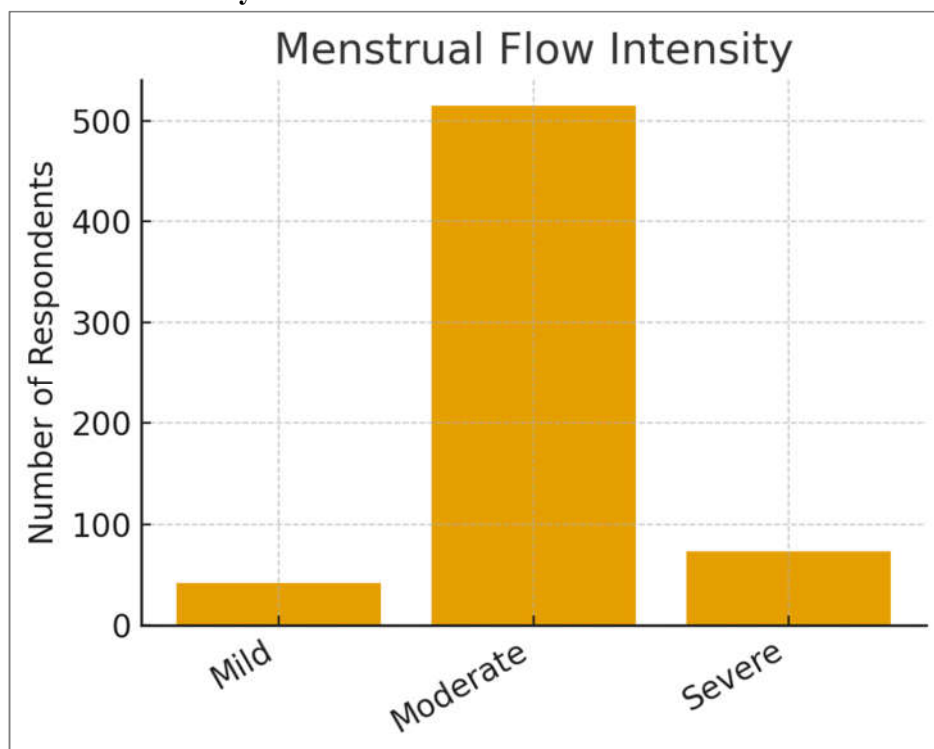
Objectives

To study the prevalence and severity of dysmenorrhea among girls aged 13–25 years in Karjan Taluka and to assess its impact on daily activities, absenteeism, and coping methods.

Methodology

- Study Design: Descriptive cross-sectional survey
- Setting: Gynecology OPD, MKSH Hospital, Karjan
- Population: School and college-going girls (mainly BHMS and nursing students)
- Sample Size: 630 respondents
- Age Range: 13–25 years (mean age: 19 years)
- Tool: WaLIDD Scale (Google form)^{2,3}
- Study Period: November 2022 to March 2025
- Sampling Method: Convenience sampling

Results:**Pain Severity Distribution****School/College Absenteeism**

Coping Methods Used**Menstrual Flow Intensity**

Discussion

The study shows dysmenorrhea is highly prevalent (83%) among adolescent girls in Karjan Taluka, with nearly three-fourths experiencing moderate to severe pain. This significantly disrupts daily life and contributes to school absenteeism. Most participants rely on rest and warmth for relief, while few use medicines. Educational and health interventions are needed to address this neglected yet impactful issue.

Conclusion

Dysmenorrhoea is a common but overlooked issue among adolescent girls. It affects education, daily activities, and overall well-being. Raising awareness, providing accessible pain management, and incorporating menstrual health into school programs can help improve the quality of life for young women.

References

- 1.Dutta D.C.(publication year)Text book of Gynecology (New Delhi)- 165
- 2.<https://pmc.ncbi.nlm.nih.gov/articles/PMC5775738/>
- 3.<https://pubmed.ncbi.nlm.nih.gov/29398923/>