

Premenstrual Syndrome (PMS)

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ABSTRACT

Premenstrual Syndrome (PMS) is a combination of physical and mood disturbances that occur in the last half of a women menstrual cycle after ovulation which normally end with the onset of the menstrual flow. [1] PMS is a very common problem occurring with the woman's. This research work shows the percentage ratio of the sign and symptoms of the affected individuals. Personal communication was held with the aid of the questionnaire to take the review of the affected individuals. To reduce the PMS symptoms the article shows the treatment and lifestyle modifications of the individuals.

KEYWORDS: Premenstrual syndrome, physical, mental, analyse, signs and symptoms

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INTRODUCTION

Premenstrual Syndrome(PMS) is a combination of physical and mood disturbances that occur in the last half of a woman's menstrual cycle after ovulation which normally end with the onset of the menstrual flow.^[1] The prevalence of PMS was 18.4%. Moderate to severe was 14.7% and PMDD was 3.7% according to DSM IV-TR^[5] and 91.4% according to International Classification of Diseases(ICD), 10th edition criteria.^[4] The study aims to determine the percentage of the sign and symptoms of the patients. The study was conducted in our institute and our local areas in Anand district. Research methodology involves questionnaire and verbal communication with the individuals to gather the data. Research shows graphical representation on premenstrual syndrome. This article provides treatment to overcome the sign and symptoms of the individuals. It's treatment is lifestyle modification in mild and moderate cases, and also medication treatment in severe cases. Different types of exercises are also shown to reduce the PMS condition.

Aims and Objectives:

1. To find out the percentage of the sign and symptoms of the affected woman's.
2. To suggest the treatment to reduce the PMS symptoms.
3. To find out the severity condition of the patient having PMS.

Materials and Methods:

Research involved questionnaire as a material. Questionnaire includes the questions of signs and symptoms which includes emotional and behavioural changes, physical and mental changes. Diagnosis of PMS was based on 4 criteria's.

- A. During the past years, presence of five or more symptoms like emotional and behavioural changes, physical and mental changes before menstrual cycle.
- B. Disturbance markedly interferes with work or social activities and relationship with others.
- C. Exacerbation of the symptoms of another disorder, such as major depressive disorder.
- D. All above criteria must be confirmed by prospective daily ratings.^[2]

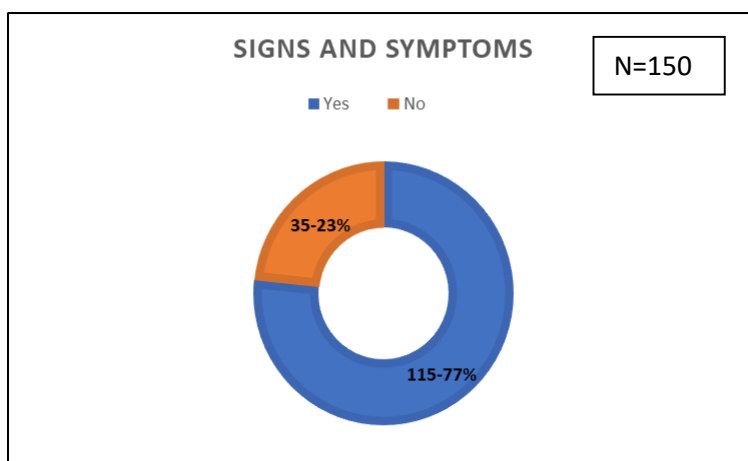
Method involved descriptive graphical analysis to conclude this research work. This analysis method helped to identify maximum and minimum percentage of the sign and symptoms of the PMS.

- Target place: Anand district
- Target people: Woman's from the age of 18 to 35 years
- Total number of Patients: 150

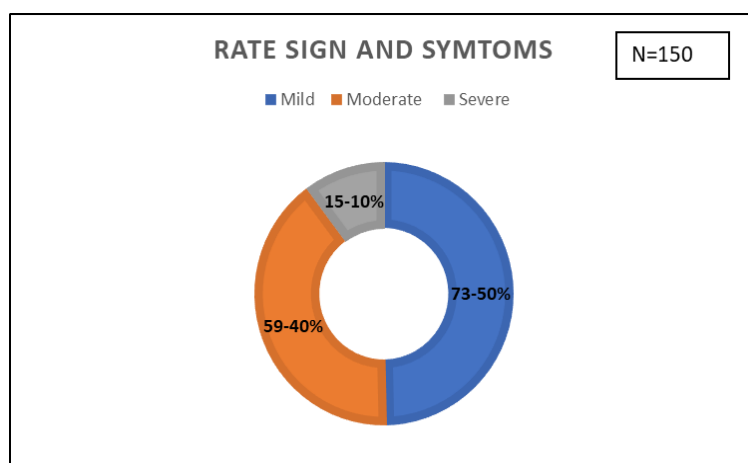
To reduce the PMS signs and symptoms, therapy like lifestyle modifications and certain medications were suggested.

