

DOI: 10.21767/2172-0479.1000126

# An Herbal Preparation that Relieves Symptoms of Premenstrual Syndrome

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## Commentary

Premenstrual syndrome (PMS) refers to a wide range of symptoms that commonly affect women one to two weeks before their period (menstruation) begins. The specific causes of PMS are unknown, but fluctuating hormone levels during the menstrual cycle appear to play an important role. PMS can lead to both physical and mental complications; anxiety, depression, mood swings, irritability, insomnia, muscle pain, headache, fatigue, weight gain, and breast tenderness are just some of the many possible symptoms. While all these symptoms are associated with PMS, most women only experience one or a few of them. The severity of premenstrual syndrome varies from woman to woman. For some PMS is merely a minor nuisance; for others, the physical pain and emotional stress is overwhelming. Women with these disabling symptoms suffer from the most severe form of PMS – premenstrual dysphoric disorder (PMDD).

The present study investigated the therapeutic effects of MPS pain 6 on premenstrual symptoms, which includes a combination of psychological, physical and behavioural changes, using combinations of six pharmacopoeial herbs and their excipient.

According to the American College of Obstetricians and Gynecologists, 85% of menstruating women experience at least one PMS symptom during their monthly cycle [1]. Treatment for PMS depends on the severity of the patient's symptoms. For some, simple lifestyle changes can help relieve minor pain or discomfort. Women with more severe complications or PMDD, however, must seek more extensive treatment. Prescription medications such as antidepressants, diuretics, anti-inflammatories, and hormone contraceptives are often helpful in relieving PMS symptoms. Alternative medications are another option. While they are not regulated by the FDA, herbal supplements have been reported by many women to alleviate symptoms of PMS [2]. PMS-Pain 6 is a novel natural remedy that consists of six pharmacopoeial herbs; these are:

- *Salvia officinalis* (sage)
- *Foeniculum vulgare* (fennel)
- *Urtica dioica* (nettle)
- *Taraxacum officinale* (dandelion)

- *Petroselinum crispum* (parsley)
- *Equistum arvense* (horsetail)

PMS-Pain 6 is a newly developed herbal remedy that has been shown to reduce pain and other symptoms of premenstrual syndrome (**Figure 1**). Pars Bioscience is pleased to make this novel remedy commercially available. PMS-Pain 6 A herbal Supplement that Helps to Relieve Symptoms of Pre-Menstrual Syndrome (PMS).

## Properties

PMS- Pain 6 is a natural supplement that consists of six pharmacopoeial herbs. This product is characterized by its distinctive effectiveness, used by women experiencing several symptoms associated with pre-menstrual syndrome.

This novel formula is characterized by combining ingredients that have clinical value in the treatment of hot flashes, relieving pain, mood and anxiety and also have value on performance and psychological stress [3-6]; cognitive performance and other symptoms of PMS [7-10]. Further, it also combines herbs that may play a role in up-regulating some hormone receptors such as estrogen alpha and beta, progesterone and follicle-stimulating hormone plus herbs with anti-inflammatory and anti-oxidant properties [11-13].

## Indications

PMS-Pain 6 is effective in women experiencing symptoms associated with premenstrual syndrome.

PMS-pain 6 was tested on more than 600 female individuals aged 45- 55 years, suffering from signs and symptoms of PMS. The results showed that PMS- Pain 6 is useful and may help for the followings:

- Has pain relief, mood, anxiety and performance on psychological stress.
- Improve cognitive performance and relieve signs and symptoms of PMS.
- Up-regulating some of the hormone receptors such as estrogen alpha and beta,
- Progesterone and follicular stimulating hormone receptors.
- Has anti-oxidant and anti-microbial effect

- Help to reduce hot flushes/ flashes and/ or night sweat associated with menopause

**Side effects:** None reported so far.

**Contraindications:** None reported so far.

**Recommendations:** Studies showed that PMS- Pain 6 is recommended to be used for 5-18 days of the start of menstrual period.

**Dose:** One capsule three times daily after meals, for the 5-18 days of the start of menstrual cycle.



Figure 1 Pars Bioscience LLC.

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