

Effects of Valerian Root on Menstrual Disorders

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ABSTRACT:

INTRODUCTION: Valerian is a perennial plant native to Europe. It has a height of 1.5 metres. Crude extract of valerian root may have sedative and anxiolytic effects. The extract of valerian root is used to cure premenstrual disorders. To study the effects of valerian root on menstrual cycle. And also to analyse the effects of valerian root on menstrual disorders.

MATERIALS AND METHODS: A survey was conducted among 80 women and 10 questions related to valerian root, menstrual disorders, its side effects and ways to prevent it were asked. Different individuals had different knowledge about menstrual disorders.

RESULTS: 47% of the people were aware that the valerian root can be used for reducing anxiety. 50% of the people were also aware of the side effects of the valerian root. 27% of the females were not aware of the menstrual disorders and their side effects. 62.5% of the people were unaware that the valerian root reduces the behavioural symptoms of premenstrual syndromes. 67.2% of the people believed that the valerian root can cure premenstrual syndrome

CONCLUSION:

Premenstrual syndrome is a common disorder. Treatment for premenstrual disorders is recommended by the usage of herbs, valerian root is one among them. The extract of valerian root helps in reducing premenstrual symptoms which include severe fatigue, difficulty in concentration, coordination difficulties and so on. Premenstrual disorder is a common disease of women in the world.

Key words: Valerian root, menstrual disorders, premenstrual syndrome, symptoms.

INTRODUCTION:

Valerian is a perennial flowering plant found in Europe and Asia. They have a height of about 1.5 meters. The plant helps in healing processes during various illnesses and diseases. Valerian root tea is used to reduce stress and menopausal symptoms.

The different parts of this plant is used to cure a variety of health conditions like insomnia, anxiety, headaches, digestive problems, menopause symptoms, and post-exercise muscle pain and fatigue (1). Valerian extract possess anticoronary spastic, antihypertensive and anti bronchospastic properties. The chemical composition of the plant includes alkaloids like actinidine, chatinine, shyanthine, valerianine, and valerine, Isovaleramide, Gamma-aminobutyric acid (GABA), Isovaleric acid, Iridoids. The value of valerian is for its root which contains oil which is used to promote relaxation and sleep since ancient times. The valerian root has a very strong, earthy odor due to the volatile oils (2). There are some disadvantages in using valerian root which includes headache, stomach upset, mental dullness, excitability, uneasiness and heart disturbances. Overuse of valerian root can lead to obesity and liver damage (3). Valerian possesses a strong odour which is generated by isovaleric acid, so valerian is considered as monotherapy.

The causes of menstrual disorders are stress and lifestyle factors, endometriosis, pelvic inflammatory disease, polycystic ovary syndrome and premature ovarian insufficiency. Problems associated with menstruation disorders affect 75% of adolescent females (4). Menstrual disorders occupy an important area of reproductive health service for women in developing countries and more attention should be given in diagnosis and treatment of menstrual disorders. Menstrual disorder has an impact on women's health status, quality of life and social integration (5). Premenstrual syndrome, a menstrual disorder is defined as the complex of syndrome experienced by some women in the prior days of menstruation. Premenstrual disorders are known to begin before 5 - 11 days before the onset of menstruation. Increased levels of estrogen and progesterone cause mood swings, anxiety and irritability (6). Symptoms of premenstrual cycle include acne, sensitivity to light or sound, fatigue, irritability, changes in sleep patterns, anxiety, depression, sadness, emotional

outbursts. Menstrual disorder cases are about 10 million cases per year which is self curable with change in our lifestyle (7).

Valerian root extract reduces emotional, physical, and behavioral symptoms of premenstrual syndrome. Valerian root is also known for reducing menstrual and stomach cramps (8). Owing to the increase in cases of premenstrual syndrome among females this research in the current scenario is of utmost importance to bring recognition about premenstrual syndrome and its side effects.

The study aims on analysing the effects of valerian root on menstrual disorders.

MATERIALS AND METHODS:

A survey was taken by organising a questionnaire among 80 female individuals comprising 10 questions with the aid of Survey Planet. The population study included womens of age from 16-50 years. Questions included in the survey were based on knowledge in valerian root, menstrual disorders and it's side effects. The data obtained was analysed from the survey planet and was plotted in the form of pie charts.

