



An open clinical trial of Mefenamic Acid in Primary Dysmenorrhoea of Medical Students of Sylhet MAG Osmani Medical College, Sylhet

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- Mefenamic acid was selected for this clinical trial because of its pronounced inhibitory action on prostaglandins and the low incidence of mild side effects, as compared to the earlier aspirin-like substances.
- It involved 45 unmarried female with primary dysmenorrhea and moderate to unbearable pain during menstruation received 250 mg Mefenamic acid every 12 hourly for 5 days (5 days in a month, from two days before the menstruation until the first three days).
- The severity and duration of pain were graded using the Visual Analog Scale (VAS) and the Cox Menstrual Symptom Scale (CMSS) before to treatment, with significant differences observed between the scores ($p < 0.001$).
- Mild adverse effects like heart burn (31.1%), nausea or vomiting (24.4%), and dizziness (2.2%) were recorded, however there was no discontinuation of medicine needed.

Mefenamic Acid is effective and safe in primary dysmenorrhea.

