

Lifestyle Modifications for Managing PMS

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Abstract

Premenstrual Syndrome (PMS) is a common condition affecting women, characterized by physical, emotional, and behavioral symptoms occurring in the days leading up to menstruation. While medications are available, lifestyle modifications provide a natural and sustainable approach to managing PMS effectively. A well-balanced diet rich in essential nutrients, regular physical activity, stress management techniques, and adequate sleep contribute significantly to symptom relief. Additionally, natural remedies such as herbal teas and dietary supplements, including vitamin B6 and omega-3 fatty acids, can further alleviate discomfort. By tracking symptoms and adopting holistic lifestyle changes, women can gain better control over PMS, improving their menstrual health and overall well-being. This article explores the role of diet, exercise, stress management, hydration, and natural therapies in alleviating PMS symptoms, offering a comprehensive guide to achieving long-term relief through sustainable practices.

Keywords: Premenstrual Syndrome, Menstruation, Herbal teas and Dietary supplements.

1.Introduction

Many women experience the symptoms of Premenstrual Syndrome (PMS) when they are pregnant or trying to conceive. During the luteal phase, which begins around a week to two weeks before menstruation, a person may experience a variety of physical, emotional, and behavioural symptoms. Depending on the individual, premenstrual syndrome (PMS) may range from slight discomfort for some women to crippling symptoms that get in the way of their everyday lives, careers, and social lives(1).

Although the precise reason behind premenstrual syndrome is still a mystery, it is thought to be associated with changes in hormone levels, including oestrogen and progesterone, and abnormalities in neurotransmitters like serotonin, which impact mood. Bloating, breast discomfort, lethargy, anxiety, impatience, and sadness are some of the symptoms that may manifest. Effective management of these symptoms is crucial because of the negative impact they may have on a woman's quality of life. Medication for premenstrual syndrome (PMS) is often administered, but it's important to remember that these drugs aren't always needed or appropriate for long-term usage. Because they are more holistic and long-lasting, many women choose natural methods, such as making changes to their way of life, to treat their symptoms.



FIGURE 1 Natural PMS Symptom Management

Reducing the intensity of premenstrual syndrome (PMS) may be achieved via the adoption of good eating habits, frequent physical exercise, stress management, and enough sleep. Making these adjustments to one's way of life may help women feel more in charge of their menstrual health, boost their general health, and lessen the severity of premenstrual syndrome (PMS).

2. Dietary Adjustments for PMS Relief

Proper nutrition helps maintain hormonal balance, stabilises mood, and lessens the intensity of physical symptoms associated with premenstrual syndrome (PMS). A balanced diet is one of the most effective methods to treat this condition. What a woman eats in the days before her period may have a major effect on her mood and physical health. A diet rich in vitamin A, vitamin C, and other minerals, as well as whole grains, lean meats, and fresh produce, may do wonders for your energy levels and emotional stability. In addition to warding against PMS-related extreme lethargy and exhaustion, these nutrients promote healthy metabolic processes generally.

Meanwhile, premenstrual syndrome symptoms might be exacerbated by processed meals, coffee, sweets, and salty snacks(2). Blood sugar levels may rise and fall quickly, which can cause irritation, mood swings, and energy dips, if you eat a lot of refined carbohydrates and sugar. When women eat too much salt, it causes their bodies to retain water and bloat, which may make them feel heavy and uncomfortable. Anxiety and insomnia are two of the most common side effects of premenstrual syndrome (PMS), and drinking caffeinated drinks like coffee or energy drinks could make them worse. Women may find relief from bloating, irritation, and weariness by lowering their consumption of certain foods that cause their symptoms. In the case of premenstrual syndrome, certain nutrients are more helpful than others. Nuts, seeds, dark greens, and whole grains are good sources of magnesium, which helps relax muscles and may ease period cramps. Additionally, it regulates neurotransmitter activity, which helps alleviate anxiety and stress. A balanced mood and lessening of irritation or sadness are achieved by the consumption of calcium-rich foods such as dairy products, almonds, sesame seeds, and fortified plant-based alternatives. There is some evidence that calcium helps alleviate premenstrual syndrome symptoms, such as headaches and exhaustion.

