

ALTERNATIVE APPROACHES FOR THE DYSMENORRHEA TREATMENT

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INTRODUCTION

Part of the Medical Wellness is the popular methods from the Recreation or alternate methods (Dimitrova, 2018; Chipeva, 2019; Dimitrova et al., 2021). The pain syndrome is the most common complaint in gynecological practice and accompanies a number of gynecological diseases. The healthy lifestyle aim is to ensure a free blood flow using recreational programs in order to achieve Wellbeing (Dimitrova, 2019; Dimitrova, 2020). An important theory popular in Chinese medicine (CM) is that if there is pain, there is no free flow; if there is no free flow, there is pain - Tong zhi bu tong; Bu tong zhi tong (Flaws, 1997).

And dysmenorrhea is caused mainly by obstruction of the ducts during the menstrual cycle (MC) (Goranova, 2006). In recent years, the methods of CM occupy a well-deserved place among the physical means for the prevention and treatment of a number of diseases, especially in pain conditions (Goranova, 2006a). Given the many side effects of drug therapies, this gives us reason to look for non-drug approaches as an alternative (insufficiently known and used) for the treatment of menstrual disorders. CM has significant advantages in the treatment of gynecological disorders.

The main methods of treatment include Chinese herbal medicine, acupuncture (AC), auriculotherapy, moxibustion, suction therapy, acupressure, qigong (Chinese gymnastics) and others. non-drug therapies that treat the causes of the disease rather than suppress the symptoms. And most importantly, they have no side effects. China has a long history of treating obstetrics and gynecology. Accumulated clinical experience shows that AP regulates the menstrual cycle. Many case reports have shown the effectiveness of CM methods in the treatment of premenstrual syndrome (PMS), dysmenorrhea and other MC-related conditions, as well as polycystic ovaries, endometriosis, inflammatory diseases, etc. (Flaws, B. 1997; Marchment, R. 2007). Dysmenorrhea is an important indicator of impaired menstruation.

A number of studies have shown that AP relieves menstrual pain (Goranova, 2006a; Goranova, 2018; Proctor ML, 2002; Smith, 2011; Smith, 2016). Clinical articles are diverse in terms of their research purpose and methodology. Research on the effect of acupuncture focuses on the possibilities of treating pain. Over the last decade, attention has been paid to its impact on reproductive health and MC, respectively. The goal of any treatment is to alleviate the symptoms, improve and restore the general health of the patient, as well as to improve their quality of life.

More and more women have been found to prefer a non-pharmaceutical approach, including dietary changes, physical activity, cognitive-behavioral therapy, and alternative medicine (Choi DS., 2009). For these reasons, various treatments for CM, including AP and Chinese herbal medicines, are increasingly used by women as an integrative approach to menstrual disorders (Jing Z., 2009; Jang S., 2014). In a study conducted in the United States, 80% of women prefer non-pharmacological interventions, such as vitamins and supplements or methods of alternative medicine. The high percentage of women who are dissatisfied with their treatment (Jang S., 2014) reveals the need and importance of including new approaches to the treatment of menstrual disorders.

METHODOLOGY

Methodical instructions:

The massage was applied immediately after acupuncture. The requirements for the application of An'mo massage are according to the methodology by Goranova concept (2018).

The aim of our study is to present and investigate the effectiveness of the impact of a complex method of acupuncture in combination with abdominal acupressure in women with primary dysmenorrhea.

The experiment was conducted in an outpatient setting with 20 women aged 20 to 30 years, suffering from menstrual pain, taking analgesics as needed or regularly during MS. All participants signed an informed consent to participate in the study.

According to Western medicine

Dysmenorrhea is painful menstruation and is defined as:

- Primary dysmenorrhea that begins in adolescence and is not associated with any pathology.
- Secondary dysmenorrhea, which begins later in life and is associated with endometriosis, pelvic inflammatory diseases, abnormalities in the development of internal genitals, fibroids, cysts and more.
- Pain that occurs in the middle of the cycle, usually lasting no more than 24 hours, due to rupture of a follicular cyst and is often treated with medication with anti-inflammatory pills, NSAIDs.

