Menstruation occurs monthly for most women. During menstruation, the body sheds the lining of the uterus, which is then passed through a small opening in the cervix and out through the vaginal canal. This comes off as blood. When pregnant though, the shedding does not occur as the uterus lining is holding the unborn baby.

Menstruating for many women can be a painful experience. Many women miss out on their day to day activities because they are bedridden. Pain and discomfort is often felt in the lower abdomen accompanied by backache. Many women experience nausea and diarrhea as well.

It is advisable to see a gynecologist for this matter because at times there could be an underlying serious matter like fibroids or endometriosis. If the pain is menstrual related, then there are some tips you can follow to relieve the pain and make you comfortable.

Medicate: It is advisable to take pain killers to relief the pain. Painkillers like buscopan or paracetamol can be extremely helpful. See your doctor if you feel you need a stronger medication