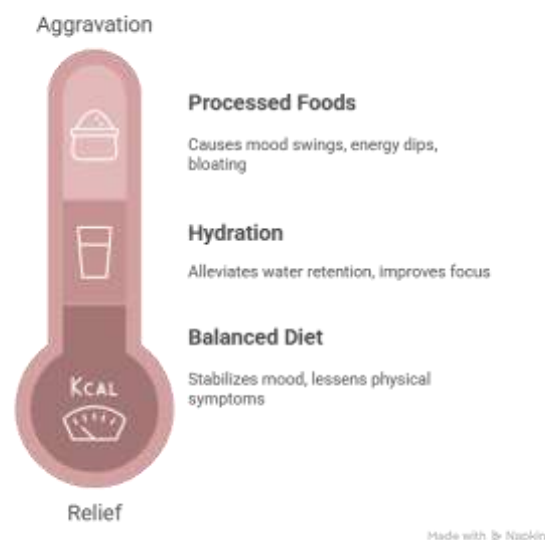


FIGURE 2 Dietary choices impact PMS symptoms, from relief to aggravation.

Another important consideration in the treatment of PMS is hydration. Water retention and bloating are typical complaints among premenstrual women; one way to alleviate these symptoms is to drink plenty of water throughout the day. In addition to aggravating premenstrual syndrome symptoms, dehydration may cause headaches, lethargy, and trouble focusing. To improve hydration and general health, try drinking water, herbal teas, or drinks flavored with fresh fruit instead of sugary drinks or those with too much caffeine. Women may greatly alleviate the pain of premenstrual syndrome (PMS) by consuming a nutrient-dense diet and being attentive of their dietary choices. Period management is made easier with a balanced diet rich in vitamins and minerals, along with enough hydration, which aids in the regulation of hormonal shifts, promotes mental stability, and increases physical comfort.

3. The Role of Exercise in Symptom Management

Premenstrual syndrome (PMS) may be better managed with regular physical exercise, which improves general health and lessens the intensity of symptoms. When you work out, your blood vessels dilate, which carries oxygen

and nutrients to your muscles and other tissues more effectively. Among the many unpleasant symptoms of premenstrual syndrome, this method aids in alleviating bloating, exhaustion, and muscular stiffness. Exercising also prevents the lethargy that typically comes with hormonal changes and improves metabolic function, both of which contribute to increased energy levels(3). Exercise has many advantages, but one of the most important is that it triggers the production of endorphins, which are the body's own chemicals that improve mood. Premenstrual mood swings, impatience, and anxiety are common among women, but these hormones may assist with the discomfort and stress. Insomnia and restlessness are common PMS symptoms, but regular activity might help you sleep better and reduce the chance of both.

Studies have shown that aerobic exercise including brisk walking, running, cycling, or swimming not only improves cardiovascular health but also significantly lowers stress and anxiety levels. When you exercise in this way, you help stabilize your mood and hormone levels, which makes it simpler to deal with emotional swings. On the other side, stretching and yoga help you relax and become more flexible, which in turn reduces stress and muscular tension. To alleviate the back discomfort and lower abdominal cramps that come with premenstrual syndrome, try some yoga positions like child's pose or sitting forward bends. You don't have to undergo extreme exercises to get some exercise into your regular routine. A light yoga practice or a vigorous 30-minute stroll are examples of moderate exercise that help alleviate premenstrual syndrome symptoms. The body's stress response, circulation, and hormonal balance may all be improved with consistent physical activity, therefore consistency is crucial. Regular exercise helps women deal with premenstrual syndrome (PMS) symptoms and improves their mental and physical health, which in turn leads to a more balanced lifestyle.

4.Stress Reduction and Emotional Well-Being

Mood swings, anger, anxiety, and other emotional changes are characteristic of premenstrual syndrome (PMS), which may have a major impact on a woman's mental health and everyday functioning. Hormonal changes that occur during a woman's menstrual cycle are a major contributor to these emotional swings because they affect neurotransmitter function in the brain and cause greater stress reactions. Therefore, for PMS symptoms to be less severe, it is vital to manage stress and mental wellness.

Integrating relaxation methods into everyday activities is a great approach to keep your emotions in check. Particularly helpful for relaxing the nervous system, alleviating anxiety, and encouraging calmness are deep breathing exercises. To combat the body's stress reaction and promote feelings of calm, practicing slow, regulated breathing may engage the parasympathetic nervous system. Meditation is a kind of relaxation that helps people concentrate, calm their thoughts, and become more present in the moment. Meditation, even for a short period of time each day, may help women deal with premenstrual syndrome symptoms including anxious thoughts and feelings of being overwhelmed(4). The practice of mindfulness, in which one directs their attention to the here and now, has similar effects, allowing practitioners to better control their emotions and lessen the impact of negative thoughts. Emotional changes connected to premenstrual syndrome may be better managed with enough sleep. The already challenging symptoms of premenstrual syndrome (PMS) may be made much worse by a lack of sleep, which can heighten irritability, mood fluctuations, and stress levels. Lack of sleep worsens premenstrual syndrome symptoms because it disrupts the body's natural control of chemicals like serotonin and cortisol. The body's internal clock and the quality of sleep are both improved by establishing regular sleep habits, such as going to bed and getting up at the same times every day. Also, make sure you don't use too many electronic gadgets, particularly phones and laptops, in the hours leading up to bedtime. One hormone that controls sleep cycles is melatonin, and the blue light from screens may disrupt its synthesis. You may help your body relax and get ready for restorative sleep by limiting screen usage in the hour or two leading up to bedtime.

