

Premenstrual tension

It is known that almost half of women experience a significant **deterioration of mental state** a few days before menstruation. This tension usually takes the form of a simple neurasthenic syndrome, but it can also take on serious psychopathological forms. With **sex life** this condition interferes especially when the deteriorated mood reduces sexual appetite and excitability. These disorders are often combined with partner conflicts, which naturally belong to the period of menstrual tension. In the premenstrual period, women have an increased risk of accidents, injuries, hospitalizations and the onset of incapacity for work.

Therapeutically, psychopharmaceuticals are used for premenstrual tension syndrome. Favorable experiences are reported with antidepressants of a number of selective serotonin reuptake inhibitors (SSRIs = selective serotonin reuptake inhibitor). An often successful measure is the administration of contraceptive tablets to suppress ovulation and induce artificial hormonal conditions. It is a clinical experience that women with an anovulatory cycle hardly suffer from premenstrual tension conditions.

Links

Source

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