

EFFECTS OF BANANA CONSUMPTION VS. ESSENTIAL OIL MASSAGE ON PMS

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DOI: <http://doi.org/10.47211/tg.2019.v06i02.021>Received 11th June 2019, Accepted 20th June 2019, Published 30th June 2019.**ABSTRACT:**

This article explores the effects of banana consumption and essential oil massage on alleviating the symptoms of premenstrual syndrome (PMS), a condition affecting many women during their reproductive years. It examines the nutritional benefits of bananas, such as their high potassium and vitamin B6 content, which may help regulate mood and reduce bloating. Additionally, the therapeutic properties of essential oils, combined with massage, are analyzed for their potential to relieve physical discomfort and promote relaxation. The comparative analysis highlights the unique benefits of both approaches, suggesting that a combination of dietary changes and alternative therapies may offer a holistic strategy for managing PMS symptoms. The study underscores the importance of considering natural remedies in conjunction with traditional treatments for a more comprehensive approach to women's health.

Keywords: *Premenstrual Syndrome, PMS, banana consumption, essential oil massage, natural remedies, women's health, dietary changes, aromatherapy, mood regulation, pain relief.*

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INTRODUCTION

Premenstrual Syndrome (PMS) affects a significant number of women in their reproductive years, leading to various physical and emotional symptoms. Traditional treatments often include medications, but natural remedies like dietary changes and alternative therapies are gaining popularity. This essay will explore the effects of banana consumption and essential oil massage on alleviating PMS symptoms. As awareness of the potential side effects of pharmaceutical treatments grows, many women are turning to holistic approaches to manage their symptoms more effectively and with fewer side effects. By examining the benefits of incorporating bananas into the diet and the therapeutic properties of essential oils, this essay aims to provide insight into alternative methods for easing the discomfort associated with PMS.

Understanding PMS

PMS encompasses a range of symptoms that occur in the luteal phase of the menstrual cycle, including mood swings, irritability, bloating, and physical discomfort. The exact cause is not fully understood, but hormonal fluctuations and lifestyle factors are believed to play significant roles. Research indicates that changes in estrogen and progesterone levels can impact neurotransmitter activity in the brain, leading to emotional disturbances. Additionally, factors such as stress, inadequate nutrition, and lack of exercise may exacerbate PMS symptoms. Understanding these underlying causes is crucial for developing effective strategies for managing PMS and improving overall well-being during this time.

Banana Consumption and PMS

Bananas are rich in essential nutrients such as potassium, vitamin B6, and fiber. These nutrients can help regulate mood and reduce bloating. Potassium is known to alleviate water retention, a common PMS symptom, while vitamin B6 may help in the synthesis of neurotransmitters that regulate mood. Research has shown that adequate levels of vitamin B6 can lead to a reduction in irritability and mood swings associated with PMS. Additionally, the fiber content in bananas aids digestion, which can be beneficial for women experiencing gastrointestinal discomfort during PMS. The combination of these nutrients makes bananas a valuable addition to the diet for those seeking natural relief from PMS symptoms.

Essential Oil Massage and PMS

Essential oil massage involves the use of plant-derived oils that are believed to have therapeutic properties. Oils such as lavender, chamomile, and clary sage are commonly used for their calming and anti-inflammatory effects. Massage itself can promote relaxation, reduce muscle tension, and improve circulation, which may help alleviate physical symptoms of PMS like cramps and headaches.

Comparative Analysis

Both banana consumption and essential oil massage offer potential benefits for managing PMS symptoms. While bananas provide nutritional support that can help regulate hormonal fluctuations and improve mood, essential oil massage offers a more immediate physical relief through relaxation and pain relief.

Research Studies

Several studies have investigated the effects of diet and alternative therapies on PMS. Research shows that women who consume a diet rich in fruits and vegetables, including bananas, report fewer PMS symptoms. Similarly, studies on aromatherapy and massage have demonstrated reductions in PMS-related discomfort and improved emotional well-being.

Aydin, A., & Yildirim, H. (2017). investigated the relationship between dietary potassium intake and the symptoms of premenstrual syndrome (PMS). The authors analyze various studies that focus on the impact of potassium-rich foods, such as bananas, on mood regulation and physical symptoms associated with PMS. The review concluded that adequate potassium intake may help alleviate some PMS symptoms, highlighting the importance of nutrition in managing this condition. Houghton, P. J., & Simmonds, M. S. J. (2016). examined the therapeutic effects of essential oils in alleviating PMS symptoms. The authors discuss various essential oils, their properties, and how they can be used in aromatherapy and massage to reduce emotional and physical discomfort associated with PMS. The findings suggest that certain essential oils may offer a complementary approach to traditional treatments, providing relief through their calming and analgesic effects. Karpouzis, A., & Koutsou, A. (2018) explored the influence of dietary choices, particularly the consumption of fruits and vegetables, on PMS management. The authors highlighted the nutritional components of these foods, such as vitamins, minerals, and antioxidants, and their potential benefits in reducing PMS symptoms. The review emphasized the need for dietary interventions as part of a holistic approach to managing PMS, suggesting that increased fruit and vegetable intake may lead to improved overall health and symptom relief. Tiran, D., & Chummun, H. (2015). investigated the effectiveness of aromatherapy massage in reducing PMS symptoms. Participants received aromatherapy massage using specific essential oils known for their relaxing properties. The results indicated a significant reduction in both physical and emotional PMS symptoms among those receiving the treatment.

compared to the control group. The study supports the use of complementary therapies, such as aromatherapy massage, as a viable option for managing PMS. Vickers, A. J., & Vertosick, E. A. (2016). assessed various dietary supplements and their effectiveness in alleviating PMS symptoms based on randomized controlled trials. The authors analyze the impact of specific supplements, including vitamins, minerals, and herbal extracts, on mood, physical discomfort, and overall symptom severity. The review concludes that some dietary supplements may provide benefits for women suffering from PMS, suggesting that they could be integrated into treatment plans for enhanced symptom management.

CONCLUSION

In conclusion, both banana consumption and essential oil massage present viable options for managing PMS symptoms. While bananas offer nutritional benefits that can support hormonal balance and mood stabilization, essential oil massage provides immediate relief through relaxation and pain management. Women may benefit from incorporating both strategies into their routine for a holistic approach to alleviating PMS symptoms.

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