According to Chinese medicine

The smooth flow of menstruation depends on the good and balanced functioning of the organ systems Zan`Fu and the smooth movement of Qi energy and Xue Blood.

Dysmenorrhea is caused by stagnation of the fluid substance qi and the liquid substance xue, which leads to obstruction of the ducts and manifests itself with pain. Dysmenorrhea is of two types: deficiency condition and excess condition.

Differentiation and treatment

Excess syndrome

Clinically it is manifested by increased menstrual bleeding, bloating and pain in the lower abdomen, which intensifies with pressure. Menstrual blood is dark red with large clots. Often the pain is relieved after their removal. The pulse is deep and uneven.

Sometimes the sensation of stretching radiates to the chest and hypochondrium, with a feeling of shortness of breath and nausea, and painful swelling of the mammary glands. The pulse is tense and stringy.

Healing principle: To restore the free flow of Qi and blood, remove the stasis and stop the pain.

Acupuncture prescription: The main active points that are treated are the spleen canal (DL), kidney canal (BB), reproductive canal (KR). Active points: Guan`yuan KR 4, Jun`ji KR 3, Qiao PM 32, Di`ji DL 8, Neiguan OS 6, Shang`jun KR 17, Tian`shu ST 25, Xue`hai DL 10, San`in`jiao DL 6 (Goranova, 2006; Goranova, 2006a). Acupuncture is performed by the method of sedation.

Deficiency syndrome

It is characterized by severe and persistent pain during and after menstruation, relieves pressure and heat, scanty and pale red blood, does not flow freely, compression and dull pain in the lumbar region, fatigue in the lower extremities, poor appetite, dizziness, palpitations, disturbed sleep, tinnitus, feeling cold. The pulse is fibrous and the tongue is pale.

Healing principle: Warming the canals, dispersing the cold and speeding up blood flow.

Acupuncture prescription: The main active points that are treated are from the channel manager (KU), channel (BB), stomach channel (ST), bladder channel (PM). Active points: Taisi B 3, Gushu PM 17, Ganshu PM 19, Pishu PM 20, Shen Shu PM 23, Minman KU 4, Yaoyang Guang KU 3, Qiao PM 32,

Shui`dao ST 28, Xue`hai DL 10, Dzu`san`li ST 36, San`in`iao DL 6, Zhao`hai BB, Gui`lai ST 29, Ha`gu DC 4 (Goranova, 2006; Goranova, 2018). Acupuncture is performed by the method of toning.

The active points in each woman were individually selected according to the leading symptoms. The combination of these points helps to control the pain, as a leading physical complaint.

Abdominal massage

From time immemorial, abdominal massage has been used to treat many conditions. Ancient healers sought a way to treat pathologies in a natural way - directly with hands, tools, herbs, suction cups, baths and more. Of course, the main indication that made people pay attention to the abdomen was pain. Abdominal massage affects the various levels of control in the body, removes blockages, releases negative emotions and ensures the proper functioning of internal organs (Ivanova, 2018; Goranova, 2006; Goranova, 2006a; Goranova, 2018). Depending on the type of syndrome, Chinese massage was applied to the subjects in order to influence menstrual pain - An`mo (Goranova, 2006).

RESULTS

To report the results of the methodology, we included a subjective assessment of the degree of pain through a modifying scale according our practical experience, and the classic test by Merl d'Aubine.

Pain test, which is reported on a 4-point scale. The study of patients took into account the individual sensation of pain and the threshold of her sensitivity.

- degree 0 - no pain;
- Grade 1 - mild, dull pain;
- degree 2 - moderate pain, does not interfere with normal activity;
- Grade 3 - severe pain that interferes with normal activity.

