



Mefenamic Acid: Pharmacological Profile, Clinical Applications, and Emerging Therapeutic Perspectives with Special Reference to Dysmenorrhoea

Gulafshan Fatima, et al. Scholastic Medical Sciences, Vol. 3 Issue. 3 Mar'26.

- Mefenamic acid (MFA) is an anthranilic acid derivative belonging to the fenamate class of non-steroidal anti-inflammatory drugs (NSAIDs). It is widely used for the management of mild to moderate pain, particularly in dysmenorrhea. Despite its long-standing clinical use, its physicochemical limitations, short half-life, and emerging therapeutic applications warrant renewed attention.
- This review summarizes the pharmacological characteristics, mechanism of action, pharmacokinetics, clinical indications, contraindications, and recent randomized controlled trials (RCTs) evaluating its role in dysmenorrhea. Additionally, emerging evidence regarding its neurological and adjunctive oncological applications is discussed.
- Mefenamic acid remains a well-established NSAID with proven efficacy in dysmenorrhea and other pain conditions. Its mechanism of action through COX inhibition underpins its analgesic and anti-inflammatory properties.
- Emerging literature suggests potential roles in: Schistosomiasis treatment, Depressive symptom modulation, Cognitive impairment disorders, Adjunctive therapy in castration-resistant prostate cancer. However, these applications require further clinical validation.

Emerging evidence suggests broader therapeutic potential, although robust clinical trials are required. Improved drug delivery strategies may further optimize its clinical utility.

