

## عنوان مقاله:

The Role of Complementary Medicine and Appropriate Treatment Methods in Improving the Symptoms of PMS

## محل انتشار:

مجله بین المللی مطالعات پیشرفته در علوم انسانی و اجتماعی, دوره 11, شماره 1 (سال: 1401)

تعداد صفحات اصل مقاله: 8

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## خلاصه مقاله:

A woman may be able to relieve her premenstrual syndrome and diagnose it, meaning that when the symptoms are not severe, "natural methods or general measures to relieve premenstrual syndrome" that include education and awareness, change in diet, vitamin diet and exercise and deep thinking, effectively help her to overcome her syndrome. In fact, even if the woman's symptoms are severe - whether they are difficult to see or weaken the patient - she should treat herself with "natural methods". Recognition of the disease by the patient, spouse, and family members is very important because PMS is a very important cause of couples arguing. A woman who suspects that she has premenstrual syndrome should see a doctor who treats the syndrome. If a woman does not have a menstrual calendar before consulting, her doctor will ask her to record the menstrual calendar for a period of two or three months. The doctor will also take tests. It is at this point that the doctor should inform the woman how she can use the natural way to reduce her symptoms. If natural methods do not reduce the severity of symptoms after a few periods of menstruation, and blood tests show a severe hormonal imbalance, medication should be used. However, the "medical .method for relieving the syndrome" should also be applied in conjunction with a natural diet

## کلمات کلیدی:

Hormonal balance, Drug Therapy, natural methods, Diet

## لینک ثابت مقاله در پایگاه سیویلیکا:

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