The pain was recorded at the same time for each of the subjects. The course of treatment lasted three months (covering three consecutive MS). before the first MS monitored. In the meantime, before the second MS monitored. Finally, after the last procedure. The course of treatment began seven days before the expected date of the forthcoming MS. The procedures were performed every day. A late examination was performed 1 month after the course of treatment to take into account the preservation of the effect of the applied methodology.

The comparative analysis of the results showed a positive change in the pain experienced, which led to an improvement in the quality of life in general. Conducted experiment for the treatment of dysmenorrhea with the methods of KM - acupuncture and abdominal acupressure, show a high therapeutic effect. This proves that they undoubtedly have a place as a leading tool for the prevention and treatment of women's health. Numerous studies confirm the same results (Goranova, 2006; Goranova, 2018; Proctor ML, 2002; Smith, 2011; Smith, 2016; Xu).

Pain

The results of the test for the tested menstrual pain are presented in Table 1.

Table 1. Comparative analysis of the percentage of the menstrual pain experienced

енка на болката		Начално тестване	Крайно тестване	След 1 месец
няма болка – ст.0	Бр.	0	16	20
	%	,0%	40,0%	50,0%
слаба,тъпа болка – ст.1	Бр.	3	4	0
	%	7,5%	10,0%	,0%
средна болка, не пречи на нормалната дейност- ст.2	Бр.	9	0	0
	%	22,5%	,0%	,0%
силна болка, възпрепятстваща нормалната дейност – ст.3	Бр.	8	0	0
	%	20,0%	,0%	,0%

Before the start of treatment, the relative proportion of patients with very severe pain that interfered with normal activity was 20.0% (8), with moderate pain - 22.5% (9), with mild pain - 7.5% (3) and no patients without pain. The final study did not identify any patients who experienced severe pain that interfered with normal activity. After the application of the complex methodology, there are no patients left to experience moderate pain. The decrease in patients with severe and moderate pain, respectively, led to an improvement in the results and an increase in patients with mild pain - 10.0% (4) and those without pain - 40.0% (16). Thus, in the late study 1 month after the course of treatment, the patients who no longer experience pain are the maximum number - 50.0% (20). The strong post-therapeutic effect is impressive 1 month after the end of the treatment, with complete control of the pain sensation.

DISCUSSION

Some more important summaries and trends can be deduced from the obtained results.

- ✓ Pain is a complex and individual sensation that is difficult to assess, study, manage and treat. It is necessary to develop and improve the treatment guidelines and preventive measures for women's health among the younger generation.
- ✓ Dysmenorrhea is a significant medical and social disease that requires prevention and monthly care from every woman suffering from this pain syndrome.

The following scientific experiment for the treatment of primary dysmenorrhea with the methods of CM revealed the following:

1. Rapid control of pain with a positive early and late post-therapeutic effect;
2. Overcoming congestion by improving the drainage of lymphatic and venous outflow;
3. Improving microcirculation and trophism in the treated areas.
4. Increase oxygen supply to peripheral tissues and increase metabolism.
5. Ensuring the patency of the channels, which is a guarantee for the unimpeded flow of the fluid substance qi and the liquid substance xue of qi energy, which in turn regulates the function of the internal organs (zan'fu-organs) (Goranova, 2006; Marinova, 2013) and respectively affects the smooth flow of MC.

CONCLUSION

In conclusion, it can be noted that the results of this study show that the complex methodology of AP and abdominal acupressure leads to a good therapeutic result and can be used effectively to manage menstrual pain. The methods of Chinese medicine are safe and effective. They are recommended for the treatment of women suffering from various menstrual problems, both for the overall improvement of health and for improving their quality of life. According to KM, a truly healthy woman should not have any appearances before, during or after a cycle. KM defines menstruation as a source of strength that allows the body to renew, grow and expand its potential. The strength of the effect of acupuncture in combination with abdominal massage is due to the natural regulation and activation of the body's hidden reserves.

CM effectively complements or is a good alternative for the treatment of gynecological diseases. The application of alternative approaches to treatment in practice can only enrich and expand kinesitherapy.

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