

Table 3 - Cross examination of improvements by symptoms. Treatment methods are numbered according to Table 1 and 2. Improvements are recalculated for significant result ((%) = (baseline score - post treatment score) / baseline score) x100). Boxes left blank are either omitted in the original studies or the intervention showed no significantly decreased results.

	Improved rate (%)													
	AP	Hand tx		Vitex agnus castus				St John's wort			Xy	Es	Cj	Gb
Intervention by #*	#1	#3	#4	#11	#12	#13	#14	#15	#16	#17	#18	#20	#21	#22
Overall Symptoms	54.9	80.9	83.5	50.1	78	50	47	51	69	43.5	71.9	29.5	9.5	68
Physical symptoms	49.6										68.9	19		60.1
Psychological symptoms	63.8										74.8	34.6	27.9	71.6
muscle stiffness												32.4		
headache	49.6			36.8			33	47.2						
cramps	49.6			38		50								
backache	49.6			51.3										
fatigue				59.8				35.5			68.9	33.6	35	
general aches / pains				35.6										
insomnia				19.8				44.3			74.8			
forgetfulness								52.1						
confusion											74.8			
stay at home			83.3									49.7	41.8	
avoid social activities			100									37.9	23.8	
cold sweats	49.6													
hot flashes	49.6	95.7												
weight gain			97											
skin disorders	49.6													
painful breasts	49.6			63		50	58	21.9			68.9			
swelling	49.6		86.7	48.4		50		31.9	74.6	27.8	68.9	31.5	28.9	
crying				41				71.2		71.3				
anxiety			92.3	58.8			38	39	65.7	43.9	74.8	44.3	29.7	
restlessness							42							
irritability				58.6		50		35			74.8	35.6	36.5	
mood swings		78.9	91.6	59.2				49			74.8	31.8	34.6	
depression			89	52.7			52	52.8	54.5	52.8	74.8	42.9	27.7	
tension											74.8			
change in eating habits				45		50		43.6	77.6	21.6				
abdominal bulging	49.6	74.3	78.2	55			60							
abdominal pain	49.6	76.2	81.9											
Sensitivity to cold	49.6													
anger			100	59.1								50.5	36.9	

*See table 1 and 2 for the numbering of each interventions.