

SYSTEMATIC REVIEW: EFFECT OF PREMENSTRUAL SYNDROME AMONG WOMEN

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ABSTRACT

Woman is the companion of man gifted with equal mental capacity. Women constitute half of the population of the world. They had a number of different roles in society. Women strengths include good listening and communication skills, flexibility to compromise, extensive experience in practical problem solving and caring for people. The presence of women seems to be potent ingredient in fostering and maintaining local population. Elevating the health status of women is essential to improving the health of the entire community. PMS is debilitating and consists mainly of affecting symptomatology that interferes with quality of life (QOL). The most common physical symptoms are headaches, breast tenderness, swelling, abdominal bloating, heaviness, low energy, Fatigue, back and muscle pain and many more.

Its believed that relaxing one's muscles does greatly reduce Anxiety "Jacobson: 1929, Lang, Melamed, Hart, 19701. Mohan and Chopra ^19851 found that certain personality dimensions "Neuroticism and Anxiety I which can create stress in women suffering from premenstrual tension could be successfully reduced with the help of relaxation therapy. It is important as being an occupational therapist to help them to conserve there energy and physical, mental fitness with Proper occupational Therapy Intervention.

KEYWORDS: PMS (Premenstrual Syndrome), Occupational Therapy Intervention, Relaxation Techniques