



## Women's Health

### • Section - (M)

#### \* Syllabus →

- \* Polycystic Ovary Syndrome.
- \* Dysmenorrhea.
- \* Premenstrual Syndrome.

#### \* Polycystic Ovary Syndrome →

##### \* Definition →

PCOS also very common hormone problem

എല്ലാ 2 women of child.

bearing age 25-35

• PCOS ക്ക് വിഷ്ട women ക്ക്

ovulate മേറ്റ് എ് വിക്ട 2

3-4 ക്ക് androgens ന്ന level

High elder 2/

• And ovaries (അടിയന്) ക്ക് many small cysts എല്ല 2/

• PCOS, missed. on irregular

menstrual periods ക്ക് cause എ് ക്കാൻ 2/

\* Etiology → (കാര്യ)

- Genetics एर कानडी एर
- Androgens or High level एर
- Insulin resistance एर
- Environmental factors एर -  
like - Pollution, dirt, smoking etc...

\* Pathogenesis →

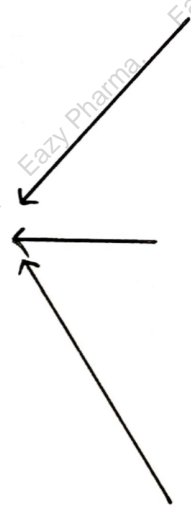
Environmental toxins, Genetic predisposition,

Diet, Lifestyle.



- Hormonal imbalance
- ↑ LH:FSH Ratio.
- ↓ FSH secretion.
- Hyperandrogenism
- ↑ Testosterone
- ↓ SHBG
- Insulin Resistance.
- ↑ Insulin level
- ↓ Glucose tolerance

PCOS



\* Clinical Manifestations →

- Abnormal hair growth एर
- Acne एर
- Irregular periods एर
- Infertility (वैशुन) एर

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→ obesity (HIFEM)

etc---

\* Non-Pharmacological Management →

→ Exercise. (உயிர் செயல்)

→ proper diet.

→ change lifestyle.

→ weight loss.

etc---

\* Pharmacological Management →

→ Oral contraceptives

(Birth control pills)

→ Insulin - sensitizing medicine

(Metformin)

→ Medications to block androgens

(Block androgen effect and control

ach on excessive hair growth)

→ Surgery.

etc-----

complete

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\* Dysmenorrhea →

(onegard shikosh kshat)

\* Definition →

- Dysmenorrhea painful menstrual bleeding or vas- condition shikosh kshat
- Vas pain usually lower abdomen
- Vas located shikosh kshat
- Vas vas- very common gynecologic problem shikosh kshat or patients life vas negatively impact shikosh kshat

\* Etiology →

- Exercise or shikosh kshat
- Cervical stenosis kshat
- Uterus malposition kshat
- Menstrual anxiety kshat
- etc....

\* Pathogenesis →

- Vas released egg fertilised shikosh kshat
- ↓
- Estrogen and progesterone vas production reduced shikosh kshat
- ↓

Prostaglandin secretion starts  
↓

Utterus of contractility increased  
↓

ischemia and hypoxia

endometrium of superficial layer

↓

Primary dismenorrhoea of cramps  
(21st)

\* clinical Manifestations →

- Pain in lower abdomen.
- Low back pain.
- Vomiting. (3rd)
- fatigue. (1st)
- Diarrhoea. (4th)
- fainting. (5th)

Non-Pharmacological Management →

- Menstrual bleeding at 1st
- empty bowel of maintain
- rest - 21st/

\* Pharmacological Management →

→ Analgesic use करना चाहिए।

→ Antispasmodic use करना चाहिए।

• Like - Paracetamol, diclofenac,  
naproxen etc.

etc...

\* Primenstrual Syndrome

(PMS) →

(महिलाएं शुरू करने से पहले के चरण)

\* Definition →

- Any unpleasant or uncomfortable symptom in menstrual cycle or other related to and normal body functioning are affect करना है इसका PMS कहते हैं।

\* Etiology →

- बीज और अणु की

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- Depression ❌
- excessive (over). Alcohol, salts, read meat on sugar ❌
- Inactivity ❌  
etc.....
- \* Pathogenesis →  
Ovarian steroid hormone ❌  
changes ↓  
Neurotransmitter ❌  
↓  
Attenuation

- Genetic  
Predisposition → **PMS** ← Socio cultural factors
- \* clinical Manifestations →
  - Headache.
  - muscle spasm. (❌)
  - Depression, Anxiety, irritability.
  - Bloating. (❌)
  - skin problems (Acne)
  - fainting. (❌)
  - etc.....

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\* Non-Pharmacological Management →

- diet में change करना चाहिए।
  - lifestyle में change करना चाहिए।
  - Exercise करना चाहिए।
  - weight slab में रहना चाहिए।
  - Rest करना चाहिए।
- etc---

\* Pharmacological management →

→ Hormonal treatment -

eg - • oral contraceptive pills.

• Progesterone hormone.

• spiro lactone

etc---

→ fluoxetine 20 mg OD.

→ Paroxetine 20-30 mg OD

→ citalopram 10-20 mg OD

etc---

Pic

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Pharmacotherapeutics

Complete

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**THANK YOU.**

**By Dr Firoz khan**

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