

Study of Pain Management by Practice of Yoga, Psychology and Naturopathy for Dysmenorrhea in Girls Aged 12 to 18 Years

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Abstract: *Dysmenorrhea is a medical term for painful menstruation, affecting a significant percentage of adolescent girls. It is categorized as primary (without an underlying medical condition) or secondary (due to an underlying pathology such as endometriosis or fibroids). Girls aged 12 to 18 are particularly susceptible to primary dysmenorrhea during the early years of menstruation.*

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