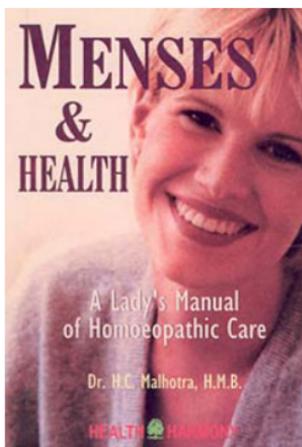


H.C. Malhotra Menses and Health

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THE MENSTRUAL FUNCTION

The menstrual function is called by various terms—menses, catamenia, monthly period and is one of the most *important functions of the female* organism. It is attended by the congested state of the uterus, ovaries and adjoining organs and constitutes a real monthly crisis. It is a discharge of blood mainly from the body of the uterus.

Following are the details about it:

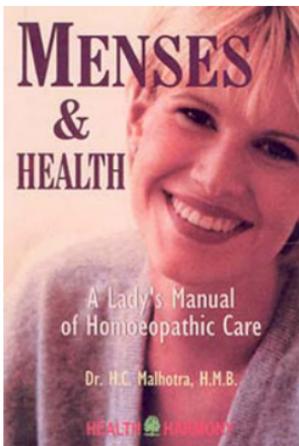
- (1) **Quantity:** Average quantity at each period is from four to six ounces.
- (2) **Recurrence:** Menstrual course occurs again, mostly and in majority of cases ever) 'twenty eight day, the very day on which it had appeared, four weeks **previously**.
- (3) **Duration:** Its duration differs in different persons, normal and most common period is

The inflammatory condition of these parts usually give no pain but when the vascular engorgement is attended with increased blood in the uterus at the time of menstrual periods, it causes much congestion and local excitement. This causes great pain and much suffering. Generally, these pains are of a dull, heavy and fixed character and not of an acute type. These pains may come on a day or two earlier before the monthly period commences and may continue without any stop or interval during the period and even may continue a day or two longer after the periods have ceased.

Distinction Between Inflammatory Dysmenorrhea and Congestive Dysmenorrhea: One may be easily distinguished from the other variety thus; the inflammatory disease which causes inflammatory dysmenorrhea will cause pain during the intermenstrual periods. Existence of these inflammatory diseases should be detected to know a correct diagnosis. One should be able to easily differentiate between the inflammatory type and the neuralgic, the membranous or the obstructive type of dysmenorrhea.

Membranous Type of Dysmenorrhea

This type of dysmenorrhea appears to be a complication of simple dysmenorrhea and occurs in patients of a peculiar constitution. It may occur in connection with the neuralgic or with the congestive type of dysmenorrhea.



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