



Scientia Research Library

ISSN 2348-0416

USA CODEN: JASRHB

Journal of Applied Science And Research, 2025, 13 (1):24-27

<http://www.scientiaresearchlibrary.com/archive.php>

PERIOD FLU

MRS. JISHA YOHANNAN

ASSISTANT LECTURER, T JOHN COLLEGE AND SCHOOL OF NURSING

ABSTRACT

The term "period flu" encompasses a variety of symptoms that medical professionals often classify under premenstrual syndrome (PMS).

Keywords: period flu, pre-menstrual symptoms, menstruation, hormone, influenza virus, adenomyosis, endometriosis

INTRODUCTION

Have you ever experienced fever, cold symptoms, severe body aches, headaches, or fatigue around the time of your period? You're not alone—many women report experiencing similar symptoms, often referred to as "period flu". Despite the name, it's not caused by the influenza virus and isn't contagious. It's a term used to describe the physical discomfort that can accompany hormonal changes during menstruation.

Meaning:

"Period flu" encompasses various symptoms that can accompany premenstrual syndrome (PMS), such as fever, cold-like symptoms, severe body aches, headaches, and fatigue. While it shares a resemblance to flu-like discomfort, it is not caused by the influenza virus and is not contagious.

Causes:

- ❖ **Hormonal changes:** Shifts in hormone levels, such as a decrease in estrogen and an increase in progesterone, can trigger inflammation and activate an immune system response.
- ❖ **Nutritional Deficiencies:** A deficiency in essential vitamins and minerals like vitamin D, iron, zinc, or magnesium can lead to symptoms such as fatigue, headaches, and muscle aches.
- ❖ **Stress:** Stress can impair the immune system, increasing vulnerability to infections and other health problems.
- ❖ **Infections:** The common cold serves as a prime example of an infection that can worsen menstrual symptoms and contribute to period flu.
- ❖ **Autoimmune Disorders:** Women with lupus or rheumatoid arthritis often experience inflammation in their bodies as a result of compromised immune systems.

- ❖ **Allergies:** Allergies to certain foods or substances may lead to menstrual flu-like symptoms, including nausea, headaches, and general weakness.
- ❖ **Endometriosis:** This condition occurs when tissue resembling the uterine lining develops outside the uterus, causing symptoms such as heavy and painful periods, bloating, and fatigue.
- ❖ **Adenomyosis:** This condition arises when the uterus invades the muscle wall, often resulting in intense menstrual bleeding and painful cramping.
- ❖ **Thyroid Disorders:** Hormonal imbalances caused by both hypothyroidism and hyperthyroidism can lead to symptoms like a fever before menstruation and period-related illness.
- ❖ **Medications:** Medications like pain relievers or birth control can sometimes produce flu-like symptoms, such as a sore throat before menstruation, shivering, muscle aches, and more.

Symptoms:

- **Sore throat before period:** Hormonal fluctuations affecting the immune system can cause a sore throat in the days leading up to menstruation.
- **Fever before menstruation:** A low-grade fever after ovulation is a common symptom of period flu.
- **Fever and chills during period:** Period flu may cause chills and a cold, shivery feeling during menstruation.
- **Period sickness:** Symptoms such as nausea, fatigue, and dizziness can create a general sense of being unwell while menstruating.
- **Headaches:** Hormonal changes during menstruation may lead to headaches, a frequent symptom of period flu.
- **Muscle aches and joint pain:** Pain in muscles or joints can make daily tasks more challenging during menstruation.
- **Digestive issues:** Menstrual flu can trigger bloating, diarrhoea, or constipation.
- **Skin breakouts:** Hormonal shifts can cause frustrating skin breakouts during menstruation.
- **Mood swings:** Hormonal fluctuations can lead to mood changes, ranging from irritability to anxiety or depression.
- **Insomnia:** Sleep disturbances are common for women dealing with menstrual flu

How long it last:

Period flu episodes usually last no longer than two weeks, with symptoms appearing after ovulation during the final two weeks of a typical 28-day menstrual cycle. These symptoms tend to subside once menstruation begins and resolve completely by the end of the period.

