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The premenstrual syndrome (PMS) - psycho-emotional, vegetative vascular and metabolic endocrine disturbances, manifested in the second phase of the premenstrual cycle. Essential role for the origin of PMS is assigned to the hormone of the front part of the hypophysis - prolactin.

Aim

To explore the effectiveness of the SCENAR influence both as a monotherapy and in combination with the "HEEL" preparations (Germany) on women with PMS.

Material and methods

The clinical effectiveness of the therapy was evaluated in 27 women with PMS at the SCENAR center "Garmonia" (Kiev, Ukraine). Psycho-emotional disturbances, neurological symptoms and changes in the mammary glands prevailed in the clinical picture. Concomitant extragenital pathology was found in 89% of the women.

The level of prolactin in the blood was defined by radioimmuno assay before and after the therapy. The patients were divided into two groups. In the first group the treatment was carried out with the SCENAR 97.4+ device only according to the procedure - "7 days before menstruation" for a period of three menstrual cycles. Additional antihomotoxic therapy was prescribed to the patients of the second group in the second phase of the cycle.

Results

Evaluation of the results from the treatment was based on the changes in the subjective feelings of the women and on the hormonal and ultrasound examinations data. The therapy was considered effective when the symptoms of PMS disappeared or diminished. Full disappearance or considerable decrease in the complaints were observed in 11 (78,5%) of the patients in the first and in 11 (92,3%) - of the second group.

The level of prolactin before the treatment in both groups did not differ considerably. Prolactinemia up to 30 ng/ml (mean level: 28,1+-1,8 ng/ml) was found in 11 (40,7%) of the women. The prolactin concentration in the rest of the patients was within the normal limits (mean value - 15,7 +- 1,2 ng/ml).

After three courses of therapy the level of prolactin in the blood in all women decreased to 12,2 +- 2,1 ng/ml. Normalizing effect of the suggested treatment procedures was observed on disturbances of the menstrual cycle, hypo menstrual syndrome, algodismenorrhea, primary infertility. No side effects were observed.

Conclusion and recommendations

1. The SCENAR and homotoxic therapy exert regulating influences on the prolactin concentration in the blood plasma in patients with PMS. The result may be due to both the influence on hypophysis-hypothalamic structures and the modification in sensitivity of the tissue-targets of the examined hormone.
2. The combination of SCENAR therapy and "HEEL" preparations shows higher clinical effectiveness in the treatment of women with PMS of reproductive age.
3. The above results allow the use of SCENAR therapy and antihomotoxic preparations (Mulimen, Nerwoheel, Hepeel) to be recommended to practitioners for the treatment of PMS to the given category of patients.