

Welme: Menstrual Pain Relief Device

Mrs. Patil Rupadevi^{1*}, Mrs. Rajeshwari S Kambi²

¹(PG) Nursing Tutor Department of OBG Nursing BLDEA'S SBMPINS Vijayapur

²(PG) Nursing Tutor Department of OBG Nursing BLDEA'S CON, Jamkhandi

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*Corresponding author: Mrs. Patil Rupadevi

(PG) Nursing Tutor Department of OBG Nursing BLDEA'S SBMPINS Vijayapur

Abstract

Menstrual pain is universal problem in woman Reducing or cutting should welme device can help alleviate *cramps* and decrease tension. pain-relief device effectively intercepts pain signals by stimulating nerves, all without any unwanted side effects. By encouraging the release of endorphins, the body's natural pain-relievers, Welme not only alleviates period discomfort but also uplifts the overall mood.

Keywords: Pain, stress, mind, body, Welme.

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INTRODUCTION

Menstrual pain or period pain generally known as dysmenorrhea is a universal problem. In a country like India where even talking about menstruation is a taboo, some girls silently go through the pain, some consume chemically loaded medicines while others blend whatever is available in the kitchen to cope with it. In today's modern world, many best companies are coming forward with solutions for it.

Menstrual cycles characterized by intense and recurring pain and discomfort are referred to as crampful periods. The root cause of painful period is often abnormal uterine contractions. This condition can affect any women, potentially beginning with her initial menstrual cycle and possibly persisting throughout her life. It could emerge later in life due to a pre-existing condition like fibroids or endometriosis.

Researchers indicate that using heat packs, NSAID painkillers, certain foods, good sleep, and physical activities such as jogging, yoga and other exercises alleviate menstrual discomfort. However, these devices based on TENS technology can be a trusted savior.

What is Welme-Menstrual Pain Relief Device?

Welme, clinically tested and scientifically proven menstrual pain relief device works on transcutaneous electrical nerve stimulation (TENS) therapy. It helps women of all ages groups get relief from

menstrual cramps, backache and abdominal pain. It is free from drugs, chemicals and side effects.

What is TENS Technology?

TENS (transcutaneous electrical nerve stimulation) is a risk-minimal, and noninvasive technique that can be self-administered through a device to decrease the menstrual pain. The electrical impulses from this TENS block the pain signals reaching the brain while relaxing muscles and relieving pain. It reduces the need for painkillers and enhances the life quality in women suffering from menstrual pain.

How does TENS work?

TENS may alter prostaglandins in menstrual fluid and boost circulation, which indirectly leads to pain relieving effects. Stimulating the sensory nerves is a potent method to evoke the release of the beta-endorphin hormone that fosters relaxation. TENS employs calming pulses transmitted through the period pain relief device into the skin and through the nerve paths. These pulses inhibit pain messages to the brain.

Benefits of TENS Technology

1. Instant relief

Once the device is turned on and correctly placed, the electric signals excite the nerves, initiating the production of endorphins, which can ease the discomfort. The release of endorphins can aid in reducing pain and impart a feeling of comfort.

2. Long lasting relief

The length of time for which pain relief persists after utilizing a TENS unit differs among individuals. The extent of relief can differ based on the individual and the intensity of the pain, but regular and prescribed use of the device can help maintain relief throughout the menstrual cycle.

3. Drug free

This device provides a non-pharmaceutical method for dealing with menstrual discomfort.

4. Non-invasive

This device doesn't need any invasive techniques or injections, making it non-invasive. Invasive processes are painful and risky and may cause adverse reactions. TENS devices like Welme's period kit offer a non-invasive way to alleviate menstrual discomfort and relieve pain that halts daily routine.

5. Easy to Use

This device is made to be easy to operate. The device features intuitive controls and comes with clear guidelines and instructions, making it easy for users to operate.

6. Portable

Welme device is typically small and easy to transport, enabling users to bring it along wherever they journey.

7. Cost-effective

In comparison to the continuous expenses of medication or other invasive treatments, using a TENS device can be a financially sensible option. After buying the device the only recurring expense is the periodic replacement of the electrodes.

8. Safe

The TENS unit is a popular and trusted method for managing pain, recognized for its safety when used correctly.

9. No-side Effects

TENS is generally a risk free therapy for the majority of individuals, with no adverse reactions. Certain individuals might have allergies to the pads, causing skin redness and irritation. If such things occur, it might be necessary to temporarily stop using the TENS device.

10. Highly effective

TENS has proven to be efficient in managing various pain types, including menstrual discomfort. A lot of users have reported substantial pain reduction and enhanced comfort while using TENS devices for menstrual cramps.

How to use Welme Device

- Attach the device to your waistband
- Position the pads on pain points.
- Click the power button to "on" the device.
- Adjust the intensity by clicking (+) and/or (-) signs.
- Enjoy pain relief from period cramps.



CONCLUSION

TENS technology is considered to be very effective in managing and treating the menstrual cramps. It is free from the side effects of medications, and gives quick pain relief from the period pain.

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