
	PREMENSTRUAL SYNDROME: : HOMEOPATHIC APPROACH		
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PREMENSTRUAL SYNDROME: HOMEOPATHIC APPROACH

Premenstrual syndrome is the group of symptoms experienced by menstruating women, 7-10 days prior to the beginning of the menstrual cycle. Symptoms may disappear after 2-3 days of starting menses. It is commonly seen in majority of the menstruating females up to the age of 40 years approximately.

The exact cause of the development of the premenstrual syndrome is not very well known. But, it is found that

- Hormonal changes in the body of the women,
- Psychological health of the women, and
- Insufficient amount of serotonin secreted in the brain and
- History of woman having depression play a very important role in the development of pms.
- Eating habits of a woman also play a very influential role on pms. Eating excessive amount of salty fried and junk food is associated with increased chances of formation of pms.

Symptoms of PMS:

The symptoms vary from one woman to another and not every woman experiences all these symptoms.

- Most common symptoms of PMS are fluctuations in mood, irritability, frequent crying spells, anxiety, depression, sleep disturbance, forgetfulness and lack of concentration.
- At physical level patient may complain of tenderness of breasts, swelling of face, formation of eye bags, swelling over feet, disturbed digestion, formation of acne, increased oiliness of skin and hairs, pain in joints and muscles and fatigue.
- Sometimes, when patient of PMS suffers from extreme anger, irritability, mood swings and crying spells which make the life of patients and their relatives really very difficult is called as Premenstrual Dysphoric Disorder.

Include sprouts & banana everyday in your meals. Avoid junk food & do regular exercise.

Role of homeopathic medicines for the treatment of PMS:

Above given tips are usually enough for controlling the severity of PMS. But, sometimes patients require to be treated with medicines.

Homeopathy offers an excellent solution to manage **PMS**. It aims to fight the condition from the root by improving the hormonal balance. It can successfully reduce the intensity of complaints, shortens the duration of PMS & also helps to improve moods. It also provides relief from associated complaints like acne, weight gain, unwanted hair growth. Hence, it can be said that combination of above recommended lifestyle changes and suitable homeopathic medicines given by an experienced and qualified homeopath can certainly benefit the patients suffering from Premenstrual Syndrome or PMS.

Top Homeopathic medicines for PMS are Calc Carb, Lachesis, Lilium Tig, Pulsatilla, Sepia. etc.