

LIBRACIN NATURAL MEDICINE IND. LTD

SCANTY MENSURUATION

CAUSES & NATURAL REMEDY



Dr. Bestman Anyatonwu

MEANING

Scanty menstruation, otherwise known as Hypomenorrhea, is a condition in which a woman suffers from very scanty discharge during her menstrual periods. The duration of the menstrual period may also become shortened as a consequence of this problem. Women suffering from this problem also commonly experience vaginal spotting during their periods. Hypomenorrhea is the reverse of the more common problem of excessive menstrual discharge faced by many women. In some women, the problem may be hereditary and it may be found upon investigation that other female members of their family, like mother and sister(s) also have a history of hypomenorrhea.

It is also possible that the problem lies in the constitution of the endometrial vascular tissues. In a few cases, the problem results from the fact that the area of the surface within the reproductive tract from which bleeding takes place during the menstrual period is itself restricted. This could be the consequence of a previous surgery conducted on the uterus or any other reproductive organ. However, if there is some irregularity in the hormonal activities in the ovaries, chances are that the person would experience irregular periods rather than scanty flow of blood during the periods. Women nearing menopause are more susceptible to hypomenorrhea than their younger counterparts. This is because the female reproductive tract begins to produce a thinner lining of cells and blood during the menstrual cycle as the body grows older, resulting in decreased menstrual flow during periods. The production of hormones also becomes erratic at this stage, causing ovulation to become irregular and leading to scanty flow during the menstrual period. Hormonal imbalances caused by an excessive production of androgens in the body, an underactive thyroid gland, prolonged and regular consumption of contraceptive pills may also cause the endometrial muscles to gradually become inactive and may lead to scanty menstrual flow. A high level of insulin and/or prolactin in the bloodstream may also be responsible for the symptoms of hypomenorrhea. Deficiency of essential nutrients in the diet caused by extreme dieting may also lead to hypomenorrhea. Emotional turmoil and mental stress may also add to the problem.

CAUSES

Surgery, Hereditary, Hormonal Imbalance, High level of insulin in the blood, Nutritional Deficiency, Emotional Turmoil, Mental Stress.

Other cause of hypomenorrhea is intrauterine adhesions, a condition termed as Asherman's syndrome, of which scanty and short menses is only the outward manifestation. Ultrasonograms, blood tests and MRIs are standard medical procedures followed to diagnose this condition.

The body to eliminate abnormal toxins uses abnormal discharge, but this discharge can become abnormal when there is a bad-eating habit because of the modern western diet; where discharge problems have been quite common.

HERBAL REMEDY

Libracin herbal tea alternatives like:

- A. Phyl Fresh <https://libracin.com/product/phyil-fresh-herbal-tea>
- B. Aloe Vera <https://libracin.com/product/aloe-vera-plus-vernonia-bitters-sp/>
- C. Phyto Bliss <https://libracin.com/product/phyto-bliss-herbal-tea>
- D. Bitters <https://libracin.com/product/bitters-of-green-herbal-tablet-sp/>
- E. Multi Herbal Tea <https://libracin.com/product/multi-herbal-tea>
- F. Bounty <https://libracin.com/product/bounty-herbal-tea>





CONTACT US



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enriching lives for better

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BRANCHES

LAGOS:

OSHODI:

447, 2nd Floor (back) Agege Motor way,
Bolade Bus stop, Oshodi Lagos State.
09065409970, 08035258845.

SURULERE:

1B Adeniyi Adefloye Street,
Marsha -Kilo Link Road,
Car Wash, Ikate Surulere, Lagos State.
09067687536, 08156811248
09079852695, 08170715107

ABUJA FCT:

KUBWA:

Hadza Plaza,
Opposite Channel 8 Junction,
Kubwa Abuja, FCT.
08104248293, 08060738106

ZUBA:

Shop No B4, Zuba Plaza,
Zuba, Abuja FCT.
09094061768, 09060823886

DUTSEN:

Shop 60/61 MMG Shopping Complex,
1st Gate, Dutsen Alhaji, Abuja FCT.
07068259254, 09060732488

BWARI:

Atanu Plaza, Beside Peace Park,
Opposite Bwari Market, Bwari Abuja FCT.
08138622678, 09065450205

MARARABA:

Fortress Plaza, Shop No. C7 2nd Floor,
Abuja/Kiffi Exp. Way, Sharp Corner,
Mararaba, Abuja FCT.
08100784750, 09060942743

MPAPE:

Ansar Plaza,
Suit No. 109 By Oceanic/Begger Junction,
Mpape, Abuja FCT.
08066745186, 09064999439

KURUDU:

De-Bright Plaza, Kurudu Junction,
By Orozo/Karshi Road, Abuja FCT.
09036188267, 09068730988