

Premenstrual Syndrome (Masikpalipurva Tanav) and Ayurved Chikitsa

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Abstract

Premenstrual syndrome [PMS](Masikpalipurva tanav) is combination of emotion, physical, psychological, mood disturbances that occur after a women's ovulations, 1-2 weeks before menses start typically ending with the onset of menstrual flow. The symptoms differ for different ages.

Yoga (Asana) in PMS gives emotional, physical, strength. Shatavari is a main ayurvedic rejuvenative for females. Diet is most important part of life. It is one of the most in trayaupstambh therefore "PMS And Ayurvedic chikitsa" of this paper is to aware all women about ayurvedic chikitsa.

Keywords: Premenstrual Syndrome, Symptoms, Yoga (Aasan), Shatavari Churna, Diet.

Introduction

Premenstrual syndrome (PMS) is also called as premenstrual tension. Premenstrual tension is a group of symptoms that arises 1-2 weeks before menses start & usually end with onset of menstrual flow there is high prevalence of PMS. About 80% of women reported mind premenstrual syndrome, 20% - 50%. Reported moderate symptoms, 5% of women had severe symptoms. Despite the high incidence of premenstrual syndrome causes of it have been clear & several etiological have been suggested eg hormonal changes, neurotransmitters, prostaglandins, diet, drug, lifestyles. The benefit of yoga in relieving the symptoms of PMS are countless & difficult to list, yoga are not limited to the physical level, it transonds the body to bring hormones & soul & mind with happiness. Shatavari is the main rejuvenative for female. It is foremost female uterine tonic. Shatavari is good source of phytoestrogens. During changing lifestyles our diet is not good for health. Good diet makes good health.

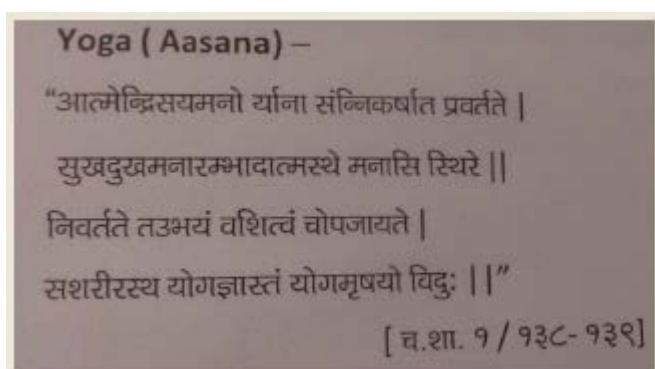
Materials And Methods**Symptoms****Physical symptoms**

- Abdominal cramps
- Bloating
- Breast tenderness
- Headache

- Muscle pain & aches, pain in public region
- Constipation
- Weight gaining

Emotional Symptoms

- Irritability
- Anxiety
- Tension
- Unhappiness
- Depression
- Insomnia | sleep disorder
- Mood swing



Yoga means union of the individual consciousness / soul with universal spirit

Yoga for Premenstrual Syndrome

1) **Baddhakonasana** – (bound angle posture)

- It stimulates abdominal organs, ovaries, bladder.
- It smoothens menstrual discomfort
- It stimulates heart & improve general circulation.
- It helps to relieve mind depression, anxiety, fatigue.

BADDHA KONASANA



2) Bhujangasana – (cobra pose)

- It strengthen & tones the back muscle & tissue along the vertebrae, therefore relieving any tension, aches, & pain in lowerback.
- Relieving the problems related with menstrual cycle & uterine diseases.



3) Vajrasana – (Thunderbolt)

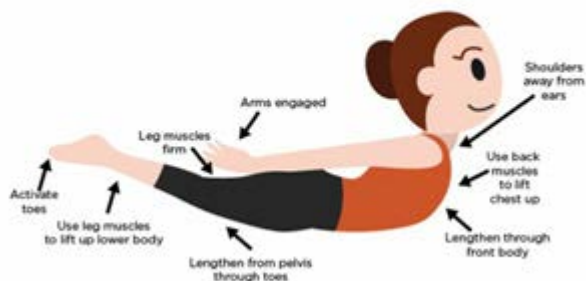
- This is the one of most asana done after taking meal.
- This asana may help in digestive issues like constipation
- It boots blood circulation.
- Reduces anxiety, stress.
- Relax high muscles.



4) Shalabhasan - (Grasshopper pose)

- Reduce fatigue, flatulence
- It reduce lowerback pain, constipation
- It reduce mental stress & tension
- It help to relieve uterine diseases

SALABHASANA



Shatavari

Shatavari churna 2 tsp with 1 glass of warm milk with raw sugar at morning & at bedtime for 3 months. Shatavari is the main ayurvedic rejuvenative for females. It is foremost female uterine tonic

Shatavari –

Gun – guru, snigdha

Rasa – madhur, tikta

Virya – sheeta

Vipak – madhur

Prabhav – rasayan

Dosha karama – vata & pitta

Dhatu effect – rasa, rakta, shuksha

Due to tikta rasa, shatavari has amashayabalya properties, reduce, agnimandya, aatop, constipation. Shatavari is medya, due this property reduce anxiety. It is vedana sthapak. It is rasayana for pitta for the female reproductive system & for the blood. As pitta dosha moves in blood & aarthavahastrotas, menstrual channel. The cycle is often upset by irregularities. Involving excess heat. Shatavari both nourishes & cleanses the blood & female reproductive organs.

Diet – “आहार संभवं वस्तु रोगारवाहारसंभवं: |”
[च. सु. २८ - ४५]

- Increase intake of lukewarm water.
- Don't skip breakfast & meal.
- Avoid salty, spicy, oily food.
- Take whole grains, fruits, vegetables.

Human body & disease created from diet as per charak acharay charak.

Discussion

About 80% women reported premenstrual syndrome. The symptoms differ from different females & at different ages, yoga (Asana) is an effective & non-invasive therapy yoga can severe as useful tool to help to regulate harmones, reduce

physical and mental stress. Shatavari is foremost women uterine tonic. It nourishes & clean the blood & female reproductive system. Good health is depend on proper diet.

Conclusion

Premenstrual syndromes are highly treatable disorders. Management of these syndrome by providing patient education on premenstrual symptoms, & ayurved chikitsa, yoga (aasana), pharmacotherapy causing women on lifestyle intervention diet, function of shatarvari churna on PMS. to relieve their discomfort.

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