During premenstrual syndrome (PMS), women may greatly benefit their mental health by integrating relaxation methods with good sleep hygiene. You may alleviate PMS-related stress and irritation by doing these habits. This will help you better control your emotions and feel more balanced in general. Premenstrual syndrome (PMS) may be better managed and overall health improved by making time each day to handle stress and getting enough quality sleep.

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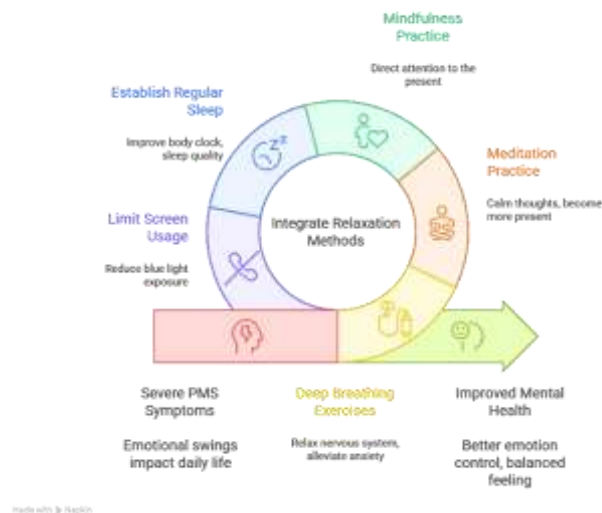


FIGURE 3 Managing PMS with Relaxation and Sleep

5.Natural Remedies and Supplements

Natural therapies and nutritional supplements have helped many people with premenstrual syndrome symptoms. Relaxation, cramp relief, and stress reduction are among benefits of herbal teas such as ginger and chamomile. The anti-inflammatory qualities of ginger aid with pain relief, while the soothing effects of chamomile are particularly welcome. If you're experiencing gas or indigestion, try drinking peppermint tea. To alleviate the symptoms of premenstrual syndrome, many women take supplements including evening primrose oil, omega-3 fatty acids, and vitamin B6(5). Evening primrose oil promotes hormonal harmony, omega-3 fatty acids alleviate inflammation and breast pain, and vitamin B6 helps maintain stable mood. Taking a calcium and magnesium supplement may also assist with muscle cramps and tiredness. While these solutions may help, you should still check with your doctor to make sure taking any supplements would be safe and effective before you start.

6.Long-Term Benefits of Lifestyle Modifications

In order to properly manage premenstrual syndrome, it is crucial to maintain a healthy lifestyle. Women may learn to manage their symptoms more effectively by keeping a period diary and noting any changes in their routine. You may improve your physical and mental health by reducing the symptoms of premenstrual syndrome (PMS) via eating a balanced diet, exercising regularly, managing your stress, and being well hydrated(6).

Adopting these lifestyle adjustments provides a more comprehensive and long-term solution to managing premenstrual syndrome (PMS) than depending only on drugs. Menstrual health and general well-being may be improved with the adoption of simple habits such as mindful eating, regular physical activity, relaxation methods, and sufficient sleep. Women may improve their control over symptoms and have a more pleasant menstrual cycle by implementing these changes.

7.Conclusion

Managing premenstrual syndrome (PMS) through lifestyle modifications offers a natural and effective way to reduce discomfort and improve overall well-being. A balanced diet, regular exercise, stress management techniques, and proper hydration play a crucial role in alleviating both physical and emotional symptoms. Incorporating natural remedies and dietary supplements, with proper guidance, can further enhance relief. By tracking symptoms and making necessary adjustments, women can better understand their bodies and take proactive steps toward managing PMS. Rather than depending solely on medications, adopting these sustainable habits promotes long-term menstrual health and overall quality of life. With the right approach, PMS can become more manageable, allowing women to lead a healthier and more balanced life.

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Conflicts of interest

The authors have no conflicts of interest to declare

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