



## RESEARCH ARTICLE

### A CROSS SECTIONAL STUDY TO DETERMINE THE PREVALENCE OF PREMENSTRUAL SYNDROME AND EFFECT OF JAGGERY TEA TO COMBAT THE PREMENSTRUAL SYMPTOMS ON STUDENTS OF AL-AMEEN MEDICAL COLLEGE, VIJAYAPUR

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#### ABSTRACT

The prevalence of PMS (prevalence of pre-menstrual syndrome) is high all over the world and its most common disorder among the women's. It has high impact on women's health, emotions and behaviours during certain days of menstrual cycle.

**Aim:** To determine the prevalence of PMS and also to determine the effect of jaggery tea to combat the symptoms of PMS.

**Material and methods:** A cross sectional study design was used to determine the prevalence of PMS. The sampling frame is comprised individual aged 18-28 years and purposive sampling method was used. Then respondents were given information regarding benefits of jaggery tea consumption to over PMS. Preparation of jaggery tea: add the one cup of water for boiling, and then add the requirement amount jaggery. Add the tea leaves and boil it and add required amount of mil, use the tea filter to discard the solids. Study subjects were asked to consume jaggery tea five days prior and after the date of menstrual cycle continuously for 3 months. Study subjects were asked to fill up premenstrual syndrome screening toll before and after jaggery tea consumption. The data was analysed using descriptive statistics and effect of jaggery tea was evaluated using paired t-test.

**Result:** Study reveals that Premenstrual Syndrome was 65%. Out of 195 students who are suffering from PMS, 120(61.5%) of them had mild PMS, 55(28.2%) had moderate PMS and only few 20(10.3%) of them had sever PMS.

**Conclusion:** Prevalence of premenstrual syndrome is high and consumption of jaggery tea plays vital role in curing PMS.

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## INTRODUCTION

A cross sectional study design was adopted for this study. Premenstrual screening toll was used to analyse the severity of PMS. The data for the study was collected from Al-Ameen medical college, vijayapur. The study population was the students suffering from PMS. The population size was calculated by assuming prevalence rate of PMS  $p=70\%$  error=5%. The calculated samples size was 165. At least sample 165 was required for the study. Study subject was collected using purposive sampling method. The ethical clearance was obtained from respective institutional ethical committee. After obtaining ethical clearance pilot study was conducted to know the feasibility of study. The PMS score before and after jaggery tea consumption of was give as follows.

#### Severity of PMS Score

No PMS - 0  
Mild PMS - 1  
Moderate PMS - 2  
Severe PMS - 3

#### Operational definition

- 1. Prevalence:** In this study prevalence refers to frequency of illness (PMS) during my study period.
- 2. Jaggery tea:** In this study consuming jaggery tea causes the release of endorphins aka happy hormones. This in turn relaxes the body and makes feel good thereby preventing from premenstrual syndrome.
- 3. Premenstrual syndrome:** In this study PMS refers to a combination of emotional, physical, psychological, and mood disturbances that occur after a woman's ovulation

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and typically ending with the onset of her menstrual flow.

4. **Medical students:** In this study medical students means who are doing their MBBS course in a selected medical college and hostel of Al-Ameen medical College, Vijayapur
5. **Mild PMS symptoms:** Symptoms as minor as not interfering routine daily activities
6. **Moderate PMS symptoms:** Symptoms interfering routine daily activities
7. **Severe PMS symptoms:** Symptoms hindering participation in any activity

**RESULTS**

Figure 1 reveals that maximum number of students 120(61.5%) had mild PMS, 55(28.2%) of students had Moderate PMS and very few 20(10.3%) of students had severe PMS. Figure 2: shows that most prevalent symptoms were irritability, mood swings, head ache nervousness, and backache with highest frequency 65.9%, 45.4%, 42.5%, 40.8% and 35.6% respectively. Figure 3 reveals out of 120 who have mild PMS, 95(79.1%) of them had no PMS after jaggery tea consumption. Among 55 moderate PMS students, 20(54.5%) were turned to Mild PMS.