RESULTS AND DISCUSSION:

The response of the survey was collected and tabulated in the form of a pie chart. In the present study 73% of the women were aware of menstrual disorders and 27% were unaware [FIGURE 1]. 52.9% of the women believe that valerian root is good for anxiety while 47.1% oppose it [FIGURE 2]. In the current study, 93.1% of the women believe that menstrual disorders have an impact on our health while 6.9% of the women were unaware [FIGURE 3]. 4.2% of the women believe that it takes 6 months for the valerian root to wear off, while 11.3% of the women believe 6 weeks and 84.5% of the women had no idea on the duration for the valerian root to wear off. 67.6% of the women believe that valerian root had an impact on their sleep while 32.4% opposed it [FIGURE 4]. 20.8% of the women believed that valerian root reduces behavioural symptoms of premenstrual syndrome while 16.7% of the women believed post menstrual syndrome and 62.5% of the women had no idea that the whether that valerian root reduces behavioural symptoms of menstrual disorders [FIGURE 5]. 18.2% of the women believed that the side effects of valerian root is heart disturbance while 31.8% believed headache and 50% believed both heart disturbance and headache [FIGURE 6]. 24.6% of the women believe that acne was the symptoms of premenstrual syndrome while 20.3% believe fatigue and 55.1% believe both acne and fatigue are the side effects of premenstrual syndrome [FIGURE 7]. 67.2% of the women believed that valerian root can cure premenstrual syndrome while 32.8% opposed it [FIGURE 8]. 89.6% of the women felt the survey was useful [FIGURE 9].

Valerian is native to Europe and Asia. It improves sleep quality and possesses favourable adverse advantages. This herb is used for sedative, anxiolytic and other neurological conditions. Valerian root has cardiovascular, gastrointestinal and other neurological activity. The multiple benefits of valerian root made it a true miracle of nature (9). Valerian extracts have direct inhibitory effects on the contractility of the human uterus. So the traditional use of plants in treatment of uterine cramping associated with dysmenorrhea. Valerian root extracts can reduce mood and behaviour symptoms of premenstrual syndrome (10). A variety of pharmacologically active components are likely responsible for its clinical effects. The herb's positive safety profile in treating insomnia contributes to its popularity.

Menstrual problems are common problem females among adolescent females and a source of morbidity in this population. Menstrual disorders include premenstrual syndrome, premenstrual dysphoric disorder, and premenstrual worsening of another medical condition (11). The most common symptoms include depression, mood swing, tension, anxiety, bloating, sleep disturbance. Lifetime psychiatric illness is common in women with menstrual disorders (12). Premenstrual symptoms might cause several difficulties for women including impairment in physical functioning, psychological health and severe dysfunction in social or occupational jobs. Young adolescent females might face difficulties which affect their school functioning and social interaction. Women with menstrual disorders tend to have a poor health related quality of life (13).

Valerian root extract reduces the emotional, physical and behavioural symptoms of menstrual disorders, which is one of the most common difficulties faced by women at the reproductive age. Valerian root reduces the severity of symptoms of menstrual syndrome. Valerian root improves the quality of sleep in women with menstrual disorders who are experiencing insomnia. Valerian is used to treat restlessness and anxiety. It is also traditionally used to treat gastrointestinal pain and spastic colitis. Valerian has been used as a medicinal herb for many years curing menstrual disorders which include distress, and attention deficit hyperactivity disorders (14).

