

【ABSTRACT】

The present invention relates to a composition which is for preventing and ameliorating or treating premenstrual syndrome symptoms, and includes: (a) a chrysanthemum zawadskii extract; (b) a mixture of the chrysanthemum zawadskii extract and a malt extract; or (c) a mixture of the chrysanthemum zawadskii extract, the malt extract, and an aloe extract. Specifically, the present compositions effectively inhibit the secretion of prolactin from pituitary cells, which is a phenomenon that appears during premenstrual syndrome, thereby increasing the secretion of progesterone, which is reduced during the luteal phase of women, and can thus be advantageously used as a composition for preventing and ameliorating or treating women's premenstrual syndrome.

[FIG. 1]