

Natural Pain Relief: Herbal Dark Chocolate to Ease Menstrual Pain

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Abstract: Menstrual cramps, clinically referred to as dysmenorrhea, significantly affect women's health and quality of life. Growing interest in natural and herbal remedies has led to the development of an innovative herbal chocolate formulation aimed at relieving menstrual pain. This study presents a cocoa-based product enriched with almonds, pumpkin seeds, citric acid, dark chocolate, and ginger—ingredients known for their analgesic, anti-inflammatory, and nutritional properties. Almonds and pumpkin seeds provide magnesium and essential fatty acids that may ease cramps. Dark chocolate offers flavonoids for vascular relaxation, while ginger delivers well-documented anti-inflammatory effects. This formulation combines therapeutic benefits with enjoyable consumption. The research particularly focuses on ginger's role in menstrual pain relief, aiming to evaluate the synergistic potential of these herbal ingredients. Further study is required to determine optimal dosage and efficacy

Keywords: Dysmenorrhea, Menstrual cramps, Herbs, Ginger, Turmeric, Dark chocolate, Natural remedy, Anti-inflammatory, Women's health

