Table 2 - The effect of herbal medicine for premenstrual syndrome. Literatures yield 12 studies and 7 different herbs. It includes total dosage per day, number of times the herbs were taken per day either at all phases or only during luteal phase (@ LP), the duration of the studies by menstrual cycles (MC), Baseline scores using assessment tools used at each studies, the outcome measures and results, control type, and p-value.

#	Intervention	Time	MC	Baseline	Outcome	Control	p-value
11	Vitex agnus castus[11] (VAC, BNO 1095) 40mg	1/day	3	PMSD 29.38±7.63	PMSD 14.66±0.52	Placebo	=0.0001
12	Vitex agnus castus[12] (VAC, BNO 1095) 40mg	2/day	3	PMSD 29.13±7.88 PMTS 26.17±4.79	PMSD 6.41±7.94 PMTS 9.92±9.01	Placebo	<0.05
13	Vitex agnus castus[13] 20~40mg	1/day	2	DSR 171.758.1	DSR 82.849.5 50% or more better	Fluoxetine	>0.01
14	Vitex agnus castus[14] 40 drops(4.5mg)	1/day @ LP	6	DSR 30% higher score @ LP	Better then CG	Placebo	<0.0001
15	Hypericum perforatum[15] (Li 160) 900mg	2/day	2	DSR score 12.6	DSR score 5.80		>0.05
16	Hypericum perforatum[16] 1800µg hypericin (600mg)	2/day	2	MD score 326.33	MD score 101.23	Placebo	≤0.007
17	Hypericum perforatum[17] 1360µg hypericin	1/day	2	DSR 149.07	DSR 86.13	Cellulose TB	<0.05
18	Xiao Yao San[18] Dan Zhi Xiao Yao San	3/day @ LP	3	Diagnosed as PMS	Pysical MDQ 68.9% reduction Psychological MDQ 74.8% reduction	Placebo	<0.001
19	Crocus ativus(saffron) [19] 30mg	2/day	2	DSR 50% or higher @ LP	50% reduction. Better then CG	Placebo	<0.001
20	Elsholtzia splendens[20] 120mg	1/day	3	PAF 270.20±82.61	PAF 176.7±61.33	Placebo	<0.01
21	Cirsium japonicum[20] 120mg	1/day	3	PAF 257.30±74.81	PAF 185.6±53.65	Placebo	<0.01
22	Ginkgo biloba L.[21] 40mg	3/day @ LP	2	DSR 34.80 Psychological 38.4 Physical 27.11	DSR 11.11 Psychological 10.89 Physical 10.81	Placebo	<0.001