

AYURVEDIC PERSPECTIVE OF PREMENSTRUAL SYNDROME AND LIFESTYLE MODIFICATION; A REVIEW

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ABSTRACT

Premenstrual syndrome (PMS) is mostly encountered by majority of females in their reproductive age. Post pandemic work culture for women have a significant shift in accordance to their physical as well as mental health. The group of symptoms felt prior to menstruation for 7-10 days are causing a hindrance to the health and ultimately day to day life of women. Polarization of our behavior in terms of food habits and also regarding physical health had resulted in such syndromes. Ayurveda shows the guiding light in such scenario for betterment of health and also for avoiding its occurrence. Lifestyle modification on basis of Ayurvedic principles of *Aahar*, *Nidra*, *Vihara* and *Aushadhi* can led to safe effective and lasting relief from emerging syndromes like PMS.

KEYWORDS: *Aahar*, *Nidra*, *Vihara*, *Aushadhi*.

INTRODUCTION

Nature had gifted women with power of reproduction. New life is kindled by her womb. This makes her body functional in a very peculiar manner which have its roots in hormonal cycles. Hormones secreted by female body have mark impact on her physical as well as mental wellbeing. In this workaholic culture women too is indulged in excessive work pressure and unhealthy lifestyle adoption. Working in shifts and sleep deprivation to achieve the never-ending targets had led to total deterioration of her health. Faulty food habits like excessive use of packed foods, overeating, disturbed times of meals, consumption of soft drinks and starving to lose weight proves to be one of the major factor responsible for hormonal imbalance. These all counts on her menstruation health. Today majority of women experiences symptoms prior to menstruation and are collectively termed as PMS – premenstrual syndrome. If not addressed rightly these syndrome may disturb her

daily life and can also be responsible for any other mental condition like depression.

Here a brief account of this symptoms along with its *Hetu* – causative factors according to Ayurveda are ben described. Along with it lifestyle modification in accordance to Ayurveda on basis of *Aahara*, *Nidra*, *Vihara* (*Vyayama*) and *Aushadhi* is described.

PMS – premenstrual syndrome

A group of symptoms that occur in women, typically between ovulation and a period.

The cause isn't fully understood but likely involves changes in hormones during the menstrual cycle. Symptoms include mood swings, tender breasts, food cravings, fatigue, irritability and depression. Lifestyle changes and medication may reduce symptoms.

These symptoms can be accessed by *Hetu* – causative factors according to Ayurveda as follows.

Symptom	Hetu
Severe abdominal pain or cramps	Vitiation of <i>Vata</i> due to intake of dry food
Irregular bowel movements	Vitiation of <i>Vata</i> and <i>Pitta</i> due to packed food
Irritability, mood swings	Vitiation of <i>Vata</i> due to disturbed daily routine – <i>Dincharya</i>
Headache, hyperacidity	Vitiation of <i>Pitta</i> due to sleep deprivation and spicy food consumption
Tender and swollen breasts	Vitiation of <i>Vata</i> and <i>Pitta</i> improper food and lack of physical activity
Insomnia	Vitiation of <i>Vata</i> due to raised stress level

Ayurveda had mentioned many factors under different terms which can be useful in lifestyle modifying and will have positive effect on ones total health. This factors can also help to maintain optimum hormonal levels and will result in regular healthy menstruation.

Aahar

Food – a basic entity of life is of foremost importance when it comes to maintain a healthy life or getting cured from a disease. Ayurveda is the only science which had studied food or diet regimes in its true magnanimity. *Aahar dravya* are *Rasa Pradhan*, *Rasa* is nothing but taste types mentioned in Ayurveda. (*Madhur*, *Amla*, *Lavan*, *Tikta*, *Katu* and *Kashaya*) The quantity and frequency of food is decided by the health of ones *Agni* – digestive fire. So here under the section of *Aahar* we should emphasis on building optimum *Agni* and also taking food at proper times as per described in *Dinacharya* is essential.

Agni – digestive fire; it can be kindled by

1. Having timely diet
2. Consuming fresh and wholesome diet
3. Taking food only after digestion of previously taken food
4. Having warm food with full awareness (not doing any other work)
5. Selection of food items according to ones *Prakruti*
6. Minimize the use of soft drinks and other drinks like tea and coffee

Dinacharya – daily routine to follow; it can be stated in nutshell for present day situations as follows.

1. Taking care of bowel evacuation naturally as one gets up in morning
2. Proper maintaining of personal hygiene by taking oil massage (at least 2 times in a week), bath and dental cleaning
3. Setting right time for food as per ones work schedule
4. Making time for some physical activity in the form of light exercise (simple yoga and breadth exercise will help a lot)
5. Taking rest at regular intervals
6. Maintaining sound and balanced state of mind throughout the day
7. Taking ample, timely and quite sleep regularly (night sleep of 6-7 hrs on average)

Vihara – it refers to the sets of rules to be followed physically and mentally

1. Having happy and positive attitude in all situations
2. Exercise and including yoga according to *Prakruti* as a part of daily routine
3. Following *Yama* and *Niyama* mentioned in *Asthanga Yoga*
4. Following *Acharya Rasayana* and *Swadhyaya* (code of conduct)
5. Practicing breathing exercises and meditation for controlling thoughts and associated emotions

Aushadhi – drugs and medicinal formulations to be used on day to day basis

1. *Chandraprabha Vati* – acts as *Rasayana* for female body. It takes care of any imbalance in *Dosha* and correct due hormonal imbalance also.
2. *Shatavari* – single herb can be used as *Rasayana* and also acts on *Rasa Dhatu*. Developing healthy *Rasa Dhatu* in turn results in formation of healthy *Upadhatu* i.e. *Stanya* and *Raja*.
3. *Ashwagandha* – regular use helps to maintain optimum energy level and also confers sound sleep.
4. *Rason* – garlic is mainly indicated in *Vata* disorders and so have *Rasayana* effects on organs in *Vata Kshetra*.
5. *Dhanyak Phant* – hot infusion of *Dhanyak* (coriander seeds) is said to be *Basti shodhak* and also *Strotoshodhak*. It helps to eliminate bodily toxins.
6. *Chawanprash Rasayana* – whole body rejuvenator.
7. Flaxseed and *Methi* – seeds of fenugreek, these are said to have effect on liver and thereby helps in blood purification. It also adds up in providing micro nutrients required by the body.

Inference

The occurrence of disease is primarily based on unhealthy lifestyle. This also refers to improper physical as well as mental health. So for treating this disorder and in order to have preventive effect, one has to undertake lifestyle modification. This measures based on Ayurvedic principles can be implemented and get good outcomes.

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