Can CBD Help with PMS Symptoms?

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Premenstrual Syndrome, more commonly referred to as PMS, is one of the most inconvenient conditions that women all around the world face. The indescribable irritability, mood swings, and unbearable cramps – are all factors that make it worth discussing. Unfortunately, there isn’t much that seems to ease women during this time, either. That’s why it makes sense to look for solutions that might aid in easing such symptoms.

CBD for PMS has recently become a focus of research. However, there’s a lot to explore when it comes to the possible benefits of CBD oil for PMS.

Wondering if there’s any connection between PMS and CBD?

Let’s explore to see if CBD oil can help with PMS and other related issues.

PMS and its symptoms

Every female in the world experiences menstruation. It’s a monthly cycle that is divided into two main phases. From the first day of your period until the ovulation day, you’re in the follicular phase. The remaining part of the cycle is known as the luteal phase.

PMS starts after the ovulation, when the hormone levels go up and down very swiftly. During this time, your mind and body go through sudden changes, which leads to PMS. Since this is the time when a woman can get pregnant, these hormonal changes are the body’s way of preparing the woman to conceive healthily. However, these changes are not the easiest to adapt. Therefore, women tend to experience pain and mood swings.

The symptoms of PMS vary from person to person. But there are some general signs of PMS that roughly 95% of women experience. These include abdominal cramps, breast tenderness, bloating, muscle and joint pains, and inflammation. As for psychological symptoms, women experience extreme changes in moods. Emotional sensitivity, depression, anxiety, and unexplainable tension are some of the most common signs.
Your symptoms may be different. They might even vary each month. However, if you notice a sudden change in yourself in the luteal phase, it is a clear PMS sign. For women that experience severe symptoms, they suffer from a condition called Premenstrual Dysphoric Disorder, or PMDD.

PMDD is usually more serious and typically harder to treat. The levels of irritability, depression, and anxiety during PMDD affect the woman’s entire life. The only way to feel better during this time is to keep your hormones at ease. Fortunately, **PMDD treatment with CBD oil** might help improve the irritable moods.

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**CBD and PMS**

**CBD as a potential treatment for PMS symptoms** brings forth a ray of hope. The idea of **PMDD treatment with CBD oil** may work in addition to other treatments. But, since there is limited research, it’s wise to consult your healthcare practitioner if you’re going through severe PMS symptoms and are considering trying out **CBD** for treatment. That way, they might recommend the **best CBD oil for PMDD**.

Some of the most common symptoms of PMS are eased with the use of CBD; however, there is not currently direct proof that the use of CBD will treat PMS. Much of the research around CBD suggests that it may be beneficial to aid in certain conditions that are common symptoms of PMS.

Interestingly, our body has its own coping mechanism against conditions like PMS. The system in charge is called the endocannabinoid system (ECS). This is where the cannabinoid strain got its name. The ECS works to keep our body balanced and neutral.
When you use CBD oil for PMS, the natural system of the body appears to get support. With the ECS strengthened, coping mechanisms kick in and may reduce symptom intensity. **CBD oil may help with PMS** by allowing the natural cannabinoid receptors to work more efficiently.

One thing to be wary about is the form of CBD that you opt for, along with the brand or manufacturer of the product. It is important to look for quality, reputation, purity, and testing. Whether you’re using **CBD for PMS** or opting for **PMDD treatment with CBD oil**, these factors play a significant role. Some individuals feel the **best CBD oil for PMDD** is the purest one - a product that is free of additives and other chemicals.

Another thing to bear in mind for PMS and **PMDD treatment with CBD oil** is the dosage. Let your healthcare practitioner suggest the dose that might be right for you.

**Other benefits of CBD**

There’s more that comes along with the menstrual cycle than just PMS and PMDD. **CBD for PMS** may help you during the luteal phase by helping maintain a sense of wellness; lessening the severity of potential mood swings.

The menstrual cycle is also known to take a toll on the skin, causing more blemishes and breakouts than normal. Because of its anti-inflammatory properties, CBD may help increase inflammation and irritation of the skin; and may even regulate hormonal levels in your body to boost your skin’s health.

Another common symptom of PMS and PMDD is sleeplessness; again, ranging from mild to moderate for women during certain stages of their cycle. The use of CBD at nighttime might help you get to sleep easier and rest more peacefully.

PMS and PMDD can, without a doubt, be a nightmare for many women. While it is unsure if CBD can treat PMS or PMDD directly, research suggests that many of the common symptoms that come along with these conditions have promising benefits with the use of CBD. It is always recommended to get an initial consultation from your healthcare practitioner to determine if adding CBD to your life will be helpful.