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## **EFFECT OF COVID 19 VACCINATION ON MENSTRUAL CYCLE : cross- sectional observational study On MEDICAL & NURSING STUDENTS**

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Background : Post COVID vaccination complications are new speculated health problems and its effects on reproductive system and on menstrual cycles are yet to be studied .

Changes in menstrual cycle has been speculated due to increased stress , changes in weight and sedentary lifestyle during COVID 19 pandemic and COVID 19 vaccination

Objective-

To observe and estimate alteration in various menstrual patterns in female medical and nursing students of PCMS & RC who have received COVID 19 vaccination .

Methodology

-An observational cross sectional study on medical and nursing student of PCMS & RC

-Through predesigned questionnaire students were assessed for the status of their vaccination and its effects on menstrual cycle.

Result :

After detailed questionnaire evaluation , it was observed that out of 243 participants approximately 40 % belongs to 21- 25 year of age ,most of them (90 % ) were vaccinated with COVISHIELD vaccine , and remaining with COVACCINE vaccine , 75 % had received 2 doses of vaccine , approximately 82 % of them had reaction after vaccination and 20 % of participants also suffered with COVID 19 infection , final observation was that 12.3 % had alteration in amount of menstrual flow per day , 12 % had changes in duration of menstrual cycle and 14 % had changes in frequency of menstrual cycle after covid 19 vaccination .

Conclusion :

Through the studied we have observed that significant number of students (approx. – 12 to 14 % ) had alteration in menstrual cycle after COVID 19 vaccination , however the study is limited due to small number of participants , so further prospective study need to be conducted at broader level .

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