

Premenstrual Syndrome

Symptoms

The onset of this syndrome is abrupt, generally with a headache which is often accompanied by vomiting. A general feeling of depression and irritability permeate the entire experience. What is worse, these symptoms intensify progressively, making the last day of the PMS the worst.

Treatment

Treatment depends on the severity of the symptoms. Where only mild symptoms are experienced, the problem can be alleviated by a change of routine. Extra work and stressful situation should be avoided. Fluids should be moderately restricted and care should be taken not to add extra salt to the food. The patient's partner and family members should be educated about all the facets of the PMS. The patient should not take any oral contraceptives as these may cause fluid retention and lowering the plasma levels. Hormonal imbalance and infections of the uterus can be helped by a natural diet regimen.

As most women feel tension arising from chronic constipation it is essential to treat this condition first. In constipation, the putrefying faecal matter may be reabsorbed into the bloodstream, and the same blood, if supplied to the brain, will cause gradual enervation. Constipation can be relieved by a lukewarm water enema and liberal intake of seasonal fruits and vegetables and simple fibrous meals.

Other treatment for the PMS include regular cold hip baths for 10 to 15 minutes twice a day. This will reduce congestion and inflammation of the uterus and connected organs. Tension will also be dissipated with this treatment. Hot foot baths followed by a cold compress to the lower abdomen and the inner surfaces of the thighs also help to relieve uterine congestion and tension.

If the cold hip bath is not practicable, a wet girdle pack applied twice a day on empty stomach is very beneficial for clearing up uterine congestion and improving bowel function.

All these statements should be suspended during the menstrual flow.

Diet plays a significant role in preventing premenstrual syndrome. The patient should avoid refined carbohydrates, sugars, coffee, tea, tobacco, other stimulants, oily, fried or spicy food and all meats.

A regular practice of yogasanas, especially those recommended for strengthening the genito-urinary system will be very useful in overcoming premenstrual syndrome. These asanas are bhujangasana, shalabhasana, vajrasana, paschimotanasana, ardhmatsyendrasana and trikonasana. Other helpful measures are brisk walks and abdominal exercises which are good for strengthening the abdominal muscles and pelvic organs.

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Great relief can also be obtained by manipulating the tender points gently, on the big as well as other toes of the feet. Manipulation on the middle portion of the leg foot which relates the uterus and vagina will help to correct the disorder of the uterus.

Mental poise is an important factor. Negative mental attitudes like fear, worry, anger, jealousy, tension and inferiority complex should be eliminated by positive thinking, meditation and good company.

Reference

Shri H.K. Bakhru. (1999). Natures Cure.

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