

# Formulation and Evaluation of Herbal Roll On to Reduce Dysmenorrhra

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**Abstract:** *Menstrual cramps, which are a throbbing , cramping pain in your lower abdomen. You may produce other symptoms, inclusive of decrease lower back pain, nausea, diarrhea, and headaches.PMS causes many different symptoms , including weight gain, bloating, irritability, and fatigue.PMS regularly begins offevolved one to 2 weeks earlier than your length begins offevolved. Dysmenorrhea is a form of menstrual pain caused by uterine contractions due to both an increased production of prostaglandins and the release of the endometrial layers during menstruation. The examine consists of the assessment of efficacy and protection parameters withinside the control of menstruation cramps. Our study includes total about 10 patients. The sufferers are cautioned to use the Roll On over the decrease abdomen. This formulation can be beneficial to the feminine during their 7 days and all over the period cycle.*

**Keywords:** Menstrual cramps

