

Herbal Jelly : Utilizing Herbal Remedies for the Maintenance of Menstrual Health

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Abstract: *Chronic non-communicable diseases (NCDs), including cardiovascular diseases, cancers, chronic respiratory diseases, and diabetes, are the primary cause of global disability and mortality, particularly affecting older, experienced members of the workforce. The rise in NCD-related deaths is forecasted to increase by 77% from 1990 to 2020, primarily in developing countries. Traditional herbal remedies are crucial for treating various health issues, with a growing reliance on medicinal plants like Withania coagulans, Asparagus racemosus, and others for women's health, particularly in managing menstrual problems. Withania coagulans, known as paneer doda, is recognized for alleviating menstrual discomfort, while Shatavari is revered for its hormonal balancing properties and support of female reproductive health. Fennel, ginger, turmeric, cinnamon, and aloe vera are additional herbs noted for their beneficial effects on menstrual cycles, offering anti-inflammatory, pain-relieving, and hormone-regulating properties. A mix of these herbs has been formulated into jelly for easier consumption, aiming to improve health outcomes in women suffering from dysmenorrhea and other menstrual disorders. Clinical studies attest to the efficacy of these herbal treatments in managing menstrual pain and irregularities, with a promising future for plant-based remedies in gynecological health. Overall, these natural products present less toxicity and lower side effects compared to synthetic medications, fostering a significant interest in herbal medicine as a safer alternative for women's health challenges. Continued exploration of these traditional remedies, focusing on their mechanisms of action and health impacts, remains essential for advancing women's health care.*

Keywords: jelly, menstruation, relief pain, sufficient amount of menstrual flow

