

## Letter to the Editor

### Controlled Vestibular Stimulation: A Traditional Intervention for Pre Menstrual Syndrome

Dear Editor ,

Premenstrual syndrome (PMS) is a stress induced psycho-physiological disorder. PMS refers to the cyclic recurrence, of a combination of distressing physical, psychological or behavioral changes, during the luteal phase of the menstrual cycle that interferes with family, social or work related activities. PMS is most common in women between age group of 25 to 45 years, having a history of depression and positive family history of PMS. It is estimated that 80% of women experience some type of premenstrual changes during their reproductive period. [1]

Diagnosis of premenstrual syndrome (PMS) is based on the following criteria as per the American Association of Obstetricians and Gynecologists. [2] At least one of the following affective and somatic symptoms during the 5 days before menses in previous cycles. Affective symptoms: depression, angry outbursts, irritability, anxiety, confusion, social withdrawal. Somatic symptoms: breast tenderness, abdominal bloating, headache, swelling of extremities; symptoms relieved from days 4 through 13 of the menstrual cycle. [3]

Most of the women consider PMS as a physiological phenomenon and do not think treatment is necessary. However, it affects quality of life. [3] So Management of PMS is essential. Till date there is no definite pharmacological treatment of PMS but non-pharmacological interventions are helpful in relieving PMS symptoms. [1] Non-pharmacological interventions must be preferred in the management of PMS. Controlled vestibular stimulation is essential for all age groups. It refers to stimulating vestibular system by controlling direction, duration, frequency and intensity. Controlled vestibular stimulation by swinging on a swing is being applied at our research centre as an intervention for stress and stress related disorders.

Stimulation of vestibular system will begins in the prenatal life and required throughout the life. Vestibular system is extensively connected with Hypothalamus, Thalamus, Nucleus of Tractus Solitaries, Cerebellum, Raphe nucleus, Parabrachial nucleus, peri aqueductal gray matter and other brain structures. Research has proved that PMS is a stress induced psychophysiological disorder and stress is a cause of symptoms of PMS. [1] Symptoms of PMS are probably due to complex interaction of ovarian hormones, central neurotransmitters and the autonomic nervous system.

Stimulation of vestibular system in a controlled manner relieves stress, pain and promotes sleep, regulates autonomic nervous system and endocrine secretions. [4] Controlled vestibular stimulation by swinging on a swing is incorporated in Indian tradition, however present day unhealthier high-tech life style, people do not believe the importance of simple things. [5]

We summarize that Controlled vestibular stimulation may be applied as an effective intervention for PMS. It is a cost effective method, adoptable and not time consuming and do not require practice. It can be incorporated in routine day life style.

#### References

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