

**AJMHR**

Asian Journal of Medical and Health Research

Journal home page: www.ajmhr.com

Stress due to Covid-19 Lockdown, and its Impact on Menstrual Cycle in Females

Ajaz Ahmed Wani* , Imteyaz Ahmed ,Muneesh Kumar, Vikas Dogra*Head Department of Zoology ,Govt Degree College Doda, Jammu and Kashmir-182202*

ABSTRACT

The lockdown due to COVID-19 has a great impact on emotions, mental health, behaviour of the people throughout the world in all age groups, whereas women who are more likely to be prone to the complications because of stress and are facing reproductive health issue or complications in their menstrual cycle. A woman's menstrual cycle normally follows 28 days cycle. But stress may leads to missed, delayed or longer periods and sometime rise in stress level may leads to the temporary stoppage of menstrual period.

Keywords: Lockdown, COVID-19, Mental health, Stress, Menstrual periods.

Received 01 August 2020, Accepted 22 August 2020

Please cite this article as: Wani AA *et al.*, Stress due to Covid-19 Lockdown, and its impact on menstrual cycle in Females . Asian Journal of Medical and Health Research 2020.

INTRODUCTION

The outbreak of coronavirus pandemic throughout the world and subsequent lockdown of the world in March /April 2020 to restrict or minimize the spreading of infection. This has halted or upturned normal life. With this everyone tries to maintain social distancing, maintaining of hygienic conditions, staying homes and to avoid the unnecessary movement as much as possible. This all could impact the mental health in worst way. This lockdown has a great impact on the behaviour, emotions and mental health of the people throughout the world in all age groups. According to World Health Organization (WHO) mental health includes “subjective well being” perceived self efficacy, autonomy, competence, inter-generational dependence and self actualization of one’s intellectual and emotional potential among others. Stress can be eustress which is a “good stress” acting as a motivation for an individual for completion of a particular work, where as “bad stress” with which we find difficult to cope and leads to condition like depression, anxiety or other personality disorders (Waghachare et al., 2013)¹

As people are trying to combat stress and anxiety, but more vulnerable section of the society is the women, who are likely to be more prone to the complications because of stress arising due to coronavirus lockdown and are facing reproductive health issue, irregularities or complication in their menstrual periods.

Neuroendocrine system plays a vital role not only in supporting normal physiological function but also during stressful situation. It influences the endocrine and the reproductive system to help an adaptation to increased demands and maintain homeostasis in response to environmental stress (Harlow et al., 1995)², however increase in the level of Cortisol has a range of side effects which includes disruption of normal Luteinizing hormone (LH) and therefore affecting the menstrual cycle (Kudielka et al., 2005)³ Dysmenorrhoea (Pain during periods) was reported to be a commonest menstrual problem and pre menstrual systems as the most distressing problem associated with menstrual cycle (Banikarim et al 2000). Various studies have reported a wide variation in the incidence of dysmenorrhea in a range between 28% and 89.5% (Burnett et al., 2005)⁴.

The rise in stress level leads to chance that menstrual period will temporarily stop, a condition known as secondary amenorrhea (Winderlich et al., 2013)⁵. Stress also has great impact on the cycle functioning, and is being regulated by a particular set of hormones. If the balance is upset by something like stress then it can interfere with the periods. The stress hormone cortisol impacts how much estrogen and progesterone produced, and the duration of stress effect the menstrual cycle.

As people combat the stress and anxiety, women which are likely to be more prone to the complications arised due to the COVID-19 lockdown. These complication includes irregularities in their menstrual period. The complication could lead to following problems:-

Missed Periods:

A period is considered as missed period, when delayed by over 12-15 days. The stress due to the lockdown can effect the menstrual cycle and delay in the release of the eggs. This could led to missed period or may changes dates for future periods and even some women experiences stopped ovulation.

Longer Cycle:

Normally the average female cycle is 28 to 30 days. But due to stress which disturbs the release of hormones can make the periods to last long. This begins with the effect of delayed ovulation and as a result next cycle is also delayed as a consequences of stress.

Delay in Ovulation:

Stress result in the irregulaties of production of hormones, which further can delay the process of ovulation, and thus variations in periods.

Symptoms worsend:-

In a normal menstrual cycle symptoms such as Cramps, acne etc. may be even worse for women in stressed condition, and as may bleed more than they normally do.

Suggested measures to overcome the stress:-

Women who is more prone to the stress which arised due to the COVID-19 pandemic. They can manage stress by practicing healthy self-care strategies for overcoming the stress. Some of the important suggestions are as under:

1. **Mental:** To have positive outlook, realistic thinking, resilient attitude, and creative approach.
2. **Emotions:** Female should express their emotions to repeat positive emotions and to work towards a health self-esteem.
3. **Social:-** During the stress period female should strive to maintain loving relationship, establish healthy boundaries, stay connected with friends . To set smaller goals that are achievable.
4. **Spiritual:-** This could definitely helps the female to overcome the stressful situation by praying, besides exercise, practicing relaxation techniques i.e Yoga , meditation, listening of music, eat healthy, scheduled leisure time and to get enough sleep (i.e 7 to 9 hours).

CONCLUSION

The COVID-19 pandemic and lockdown is stressful and the body reacts in different ways to

the pressure, especially in women where stress disrupts the normal menstrual period which have the adverse effect on the body of female. This review article is a small step to assess the problem suffered by young females regarding their reproductive cycles in the stressful pandemic situation. This disruption not only effects the quality of life , but can also leads to infertility, endometrial hyperplasia etc.

REFERENCES:

1. Waghacharare VB, Dhumale .GB, Kadam YR, Gore AD: A study of the stress among students of professional colleges from an Urban area in India. Sultan Qaboos University Med.J.2013; 13;429-36.
2. Harlow, SD Ephross SA. Epidemiology of menstruation and its relevance to women's health. Epidemiol Rev.1995;17:265-86.
3. Kudielka BM, Kirschbaum C. Sex difference in HPA axis responses to stress: A review .Biol Psychol 2005; 69:113-32Banikar.C, Chacho MR, Kalder SH.Prevalence and impact of dymenorhea on hispanic female adolescent .Arch Pediatr Adolesc, Med.2000;154: 1226-9.
4. Burnett M .A, Antao V, Black A, Fldman K, Grennlla A. Lea R, et al., Prevalence of primary dysmenorrhea in Canada .J. Obstet Gynaecol Can.2005; 27:765-70.
5. Winder lich ,M. Stress and your Menstrual Period: A Cycle that you can Break .Everyday Health Media; 2013 ,Available from : [http:// www.everyday- health .com/pms/managing - stress - during - pms.aspx](http://www.everyday-health.com/pms/managing-stress-during-pms.aspx). [Last accessed on 2012 June].

AJMHR is

- Peer reviewed
- Monthly
- Rapid publication
- Submit your next manuscript at info@ajmhr.com

