
Herbal Remedies For Premenstrual Syndrome(PMS) and Menopause

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Abstract:

The woman's reproductive experience begins with menarche, extends through fertility for twenty to forty years, enters the climacteric (including perimenopause), and finally the reproductive experience ends with menopause. During menstrual cycle many women experience with Premenstrual syndrome which occurs during the luteal phase. Both the conditions are due to altered estrogen and progesterone ratio. These conditions can be treated with vitamins and hormonal supplements, but it has lot of side - effects due to hormonal replacement therapy. Many complementary and alternative therapies like herbs are useful for relieving premenstrual and menopausal symptoms.

Key words: *Premenstrual syndrome, Menopause, Complementary and Alternative therapies, Herbs*

INTRODUCTION:

Premenstrual syndrome(PMS) is a complex, poorly understood condition that includes a number of cyclic symptoms occurring during the luteal phase of the menstrual cycle. Estimates of the number of women with some degree of problems related to their menstrual cycle range from 20% to 95%, with about 2% to 10% of women reporting some degree of disruption of their daily activities (Cronje & Studd,2002)¹

Menopause is the physiological experience of the cessation of the menstrual cycle. Specifically, perimenopause is the time leading up to menopause, with women experiencing decreased estrogen, decreased

progesterone, fewer eggs produced, less endometrium, shorter and more erratic cycles, and the end of ovulation.²

Symptoms

The symptoms are broadly classified in to Psychological & Physical.

Psychological symptoms are anxiety, depression, irritability, mood swings, increased appetite, aggression, fatigue, forgetfulness, sleep disorders, and phobias. Physical symptoms are abdominal bloating, edema, weight gain, constipation hot flashes , breast pain, headache, acne, rhinitis, and palpitations.³

Symptoms of Menopause:

The important symptoms and the health concerns of menopause are vasomotor

Herbals For Premenstrual Syndrome(PMS) and Menopause

Symptom	Name of the Herb	Action
Menopausal symptoms	Black cohosh	Bind estrogen receptor, inhibits Luteinizing Hormone secretion and nonreceptor-mediated actions
Premenstrual syndrome	Chaste tree fruit	Alters Follicular stimulating hormone and Luteinizing Hormone levels; increases progesterone levels
Sleep disturbances	Lemon balm	Tranquilizer/ sedative
Impaired concentration	Ginkgo	Stimulates circulation and oxygen flow
Fatigue, loss of concentration	Ginseng	Uterine Stimulant
Anxiety, Insomnia	Passion flower	Sedative
Depression	St.John'swort	Antidepressant
Nervousness	Valerian	Sedative
Women's discomforts	Dong quai	Uterus stimulant, analgesic
Reduces LDL cholestral	Flax seed	Phytoestrogen
Menopausal symptoms	Red clover	Phytoestrogen
PMS & Menopausal symptoms	Fennel & Fenugreek	Phytoestrogen and rich in calcium
Menopausal symptoms	Wild Yam	Phytoestrogen
Muscular cramps	Palm jaggery	Rich in Vit.B, zinc, & Magnesium.

These herbs can be taken in the form of powder, tea, decoction, or in tonic. It can be taken as a single herb based on the symptoms or as combined herbs also. Herbal preparations have long been used for management of menstrual problems and menopause. So, education is an important component of the management of PMS and menopause. Nurses can advise women that self-help modalities often result in significant symptom improvement.^{6,7}

Conclusion:

Alternative and complementary therapies are beneficial in relieving discomforts associated with menstrual disorders and menopause. Nurses should be aware of the availability of natural remedies for PMS & menopausal symptoms and be knowledgeable about the indications for alternative therapies so that clients can be counseled appropriately.

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