



MEDICAL TIPS

MEFTAL SPAS Tablets

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Effect of Mefenamic Acid on Premenstrual Syndrome (PMS) in Reproductive age Group.

Zaman A et al. Pakistan J of Medical and Health Sciences 2023; 17 (6): 195-196.

- PMS is a cyclic disorder with common symptoms like headaches, breast tenderness, bloating, fatigue, depression and irritability, that reappear with each cycle.
- Mefenamic acid was administered to 75 patients of reproductive age for a period of at least 3 months and a follow-up of minimum 3 months was advised to reevaluate the symptoms and efficacy.
- Statistically significant improvement in symptoms of headache, dysmenorrhoea, breast tenderness and mood irritability were noted.
- The efficacy of mefenamic acid in relieving the symptoms was noted in 70.67% of the patients while 29.33% of the patients showed no change in symptom relief.

Mefenamic acid is effective in women having PMS with a majority of women ensuing a favourable outcome.



