



How to Relieve PMS With Herbs

Two Methods: [Identifying PMS Symptoms](#) [Herbs That Relieve PMS Symptoms](#)

Premenstrual syndrome (PMS) usually occurs one or two weeks before a woman's monthly menstrual cycle. PMS is a group of symptoms that are related to your period. Women of all ages experience PMS symptoms, and some of them are severe. The symptoms are physical as well as emotional, and many women choose to use pain relievers and other medications to manage their PMS. There are also herbal remedies available, which are becoming more popular as natural medicine grows more mainstream. Relieve PMS with herbs by identifying your symptoms and choosing herbs that will best treat those symptoms.

Method
1

Identifying PMS Symptoms

- 1 Be sure the pain you feel is due to PMS before you treat your symptoms.**
- 2 Note the timing.** If these symptoms are the same every month, and you feel relief once you finally start or finish your period, they are likely PMS symptoms.
- 3 Look for physical symptoms that include acne, headaches, tender breasts, joint or muscle pain, trouble sleeping, stomach or digestive problems and exhaustion.**
- 4 Look for emotional symptoms such as depression, anxiety, irritability, mood swings and crying spells.**

Method
2

Herbs That Relieve PMS Symptoms

- 1 Use chasteberry or chaste tree berry for pain associated with PMS.** This herb regulates blood flow and stabilizes hormones.
- 2 Take St. John's Wort** to help relieve your depression and anxiety. If you feel moody or sad when you have PMS, this herb might help. It is often prescribed for mild depression.
 - Use St. John's Wort extract in a tablet form or in tea for best results.
 - Talk to your doctor before taking St. John's Wort, especially if you are already on medication for depression.
- 3 Try peppermint to soothe your stomach issues related to PMS.** Peppermint can help relieve any gastrointestinal or digestive pain.
 - Drink peppermint tea to treat gas, indigestion and cut down on bloating.
 - Rub peppermint oil on your temples to relieve headaches during PMS. This can also eliminate tension.
 - Rubbing peppermint oil on your abdomen where your cramps are worst helps as well. Warning: Wait a little while before using any sort of heat on your stomach after applying peppermint oil as this sometimes produces a bad skin reaction to some people.
- 4 Try a black cohosh supplement, which has been used to treat menstrual cramps.** Native American women also use this herb to treat symptoms of menopause.
- 5 Take evening primrose oil to treat breast pain associate with PMS.** This herb can also help with irritability and mood swings. This botanical remedy contains fatty acids that women with PMS lack.

- 6 Use dong quai in a supplement to help with fatigue and irritability.** This Chinese herb is also known as angelica root. It is called the "female ginseng" because it helps women feel better during periods of PMS.

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Tips

- Natural ginger may help with nausea, gas, or bloating.
- Remember that all women have different symptoms of PMS and different responses to herbs and other remedies. What works for you might not work for your sister or best friend.
- Look for herbal remedies at health food stores and nutrition shops. You can also find a selection online.

Warnings

- Remember that herbal remedies are not regulated by the Food and Drug Administration (FDA). This means there is no governmental oversight of their safety or effectiveness.
- Discuss the herbal supplements and remedies you take with your doctor. Some herbs can interfere with other medicines you are taking.

Sources and Citations

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