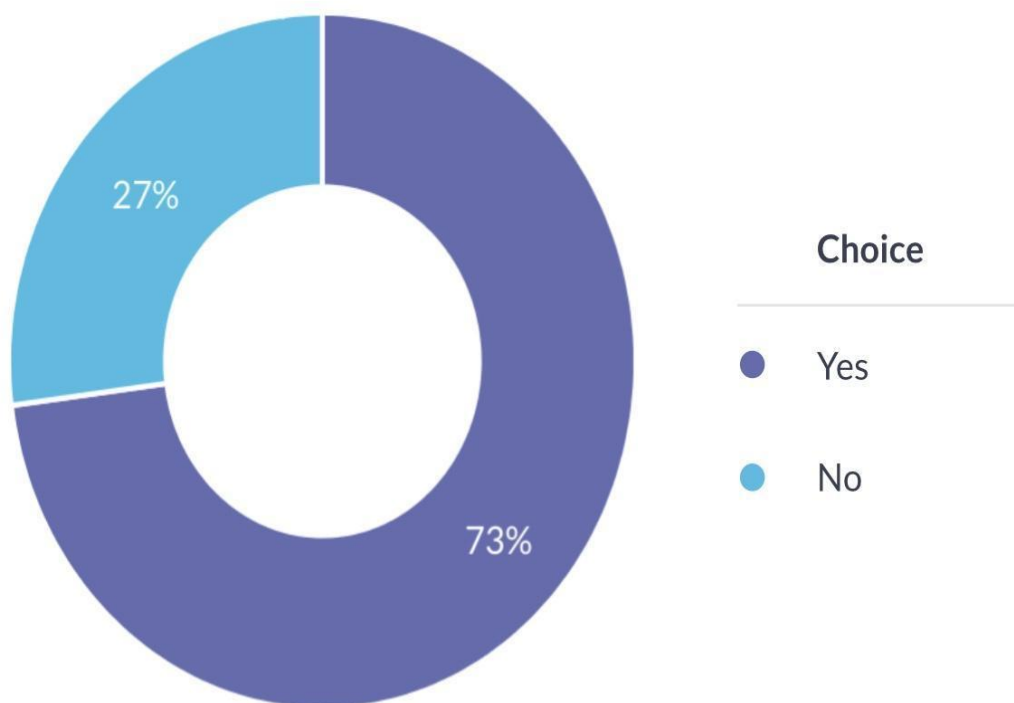


FIGURE 1 - Pie chart showing percentage distribution of awareness on the menstrual disorders. Majority (73%) of the participants answered yes and the remaining (27%) answered no.

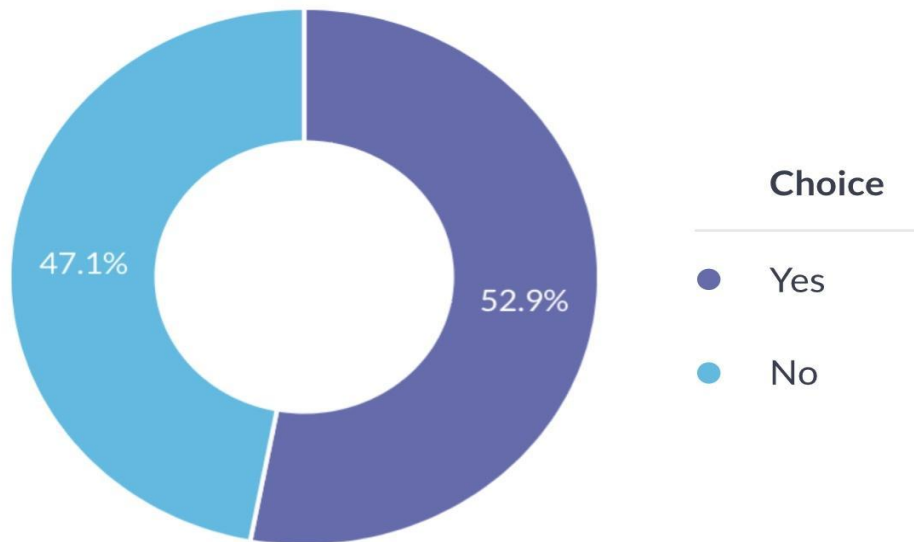


FIGURE 2- Pie chart showing percentage distribution of knowledge on valerian root reducing anxiety. Majority (52.9%) of the participants answered yes and the remaining (47.1%) answered no.