Result and discussion:

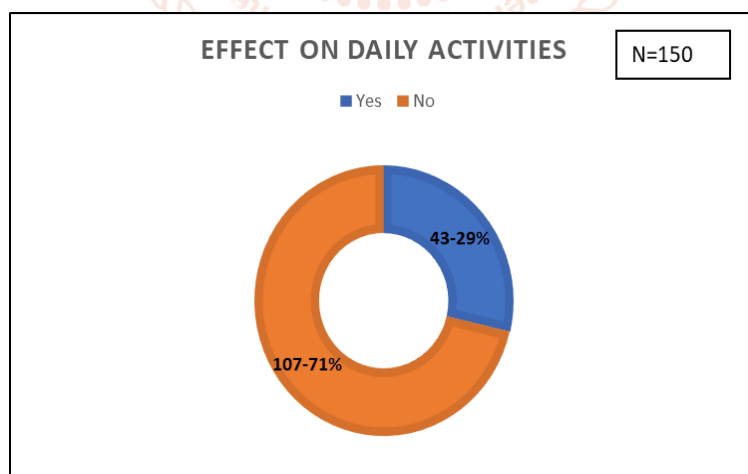
Using the questionnaire the result of the research are given in the following graphs 1,2,3,4 and5:



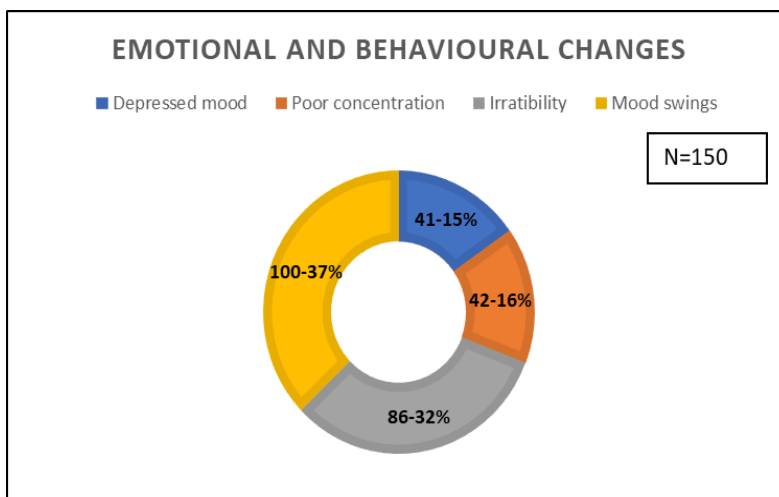
Graph 1: Sign and symptoms



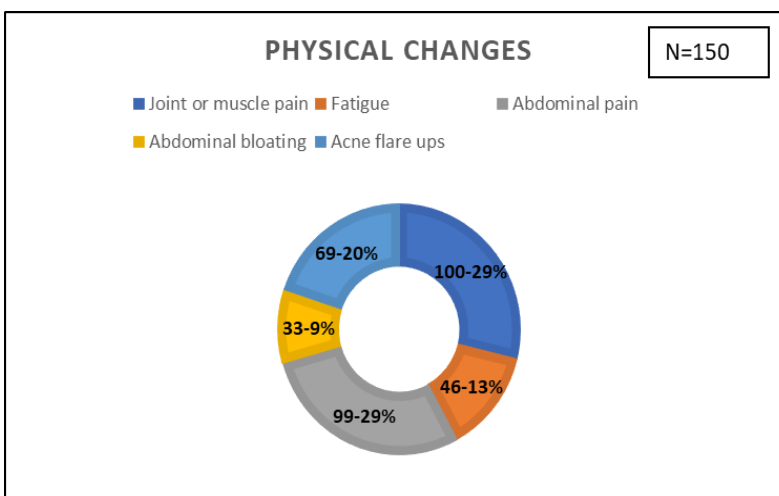
Graph 2: Rate Sign and Symptoms



Graph 3: Effect on daily activities



Graph 4: Emotional and Behavioural changes



Graph 5: Physical changes

Conclusion:

In Anand district, research found that 77% woman's were having PMS sign and symptoms. Out of 77% woman's, 50%, 40% and 10% woman's were having mild, moderate and severe sign and symptoms respectively. Research also showed that 71% woman's were having effect on their daily activities. When research was done on a particular symptoms like emotional and behavioural changes it showed that there was 37% of mood swings, 32% of irritability, 16% of poor concentration and 15% of depressed mood. Likewise of physical changes there was 29% of joint or muscle pain and abdominal pain, 20% of acne flare-ups, 13% of fatigue and 9% of abdominal bloating.

To reduce the sign and symptoms of PMS therapy to the affected individuals were suggested. Initial step was lifestyle adjustments that includes a good diet, exercise and good habits. Modify diet plan and consume fruits, vegetables, cereals, pulses, sweets, deserts, meat, eggs and dairy products. Also reduce stress and Incorporating exercise into regular routine life like do different types of exercises like butterfly, sphinx, child pose, saddle pose, dragonfly, legs up the wall, etc. was suggested.

Medication therapy was also suggested which includes medicines like NSAIDS, Anti-depressants and diuretics. Alternative medicines were also suggested like Nutritional supplements, Phytoestrogenic supplements and Hormone regulating supplements.^[3]

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