

## Pain of the Woman and Medical Treatment based on Western Medicine

Nobuyuki Otsuka

*Hotal Ancient Medicine Research Institute (HARI)*

*3-2-1 Hotarugaike-nakamachi, Toyonaka, Osaka, 560-0033 Japan*

*E-mail: nj00ot@kmj.biglobe.ne.jp*

Keywords: menstrual pain, dysmenorrhea, premenstrual syndrome, functional dysmenorrhea, oriental medicine

Abdominal pain in females is derived from the uterus, oviduct, ovary, etc. There are menstruation related, pregnancy related, infectious disease related, tumor related etc. Menstrual pain is recognized in many women. Menstrual pain continues from the onset of menses to menopause. Menstruation is affected by follicle hormone (estrogen). Because the women of the last century were prolific, the number of times of menstruation in their lives was about 50 times, but now the number of menstruation has increased to 450 because the number of pregnancies has decreased. As a result, problems related to menstruation became obvious.

In the ovary, follicle hormone works to promote ovulation. After ovulation, when the ovum is transported to the uterus through the oviduct, luteinizing hormone (progesterone) is secreted, thickening the entire endometrium and preparing for pregnancy. When a fertilized ovum gets implanted, it gets pregnant as it is, but when not implanted, the endometrium finishes its function and comes out together with blood to the

outside of the body. At this time, prostaglandin is secreted, which promotes contraction of the uterus. This prostaglandin is the source of pain, and when secretion increases too much, the contraction of the uterus becomes stronger, and the pain is felt with congestion around the uterus and congestion. Symptoms of menstrual pain are the largest one day before menstruation, and there is aura from 2 to 3 days ago.

As the influence of hormones is well understood, treatment based on western medicine on women's pain has advanced. However, postmenopausal pain remains, despite the hormonal effect is not as pronounced as before premenopause. After menopause there is a placebo effect, suggesting that the spiritual aspect is very large. Therefore, with regard to the mental aspect, care from the perspective of psychosomatic medicine is important in Western medicine. In addition, it seems to be meaningful to implement mental treatment based on oriental medicine.

On the other hand, the spiritual aspect of functional dysmenorrhoea without disease is the area where oriental medicine is effective and it has been shown that it is effective based on scientific analysis. In particular, the oriental medicine approach to functional dysmenorrhea becomes important. With respect to postmenopausal western medicine approach has a limit, so it is necessary to increase cases by cooperation between acupuncturist and medical doctor.

Hormonal pain is generated in women. Recently, as the lifestyle changes, the chances of causing pain are also considered to be increased. Concerning the economic effects of menstrual pain, menstrual pain control is required. Advances in medicine evolve hormonal agents. For symptomatic relief, it is necessary to think more actively about the administration of hormonal agents. Meanwhile, the mental aspects of postmenopausal and functional dysmenorrhea are regions where oriental medicine is effective, not only hormonal agents but also oriental medicine approaches are important.

[1] Sae Uchida et al., Toyo Therapy Association edited Textbook Physiology 3rd edition.

[2] Chikae Tadokoro, "An overview of women's pain", The Japan Society of Acupuncture and Moxibustion, , Kinki branch training A course, September 14, 2014, Osaka.

(Received 17 September 2014)



Dr. Nobuyuki Otsuka

He graduated from Tohoku University in 1985 and completed the first half term of doctor course of Tohoku University graduate school in 1987. He was awarded doctor degree in 1997 from Tohoku University.

He established Hotal Ancient medicine research Institute (HARI) in 1999. Now, he is enrolled at Meiji school of oriental medicine from 2014. He is engaged in research on oriental medicine such as traditional Chinese medicine, acupuncture and moxibustion, qigong etc.