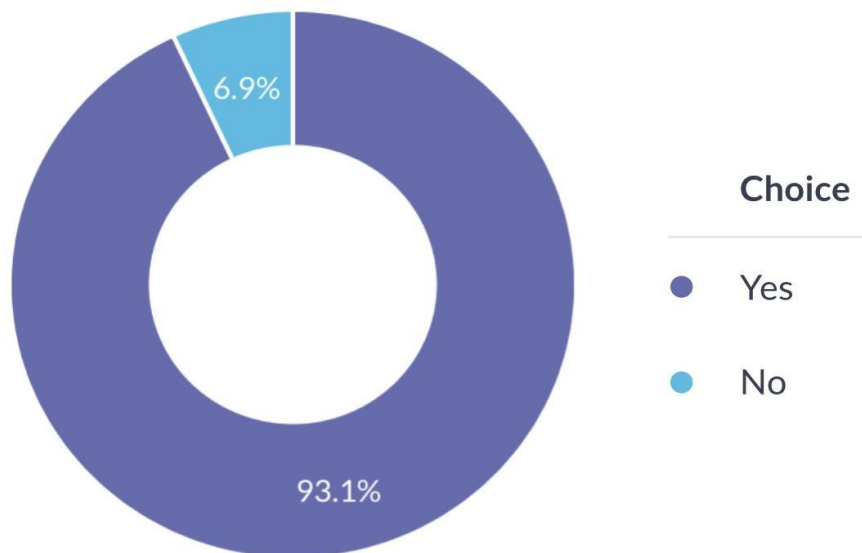


FIGURE 3- Pie Chart showing the percentage distribution of awareness on impact of menstrual disorders on our health. Majority (93.1%) answered yes and the remaining (6.9%) answered no.

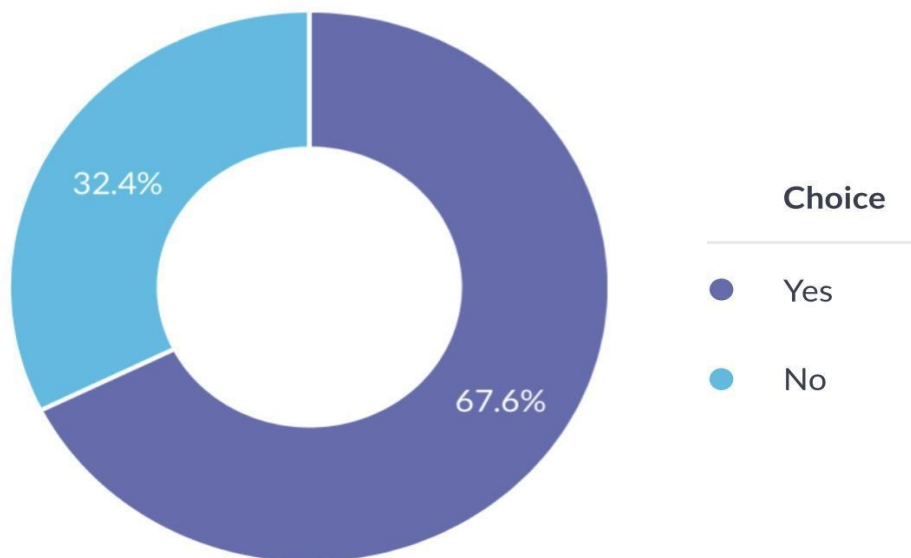


FIGURE 4- Pie Chart showing the percentage distribution of knowledge on duration of valerian root to wear off. Majority (67.6%) answered yes and the remaining (32.4%) answered no.

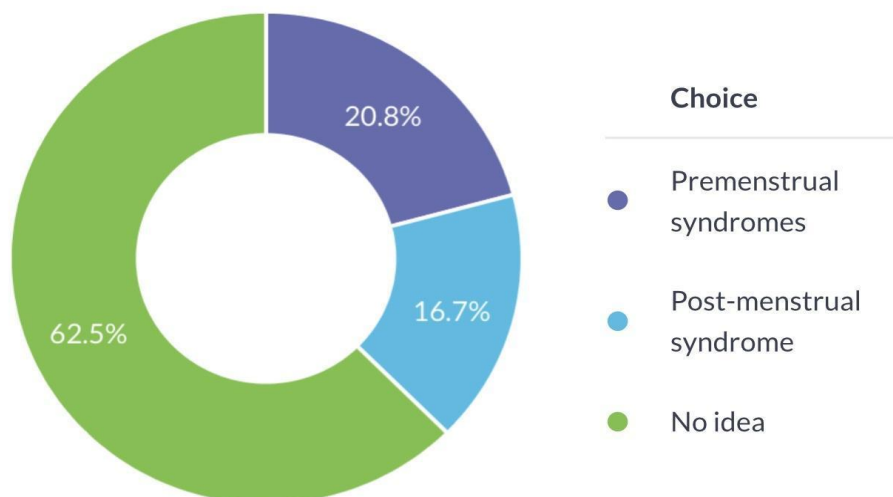


FIGURE 5- Pie Chart showing the percentage distribution of awareness on advantages of valerian root. Majority (62.5%) answered no idea, (20.8%) answered premenstrual syndrome and the remaining (16.7%) answered postmenstrual syndrome.

