Original Paper

Effect of heat and vibration on primary dysmenorrhea

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Abstract

Background and Objective: The painful menstruation is one of the common disorders of female sexual organ which is experienced by almost fifty percent of the women affected by regular menstrual periods. The primary dysmenorrhea is referred to as the menstrual pain in absence of undetectable pelvic disease which occurs usually during 2 years after first menstruation when ovulation is established. This study was done to investigate the effect of heat and vibration on primary dysmenorrhea.

Materials and Methods: This clinical trial study carried out on 75 female students, aged 18-22 years old from Islamic Azad University. Each subject evaluated for two menstrual cycles. At first cycle the participants received the routine pain-relief method. During the second cycle each of them applied combined heat-vibration device for ten minutes during menstrual pain. Data collected using questionnaire and pain visual analog scale and analyzed using SPSS-14, t student and Wilcoxon tests.

Results: In contols, pain score was 5.34 and 4.09 prior and after routine intervertion, respectively ($P<0.001$). Also, in cases pain score significantly reduced from 5.34 to 3.44 after intervention by heat and vibration. In 8% of cases a slight redness was observed.

Conclusion: This study showed that heat and vibration is more effective than routine intervention in pain during menstrual cycles.

Keywords: Heat, Vibration, Dysmenorrhea

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