215 citations identified from electronic databases
NCBI (n=78)
KISS (n= 47)
NDSL (n=81)
OASIS (n=9)

6 citations identified by hand-searching
See Reference [11-15, 30]

52 duplicates were removed using Excel 2007 For Windows

169 citations were selected for further evaluation
130 citations were excluded after reviewing the title and abstracts
Non related interventions (n=43)
Not treatment related (n=39)
PMS related fact-finding researches (n=35)
Not PMS related (n=13)

39 citations were selected for full-text review

19 literatures included in this review.

19 RCTs included in the analysis
Acupuncture (n=5)
Acupuncture & Ariculo acupoint (n=1)
Hand acupuncture and moxi (n=1)
Electro acupuncture on scalp (n=1)
Vitex Agnus castus (n=4)
Hypericum perforatum (n=3)
Xiao Yao San (n=1)
Crocus sativus (n=1)
Elsholtzia splendens and Cirsium japonicum (n=1)
Ginkgo biloba L. (n=1)

20 studies were excluded after full text was screened because interventions were either not eligible or outcomes of interest were not assessed.
Simple Case Studies (n=3)
Not RCTs (n=4)
Not related RCTs (n=2)
Review (n=5)
Other alternative interventions (n=5)
Systematic review (n=1)