

Menstrual Disorders in Adolescence

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Abstract: *In teenage girls, menstrual abnormalities are rather prevalent. Particularly in the first few years after menarche, periods can be irregular, heavy, and/or painful. Serious pathology is uncommon, but menstruation disruption can have a big impact on daily life and cause absences from school. Although the evidence supporting their usage is extrapolated from adult data, there are numerous therapeutic alternatives that are safe to use in adolescents. We give a clinical evaluation of current practice, including how girls with additional medical issues and learning disabilities are managed.*

Keywords: Menstruation, menstrual disorder, Dysmenorrhea, symptoms of menstrual Disorder, medicinal plant

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