Some of us aren’t lucky enough to easily glide through our periods, so it becomes very important to look at ways to cope with it.

**Here are few Do-It-Yourself tips and tricks to get through those days of the month -**

1. **Drink tea**

Drinking atleast 1 cup of tea can provide you with much needed freshness and also help decrease the amount of pain you experience. Chamomile tea, ginger tea, peppermint tea, lavender tea, green tea, lemongrass tea, cardamom tea, are some of the herbal teas you can prefer drinking.

1. **Drink plenty of water**

Drinking 6-8 glasses of water , in addition to make you feel better will also improve your overall health, especially during that time of the month.

1. **Choose your food wisely**

Avoid fatty foods, they have high level of salt content that can impact how bloated you feel and the level of pain that you experience during your periods.

Eat foods which are rich in potassium and vitamins. Also add a lot of iron to your diet like lentils, spinach and legumes. A number of studies have indicated that vitamin E, omega-3 fatty acids, vitamin B-1 (thiamin), vitamin B-6 and magnesium supplements might reduce menstrual cramps.

1. **Use a heat patch**

Applying heat to your lower abdomen and lower back can help relax the muscles of your uterus.

Heat can also boost circulation in your abdomen which can reduce pain.

1. **Exercise**

Low-to-medium intensity aerobic exercise/Yoga can do wonders for you, it can help reduce pain caused by period cramps. You can easily fit an aerobic workout into your schedule, like dancing on your favorite song, take a short walk , biking to reach your workplace, etc. Doing regular exercise can help you in the long run as well.

1. **Reduce stress**

Psychological stress might increase your risk of menstrual cramps and their severity.

1. **Soak in a tub**

Soaking in a warm bathtub is another way to surround your pelvic muscles with the warmth they need to relax

You can enhance the pain-relieving power of a good soak by adding a few drops of essential oils — like lavender, sage, or rose — to your bathwater. Try to relax in a warm bath for at least 15 minutes to get the most benefits from it.

**Here are some best medications to relieve painful menstrual cramps—**

1. Take Over-the-counter (OTC) anti-inflammatory medications which include -

* **Ibuprofen (Advil, Motrin)**
* **Ketoprofen (Orudis)**
* **Naproxen (Aleve, Naprosyn)**

Available without a prescription and are effective at blocking the effects of prostaglandins.

1. **Panadol Woman** - Period cramps tablet can be an effective option in period pain treatment.
2. **Paracetamol** - Soothes pain
3. **Hyoscine butylbromide**- Calms muscle cramps.