

# **How to Manage the Period Cramps**

Many women experience abdominal or pelvic pain at the beginning of the menstrual cycle. For the quick treatment usually people go for the home remedies that can help to deal with the menstrual cramp. But in severe pain cases, you must visit your doctor. During these periods, the uterus contracts to squeeze the lining to create a distance from the uterine wall and allow this to make an exit from the vagina. These contractions result in pain and discomfort.

## **Home Remedies to Deal With Menstrual Cramps:**

Below are some of the remedies that can be helpful to deal with the menstrual cramps:

### **Apply Heat to the Abdomen:**

One of the easiest ways of dealing with the cramps is to place a hot water bottle or pad against the abdomen that helps the muscles to relax & relieve cramps. Placing a water heat pad helps the uterine muscle and areas near it to relax and it also eases discomfort and cramping. To get rid of back pain you can also use the heating pad on the lower back.

### **Engage in Gentle Exercise:**

Exercise is also an amazing thing that can be used when a woman has cramps. This will help to provide pain relief. But try not to do a hard workout if a woman is in a bit of unbearable pain. Gentle stretching, yoga and walking are the best exercising options for this. Exercise releases endorphins that are considered to be a natural defense system against natural pain.

### **Massage the Abdomen:**

Another best home remedy is to massage the abdomen. By doing this you will feel relief in menstrual cramping. All you need is to gently rub a massage oil or lotion into their skin to get relief from pain.