This condition ceases permanently at menopause, as menstruation comes to an end.

Treatment: Home Remedies

- Engaging in self-care can help alleviate period flu symptoms, with prioritizing adequate sleep being an essential starting point.
- Over-the-counter (OTC) pain relievers like ibuprofen or aspirin can help alleviate aches

and pains.

- Maintaining hydration by consuming ample water and fluids like tea can help alleviate menstrual flu symptoms, including headaches and bloating.
- Heat therapy can be used to ease muscle pain and cramping by applying warmth to the lower abdomen or lower back.
- Engaging in gentle activities like walking or yoga can ease physical symptoms while also reducing anxiety and stress.
- Throat lozenges or saltwater gargles can provide relief from the discomfort of a sore throat before menstruation, particularly when the pain intensifies at night.
- To manage fever and chills during your period, keep yourself warm by dressing in layers and staying cozy.
- Using a humidifier can add moisture to the air, helping to soothe a dry or irritated throat and ease discomfort.
- Making dietary adjustments can help reduce premenstrual discomfort. These changes may include:
 - Opting for smaller, more frequent meals to maintain steady blood sugar levels.
 - Incorporating whole grain foods like whole grain bread, brown rice, and beans into your diet.
 - Consuming calcium-rich foods, such as yogurt and green leafy vegetables.
 - Including foods high in polyunsaturated fatty acids, such as fish, nuts, and flaxseeds.
 - Reducing the intake of fat, sugar, and salt.
 - Avoiding alcohol, caffeine, and tobacco.

When to see a doctor?

If lifestyle adjustments are ineffective, and particularly if symptoms are getting worse, consult a healthcare provider to assess whether a more serious underlying condition may be present.

Prevention:

- **Exercise regularly:** Physical activity can alleviate period-related discomfort such as cramps, depression, and fatigue.
- **Eat healthy foods:** Opting for nutritious choices in the two weeks before your period can help reduce PMS symptoms. Minimize intake of alcohol, sugar, salt, and caffeine.
- **Quit smoking:** Studies show that smoking exacerbates PMS symptoms and is linked to irregular periods and early menopause. Consult a healthcare provider for support with smoking cessation.
- **Get enough sleep:** Aim for at least seven hours of sleep each night to prevent mood swings, depression, and anxiety. Sleep deprivation can also lead to food cravings, overeating, and headaches.
- **Increase calcium intake:** Calcium can reduce PMS severity. Consider taking supplements or incorporating calcium-rich foods like yogurt and green leafy vegetables into your diet.

- **Take vitamin B-6:** Vitamin B-6 can relieve period-related symptoms such as mood changes, bloating, and irritability. It is available as a supplement or in foods like poultry, fish, fruits, and potatoes.

CONCLUSION

Period flu refers to a collection of symptoms that some individuals experience in the days leading up to menstruation. These symptoms are linked to hormonal fluctuations during the menstrual cycle and can include body aches and fatigue, which may resemble the onset of the flu.

While period flu is not contagious like influenza, it can still cause significant discomfort.

Most symptoms can be managed through self-care, dietary adjustments, and over-the-counter medications. However, consulting a doctor may be beneficial if period flu disrupts daily activities or becomes difficult to handle.

REFERENCE

- [1] What Causes Period Flu? What Are the Symptoms and Treatments? 26 Feb. 2021, <https://www.medicalnewstoday.com/articles/period-flu>.
- [2] Sreenivas, Shishira. "What Is Period Flu?" WebMD, <https://www.webmd.com/women/pms/period-flu> . Accessed 2 Apr. 2025.
- [3] Period Flu – 10 Main Symptoms and Causes | Comprehensive OB/GYN of the Palm Beaches. 27 Mar. 2023, <https://www.toplinemd.com/comprehensive-obgyn-palm-beaches/period-flu-10-main-symptoms-and-causes/>.
- [4] "Period Flu: Why You Feel So Bad Before Your Period." Healthline, 29 July 2019, <https://www.healthline.com/health/period-flu>.