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# The analytic study of various types of dysmenorrhea pain according to the theory of Thai traditional medical scripture

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## Abstract

Knowledge about menstrual pain according to the theory of traditional Thai medicine scriptures appeared in textbooks for a very long time in the past. But there was no study of dysmenorrhea pain was disseminated to the international community. The objectives of this research were 1) to collect data and classify the various types of dysmenorrhea pain according to the theory of Thai traditional medical scripture, and 2) to analyze the main symptoms of dysmenorrhea pain according to the theory of Thai traditional medical scripture. This research was a documentary research which employed the qualitative method. Data collection, and analysis from the review of the Thai Traditional Mahachotiratana Scripture from the textbook of Phaettayasat Songkhro (National Medical Wisdom and literary heritage), and related documents by focus on the various types of dysmenorrhea pain. The results of this research indicated that 5 types of dysmenorrhea pain were found in the Scripture. The main symptoms of dysmenorrhea were classified and, it was obtained information for disseminating to the international community.

**Keywords:** Dysmenorrhea pain, Mahachotiratana Scripture, Thai traditional medicine

## 1. Introduction

Most women when they start menstruating. They will have dysmenorrhea pain during menstruation. Some woman experience have no pain, while others have mild menstrual pain, which is more of an irritation or discomfort. They don't need to take medication as the symptoms go away on their own. (Lefebvre, 2018) But Some women experience severe abdominal pain during their menstrual period every time, which affects their daily activities and their ability to work effectively. In addition to lower abdominal pain, other symptoms that are commonly experienced include radiating pain in the thighs and lower back, nausea, headaches, dizziness, diarrhea, fatigue, and difficulty sleeping. Currently, there are several methods to alleviate menstrual pain. Treatment for the side effects of menstruation can be categorized into general approaches, such as lifestyle modifications to reduce symptoms, medication, and psychotherapy. (Sukcharoen N, 2004). However, since the exact cause of the side effects of menstruation is not known, there is no specific treatment available. Studies have found that

most women manage the side effects of menstruation by using medication, such as Mefenamic acid, commonly known by the brand name Ponstan, to relieve menstrual pain (Dysmenorrhea), both before and during menstruation. (Achanupap S, 2008) .However, the side effects of this medication may include peptic ulcers, gastritis, or even gastric perforation. Frequent use of medication to treat the side effects of menstruation can often have negative effects on health. In traditional Thai medicine, treatments include herbal compresses, abdominal packs, and the use of herbal remedies.

## 2. Methodology

This research was survey and document research which referred to the qualitative approach. Data collection, and analysis from the review of the Thai Traditional Mahachotiratana Scripture from the textbook of Phaettayasat Songkhro (National Medical Wisdom and literary heritage), and related documents by focus on the various types of dysmenorrhea pain.

### Research results

The results of this research indicated that 5 types of dysmenorrhea pain were found in the Scripture, which consist of 1) the normal blood that originates from the heart, 2) the abnormal blood caused by the condition of the bile duct, 3) the normal blood that originates from the skin tissues, 4) the normal blood that originates from the tendons, and 5) the normal blood that originates from the joints and bone, (Department of Academic Affairs, Ministry of Education, 1999). The 5 types of dysmenorrhea pain, and main symptoms of dysmenorrhea pain were classified as shown in Table 1.

*Table 1: The 5 types of dysmenorrhea pain, and main symptoms of dysmenorrhea pain*

Types	Main Symtoms
1.the normal blood that originates from the heart	A restless mind, with symptoms of absent-mindedness, delirium, or loss of sanity, along with irritability. These symptoms disappear after menstruation begins
2.the abnormal blood caused by the condition of the bile duct	Frenzied, angry, restless, lacking strength (exhausted), extremely feverish (like a flame), unconscious. This group is different from the first group in that they have a significant high fever
3.the normal blood that originates from the skin tissues	Hot on the skin, with the skin turning red like ripe ivy gourd. Sometimes it manifests as rashes, other times as spots or streaks, similar to breakbone fever. The fever lasts about 2-3 days, and once menstruation occurs, the symptoms disappear.
4.the normal blood that originates from the tendons	Alternating hot and cold sensations, hot skin, hiccups, and a severe headache. Feeling lethargic and unable to find time
5.the normal blood that originates from the joints and bone	Ache all over the body, like the bones are dislocated from each other. Pain in the lower back, waist, and muscles.

Types	Main Symtoms
	Feeling weak and lethargic. When moving, the symptoms spread all over the body. Sometimes, alternating hot and cold sensations cause various toxins to arise.

Source: (*Mahidol University, 2012*)

From Table 1, it was showed that there were 5 types of dysmenorrhea pain, and main symtoms of dysmenorrhea pain, and found that Menstrual pain in Thai traditional medicine theory is consistent with the menstrual pain symptoms found today.

### 1.1 Research Objective

There were 2 main objectives in this research.

1. To collect data and classify the various types of dysmenorrhea pain according to the theory of Thai traditional medical scripture
2. To analyze the main symptoms of dysmenorrhea pain according to the theory of Thai traditional medical scripture

## 3. Conclusion and Discussion

Women differ from men in two ways: they have blood glands, referring to the uterus, and they produce milk for nourishing their offspring. When it's time for menstruation, some people experience irregular symptoms. Others scriptures explain the causes of menstrual pain in various ways as follows: stating that it is due to abnormalities in the four elements. This imbalance arises from the wind element (Vayo Dhatu), and the fire element (Tejo Dhatu), which subsequently affects the blood (Apo Dhatu) and the earth element (Pathavi Dhatu).Causing of menstrual pain is weak functioning of the Vayo Dhatu, known as 'Athokama Vata' is characterized by downward movement (the wind blowing downwards), Guchisaya Vata (Wind blows in the stomach outside the intestines), and the Parithaihakkee fire (Fire causes heat to become disorganized). Such things have an effect on Apo Dhatu Lohitang being disabled. Symptoms therefore appear to affect the earth element is the uterus. Menstrual pain occurs, there is also stress and disadvantage that cause menstrual cramps to increase.

In Thai traditional medicine, treatments include herbal compresses, abdominal wrapsand herbal medicines. “Prasa Phlai” is one of the Thai herbal formulas known to nourishthe blood, regulate irregular menstruation, relieve cramps, alleviate menstrual pain, and promote regular periods. (Promdao W, 2023). This aligns with analyses of herbal ingredients and their propertiesfor irregular menstruation, revealing that ginger is the most commonly used herb in remediesfor this condition.

#### 4. Acknowledgment

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