

## Drug Utilization Study in Primary Dysmenorrhea in A Tertiary Care Teaching Hospital

**Murli Krishna**

Murli Krishna Assistant Professor, Department of Pharmacology, Prathima Institute of Medical Sciences, Naganoor, Karimnagar, Telangana State. Email: [dr\\_murli.krishna@gmail.com](mailto:dr_murli.krishna@gmail.com)

### Abstract

**Background:** Primary dysmenorrhea is a common gynecological disorder affecting a large number of menstruating females. Leads to disruption of activities, loss of school, and other socio-psychological issues. We in the current study tried to evaluate the drug utilization pattern, evaluation of its efficacy, and its tolerability in patients reporting to our hospital with primary dysmenorrhea. **Methods:** For selected cases, demographic data and detailed history including menstrual history, medical history, drug history, and previous history of drug reactions were documented. In menstrual history, duration of the menstrual cycle, amount of blood loss, onset, duration, and severity of dysmenorrhea, and other associated symptoms, were recorded. Investigations performed were ultrasonography, for the abdominopelvic scan to rule out pelvic pathology. The pattern of drug prescribing: The details of prescribed drug i.e., name and class of drug, dose, route, frequency of administration was recorded. **Results:** The mean age of the study population was  $23.5 \pm 2.5$  years. primary dysmenorrhea was classified as Grade I (mild) in n=3(2.5%) cases, Grade 2 (moderate) in n=42 (35%) cases and Grade 3 (severe) in n=75 (62.5%) cases. The associated symptoms with dysmenorrhea were headache in 6.67% cases, dizziness in 8.33% cases, nausea, and vomiting in n=37.5% cases, loss of appetite in 21.67% cases, diarrhea was reported in 12.5% cases. The most prescribed drug was Mefenamic acid plus Dicyclomine in n=85(70.83%) of cases followed by Diclofenac sodium in n=18(15%) of cases. **Conclusion:** the occurrence of primary dysmenorrhea is very common among young adolescent females. It is associated with symptoms of headache, dizziness, nausea, vomiting leading to loss of performance in work and absenteeism from schools. The NSAIDs are the commonly prescribed medication along with antispasmodics. Tranexamic acid is added to females with heavy menstrual blood flow with clots. Most of the medication was well tolerated with mild side effects.