

## Correlation between heavy menstruation and weight gain

Sree Kala<sup>1</sup>, A. Jothi Priya<sup>2\*</sup>, R. Gayatri Devi<sup>2</sup>

### ABSTRACT

Although, according to nature's rule, every woman during childbearing years should menstruate, each woman has a unique cycle. While some women effortlessly complete each menstrual cycle, other women have to painfully bear problems related to premenstrual syndrome, weight gain and heavy bleeding that put a negative light on their life. Here is how weight gain is correlated to heavy periods. **Materials and Methods:** This study is carried out by preparing a questionnaire of about 15 questions and surveying 100 women on the basis of food cravings, sleeping habits, work type, age, physical activities, stress, and medication. **Results:** All the data were compiled for statistical analysis for denoting the significant changes. Results show the most significant outcomes of gaining overweight.

**KEY WORDS:** Childbearing, Premenstrual syndrome, Questionnaire, Medication

### INTRODUCTION

Overwhelming menstrual draining is a typical gynecological issue that significantly affects a lady's personal satisfaction and the exercises of day-by-day living. Substantial menstrual draining has been subjectively characterized as a menstrual blood loss of 80 ml or more prominent in both research<sup>[1]</sup> and clinical<sup>[2]</sup> settings. Overwhelming draining significantly affects a lady's physical, psychological, social, professional, and family points of view alongside loss of work due to measure of blood loss, decreased work productivity.<sup>[3]</sup> Menstrual abnormality is related with different infections, for example, metabolic syndrome,<sup>[4,5]</sup> coronary coronary illness,<sup>[6]</sup> type 2 diabetes,<sup>[7]</sup> dry eye sickness,<sup>[8]</sup> and mental distress.<sup>[9-11]</sup> Moreover, female regenerative physiology is influenced by a few conditions, for example, fasting,<sup>[12]</sup> excessive exercising, medical conditions, and even mental pressure or state of mind issue, for example, depression.<sup>[11,13]</sup>

Of note, stoutness is known to be intently connected with infertility.<sup>[14,15]</sup> Weight addition can be related with a menstrual period, especially in the days just

before the beginning of dying. Weight increase due to water maintenance can prompt inclination enlarged or the vibe of completion in mid-region and limits. Water maintenance is liquid that is held in the tissues of the body as opposed to going through pee. Swelling and weight increase may likewise be the consequence of air in the gastrointestinal tract, causing overabundance gas and distension. The hormone estrogen is required to keep up menstrual equalization. In light of the requirement for harmonies to proceed with the procedure of feminine cycle, variances in hormone levels or conditions that may cause an overabundance of one hormone without the other can cause overwhelming menstrual draining and weight gain. Estrogen is commonly adjusted by the hormone progesterone and indications can happen when there is a lopsidedness of these hormones in the body. Since estrogen is in charge of working up the uterine coating before feminine cycle, abundance estrogen in the body may add to more tissue and blood creating in uterus. On the off chance that a pregnancy does not happen, a menstrual period at that point has over the top draining and can keep going for a few days. An expansion in estrogen can likewise make the body hold water and can influence the gastrointestinal tract, slowing the way toward purging its substance and creating gas.

Increment in weight basically influences the normality of menses since it influences the working of our

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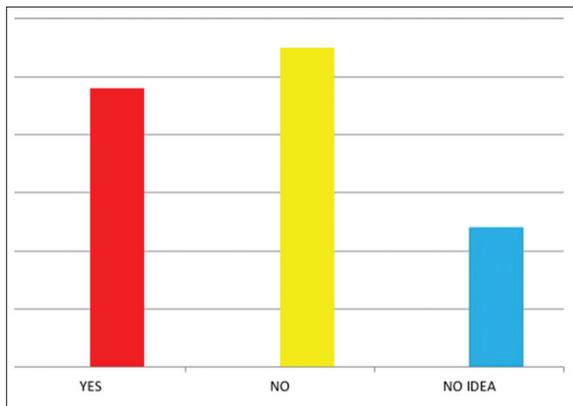
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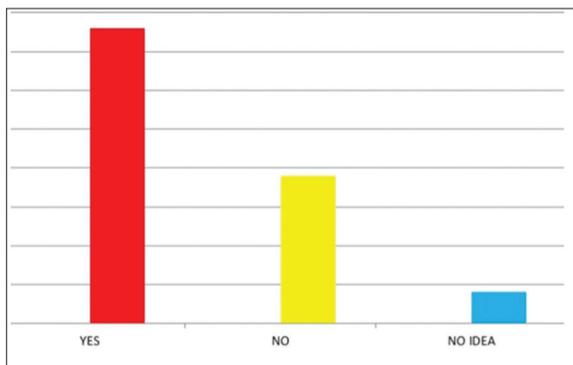
<sup>1</sup>Department of Physiology, Saveetha Dental College, Saveetha Institute of Medical and Technical Sciences, Chennai, Tamil Nadu, India, <sup>2</sup>Department of Physiology, Saveetha Dental College, Saveetha Institute of Medical and Technical Sciences, Chennai, Tamil Nadu, India

\*Corresponding author: Mrs. A. Jothi Priya, Department of Physiology, Saveetha Dental College and Hospitals, Saveetha Institute of Medical and Technical Sciences, Poonamallee, Chennai - 600 077, Tamil Nadu, India. Phone: +91-8939360922. E-mail: [a.jothipriya88@gmail.com](mailto:a.jothipriya88@gmail.com)

