

A review of the pharmacological and therapeutic potential of *Sulugulu Yavaguva* in the management of Premenstrual Syndrome (PMS)

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Premenstrual syndrome (PMS) is a condition which occurs during luteal phase of the menstrual cycle in a cyclic manner, which is experienced by 47.8% of women in reproductive age. The traditional gruel preparation named Sulugulu yaguva contained 11 spices which are being tested for the efficacy on PMS by a clinical trial. This research aimed to study if its pharmacological and medicinal values could be effective in controlling PMS. The pharmacological properties and medicinal properties of the ingredients of the selected formula were collected from peer reviewed and science citation indexed articles published between 2015 to 2025. Certain studies claimed the efficacy of some of the ingredients of the study formulae. *Zingiber officinalae*, *Curcuma longa*, *Foeniculum vulgare* showed oxidative stress reduction, reduced anxiety and depression, improved physical and mental behaviour in PMS. Anti-inflammatory, anti-oxidant and immunomodulatory properties of other ingredients also may be beneficial for managing PMS. Further, studies on Ayurveda aspect showed the action of these herbs on *Samprapthi Vighatana* of PMS. Vatanulomana property of *Carun carvi*, *Asafetida ferula*, *Trachyspermum ammi* would provide significant support to control PMS related symptoms. Considering the vitiation of doshas, Sulugulu yavagu possesses Vata and Pitta Shamana actions, which may help restore the balance in *Ritu vathita kala*. Moreover *Shulahara*, *Garbhasha Shotahara* properties of *Carun carvi*; *Rakta shodana* action of *Curcuma longa*, and *Deepana*, *Amapachana* effects of fenugreek also may play important roles. With this study it was proved that the medicinal and pharmacological properties of the ingredients of Sulugulu yavagu had the potential ability to control PMS related symptoms. After analyzing the data of the clinical trials conducted using this formula the efficacy may be proven scientifically.

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