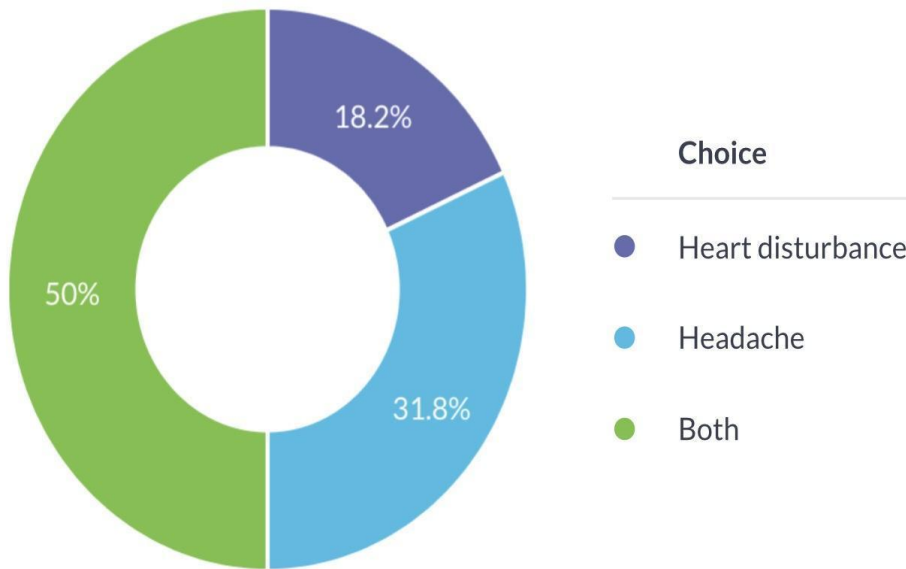


FIGURE 6- Pie Chart showing the percentage distribution of knowledge on side effects of valerian root. Majority (50%) answered both, (31.8%) believed headache and the remaining (18.2%) answered heart disturbance.

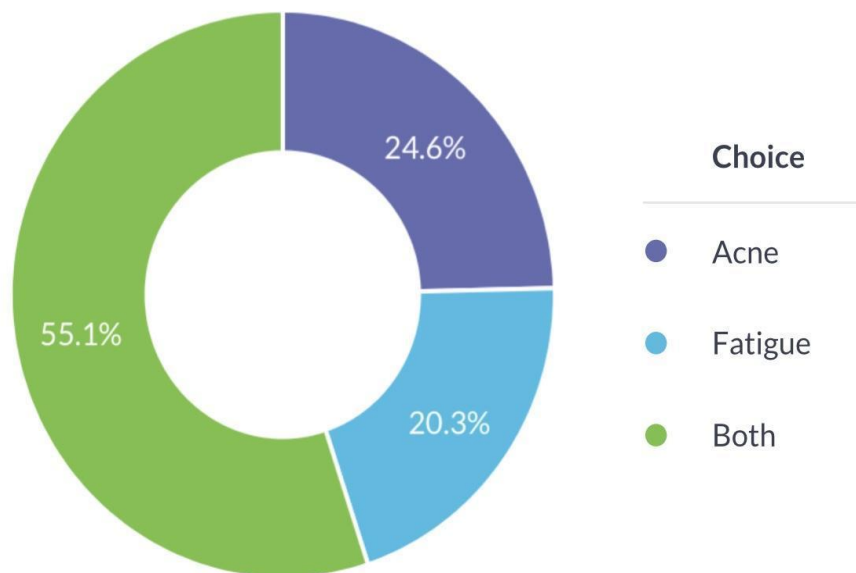


FIGURE 7- Pie Chart showing the percentage distribution of awareness on symptoms of premenstrual disorder. Majority (55.1%) answered both, 24.6% answered acne and the remaining (20.3%) answered fatigue.