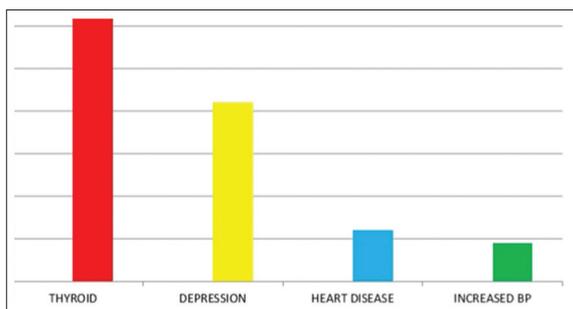
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**Figure 1:** Results showing physical activities in daily life



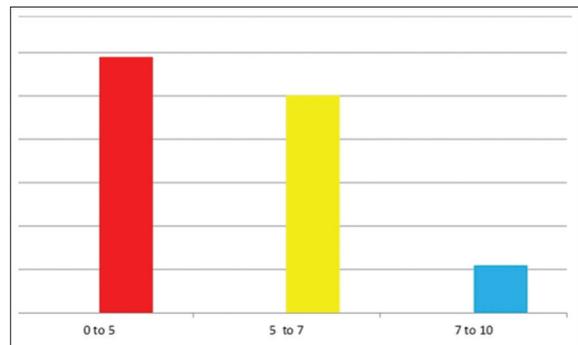
**Figure 2:** Results showing tiredness or being drowsy all day during menstrual cycle



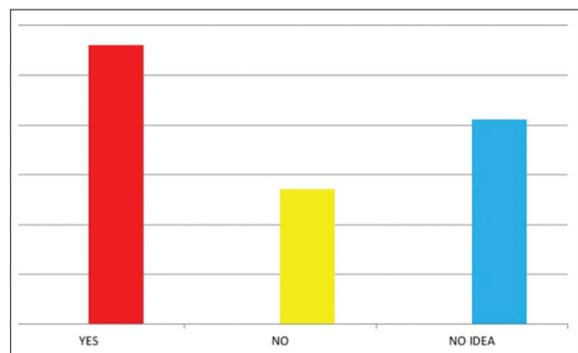
**Figure 3:** Results showing most significant outcomes of gaining weight

harmonies. In addition, numerous investigates on irregular periods have asserted that body creates insulin opposition due to weight gain. With overabundance of insulin in circulation system, hormonal creation adversely influences the normality of a lady’s menstrual cycle and she begins encountering sporadic periods. Endocrine infections, for example, polycystic ovary syndrome and amenorrhea are some different reasons for unpredictable periods that lead to weight gain.

Amid substantial feminine cycle, individuals feel pushed. One explanation behind the irregularity might be that pressure effect affects weight gain and can make a few people put on weight. Cortisol



**Figure 4:** Results showing scale of depression or stress during menstrual cycle



**Figure 5:** Results showing that stress can lead to weight gain

is a hormone created in adrenal organs that are discharged into blood at the season of pressure. Expanded discharge of cortisol causes higher insulin levels, our glucose drops and we hunger for sugary, greasy nourishments which thusly lead to weight gain. In this manner, abnormal state cortisol discharge prompts admission of solace foods.<sup>[16]</sup> In this way, due to substantial menstrual seeping, there might be weight gain. Due to overload, there are numerous well-being results also including diabetes, high blood pressure, greater danger of heart infections, and cancer.<sup>[17]</sup>

## MATERIALS AND METHODS

This study is carried out by preparing a questionnaire of about 15 questions and surveying 100 women on the basis of food cravings, sleeping habits, work type, age, physical activities, stress, and medication. All the data were compiled for statistical analysis for denoting the significant changes.

### Inclusion Criterion

Women >15 years of age are included in this study so as to have a knowledge about menstrual bleeding and weight gain.

### Exclusion Criterion

Women under 15 years are excluded in this study as they do not have much knowledge about menstrual bleeding and weight gain.

## RESULTS

Results show the most significant outcomes of gaining overweight.

## DISCUSSION

From the outcomes, the individuals who not keep up an appropriate eating regimen, i.e., blended eating routine and ache for sleek substances, who need rest have encountered thyroid and misery as the most critical results of increasing overweight, feeling very worried at the rate of size of 7–10 and so forth experience substantial menstrual draining. Additionally discovered that substantial menstrual draining can cause increased pressure which may leads to severe complications. [Figures 1-3]. Stress causes the arrival of abundance of cortisol hormone which builds insulin level by dropping glucose level down and makes a desire to cut sugary and greasy sustenances. Diverse ladies experience their periods in an unexpected way, and the measure of menstrual blood they lose can very normally shift from month to month. Be that as it may, the measure of pressure brought about by substantial periods must be controlled by the lady herself. Although a few ladies who have overwhelming periods may not think it is a major problem, others as of now feel truly awkward with less substantial menstrual bleeding [Figures 4-6].<sup>[18,19]</sup>

## CONCLUSION

Substantial seeping amid feminine cycle alongside weight increase must be given the consideration of a doctor to draw out an authoritative reason for the equivalent. Ladies, who experience extreme indications that are brought about by an irregularity of hormones, might be recommended hormone substitution to counterbalance the expansion in estrogen levels. In addition, individuals must instill the propensity for longing for appropriate eating regimen, have a decent measure of sleep, indulging themselves in physical exercises in everyday life, having an attention to check their thyroid dimension amid substantial menstrual draining and endeavor to be loose amid their menstrual cycle days.

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