

## PMS (Premenstrual syndrome)

### What is premenstrual syndrome?

Premenstrual syndrome (PMS) is a condition that affects a woman's mental as well as physical health and behaviour during certain days of the menstrual cycle, generally just before her menses.

PMS is a very common condition. For most women, PMS is not a big deal -- But for others, the days before their period are harder. Its symptoms affect more than 90 % of menstruating women.

PMS symptoms start about 5 to 11 days before menstruation and typically go away once menstruation begins. At times it becomes a point of major concern when onset of PMS is observed as long as even about 2 weeks before the menstrual cycle.

A small number of women may experience more severe symptoms of PMS known as premenstrual dysphoric disorder (PMDD).

### Symptoms of PMS-

PMS is a group of changes that can affect a woman at physical as well as mental level. Each woman's symptoms can differ and can vary from month to month.

The list of potential signs and symptoms for premenstrual syndrome is long, but most women only experience a few of these problems.

### Physical Symptoms:

- Breast tenderness.
- Headache.
- Fatigue.
- Muscles or joint pain.
- Abdominal bloating.
- Low backache.
- Constipation/diarrhoea.
- Weight gain because of fluid retention.
- Flaring up of acne.
- Spotty skin.
- Greasy hairs.

### Symptoms at mental level

- Anxiety.
- Mood swings.
- Irritability/anger.
- Feeling low/depressed.

- Food cravings.
- Poor concentration.
- Social withdrawal.
- Crying spells.
- Change in libido.
- Insomnia

Women with other health problems may find that those problems worsen before their period. For example, symptoms of health issues such as migraine, asthma and allergies may worsen during PMS.

The causes of PMS have not yet been pointed out based on any studies, but several factors may contribute to the condition.

### Cyclic changes in Hormone-

Many experts believe PMS happens in response to changing levels of the hormones-oestrogen and progesterone.

### Chemical changes in brain-

Many believe PMS relates to the chemical changes in the brain.

The neurotransmitters such as serotonin and norepinephrine have several important functions in the body, including helping regulate mood, emotions, and behaviour.

These chemical messengers may also factor into symptoms of PMS.

### Mental health conditions-

Experts have yet to arrive at a conclusive explanation for the link between mental health symptoms and menstruation-related mood changes and PMS. Living with a mental health condition, such as depression or anxiety, could raise chances of experiencing PMS or premenstrual dysphoric disorder (PMDD).

### Lifestyle factors:

Certain habits might affect the severity of symptoms of PMS. Potential lifestyle factors that could worsen PMS symptoms include:

- Smoking, alcohol.
- Wrong food habits.
- A lack of regular physical activity.
- A lack of quality sleep.

### Risk Factors:

- Substance abuse.
- Physical trauma.
- Emotional trauma.
- Dysmenorrhea.
- Major depressive disorder.
- Seasonal affective disorder.
- Generalized anxiety disorder.
- A history of depression or mood disorders, such as postpartum depression or bipolar disorder.
- A family history of PMS.
- A family history of depression.
- Domestic violence.
- Schizophrenia.

# Newsletter



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## Diagnosis-

There are no unique physical findings or lab tests to positively diagnose premenstrual syndrome.

To diagnose PMS, one must confirm a pattern of symptoms to be present about 5 days before a period for at least three menstrual cycles in a row and end within 4 days after a period starts.

## Investigations-

Certain health conditions like Thyroid disorder, PCOD may mimic PMS. So, some investigations can be done to rule out other conditions if needed.

## Why PMS should not be ignored?

A small number of women may experience more severe symptoms of PMS known as premenstrual dysphoric disorder (PMDD). Symptoms of PMDD are similar to PMS but are much more intense and can have a much greater negative impact on daily activities and quality of life. By the time menstrual cycle begins and the woman experiences some relief, it is almost time of initiation of symptoms of PMS again within a week or so. The overall quality of life can go greatly downhill considering the total days of month during which a woman suffers from PMS. It's not only the woman that suffers, her behaviour can have an impact on family, friends and even at workplace. School/college going girls may face absenteeism, lack of attention in studies.

It would hence be wise to seek medical help for PMS as early as possible before it takes charge of your life.

## Our Approach-

At Dyumna women's clinic we offer well studied plan based on our experience of helping large number of women over the years. The causes of PMS have not been pointed out based on any studies. It is believed to be caused due to certain changes in body chemistry around menstrual cycle. Ayurved has its own concepts towards the physiology of body and mind. PMS occurs due to changes in the normal physiology basically caused due to wrong kind of lifestyle and mental stress.

Our approach is understanding you and your lifestyle individually and compose personalised plan for you. Your personalised plan incorporates-

## 1) Medicines-

Personalised medicines are prescribed as per each individual considering various factors such as specific symptoms, lifestyle, & metabolism. Medicines include Rasayanas and herbo-mineral combinations. These are highly specialised and potent medicines in Ayurved which act on deeper level in the body and mind creating equilibrium in the metabolism of the individual. Necessary changes in medicines and it's doses are done as and when required as per individual symptoms during the course of treatment.

## 2) Diet plan-

It is most important aspect in terms of living a healthy life. Quality along with quantity is important. What and when to eat needs to be kept in mind. Meals should be taken at proper timings. Consuming organic food as far as possible is advisable. Stale food should not be consumed. Heavy to digest food such as meat, cheese, yogurt and frozen desserts like ice cream especially at night should be avoided.

## 3) Specialised treatment procedures-

Specialised treatments are chosen on personalised basis from a wide range of procedures like Basti, Virechana, Shirodhara, Nasya, Yoni Dhavan, Yoni Pichu, Uttarbasti. Certain Procedures are advised to a limited age group only. Specialised treatment procedures are found to be of great benefit to display positive results in treating PMS in different aspects such as regulating Menstrual cycle, regulating hormonal levels, reducing inflammation and reducing various symptoms at physical and mental levels.

## 4) Suggestions for exercise, pranayama, and meditation-

Regular exercise and stress reduction techniques such as pranayama and meditation are useful in decreasing nervousness and agitation, help cope better with the psychological effects of PMS as well as reduce symptoms associated with PMS.

The overall treatment plan is to give relief not only from the physical symptoms but also at mental levels.

Team Dyumna would be glad to help you stay fit and fine through all days of the month, irrespective of the menstrual phase which apparently is just a phase!

So ladies, do address your health. Make yourself a priority!

Team Dyumna

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