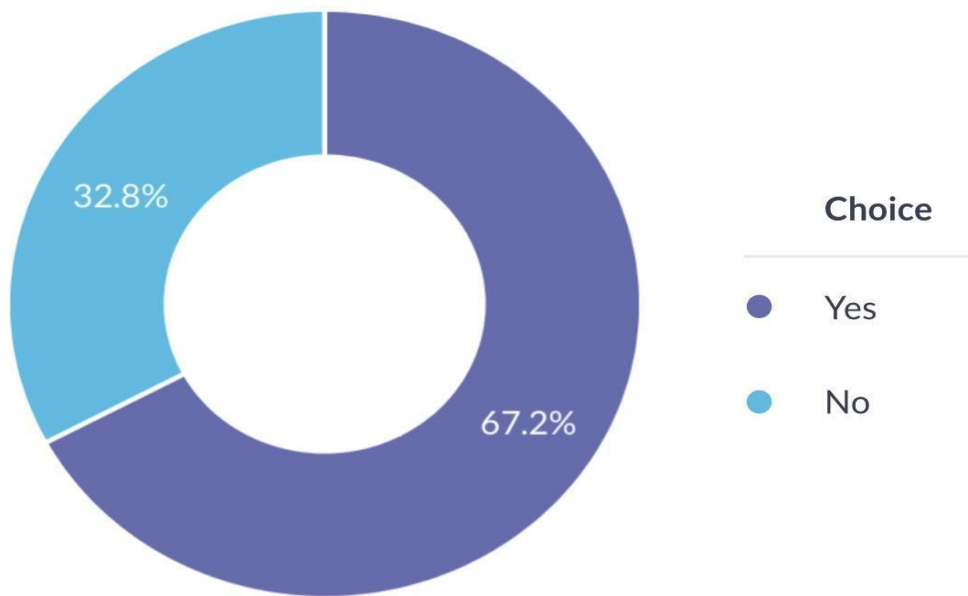


FIGURE 8-Pie Chart showing the percentage distribution of awareness on valerian root curing premenstrual syndrome. Majority (67.2%) answered yes and the remaining (32.8%) answered no.

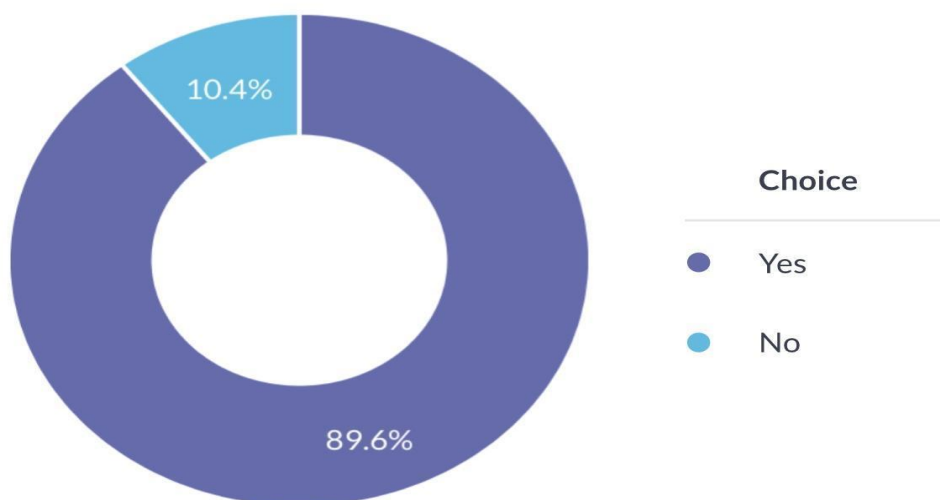


FIGURE 9-Pie Chart showing the percentage distribution of awareness on the survey being useful. Majority (89.6%) answered yes and the remaining (10.4%) answered no.

CONCLUSION:

With the use of modern synthetic drugs there is cure for the disease but the side effects of the drugs increases. Traditional medicines help to cure the disease without any side effects. Treatment for menstrual disorders are recommended using the use of herbs, valerian root is one among them. Valerian root being a traditional herb cures many symptoms of menstrual disorders. Premenstrual disorder is a common disease of women in the world, with the use of valerian root, menstrual disorder and its symptoms can be reduced. his survey based feedback was effective over 90% of them found this survey useful and could be conducted more to create awareness among people about the effects of valerian root on menstrual cycle.

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