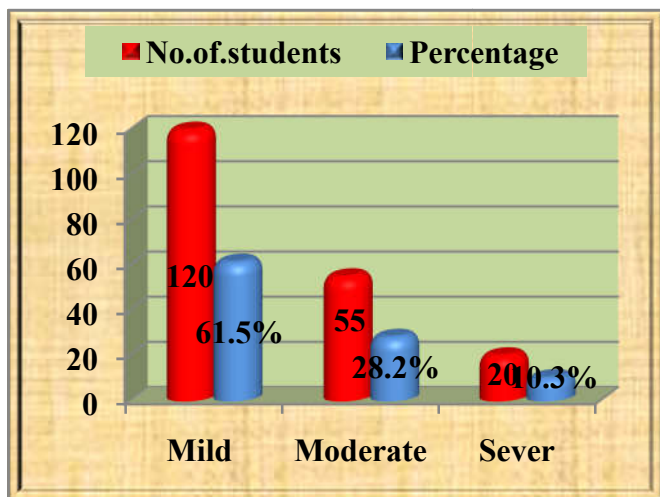


Figure 1. Frequency and percentage distribution of severity of PMS

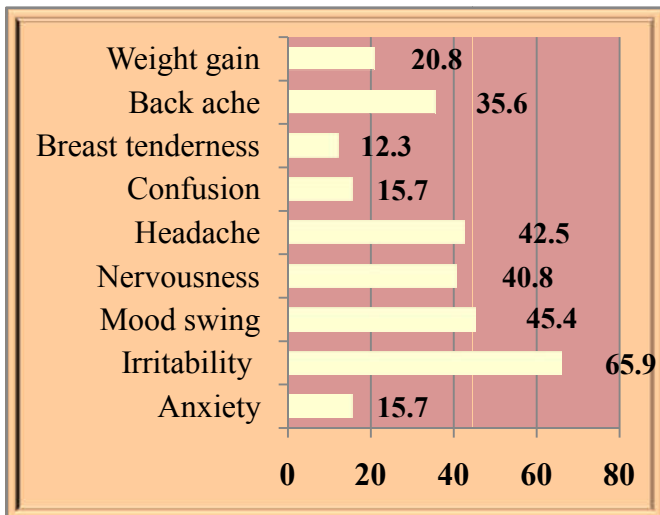


Figure 2. Prevalence and distribution of premenstrual symptom

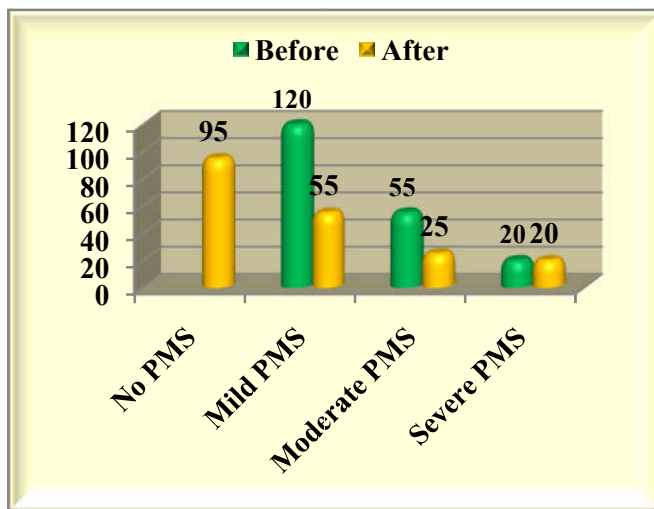


Figure 3. Distribution of PMS patients before and after jaggery consumption

And there is no change in condition of students who had sever PMS. The difference is highly significant as p-values is less than 0.05 indicating jaggery tea consumption is effective in reducing PMS.

**DISCUSSION**

In my study most prevalent symptoms were irritability, Mood swings, nervousness, and Head ache, Back ache and least prevalent symptoms in my study were confusion, weight gain.

**Conclusion**

Difference between premenstrual symptoms before and after jaggery tea consumption among the study subjects was highly significant, that is there was high significance difference between premenstrual symptoms score. Therefore the jaggery tea was effective in reducing the PMS considerably. Prevalence of premenstrual syndrome was high. Out of 195 students who are suffering from PMS, 120(61.5%) of them had mild PMS, 55(28.2%) had moderate PMS and only few 20(10.3%) of them had sever PMS. Consumption of jaggery tea plays very vital role among students who had mild and moderate PMS, the difference is highly significant as P-value is less than 0.05. But there is no change in condition among the students who are suffering from moderate PMS.

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