

Home Remedies for menstruation

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Abstract

The herb herbal is useful to regulating the menstrual periods. It is especially beneficial in painful and difficult menstruation. Two tablespoons of the seeds should be boiled in half a litre of water, till it is reduced by one – third. This decoction should be given in 15 to 30 ml doses.

Key words : Remedies, menstruation

Introduction

The bark of the Ashoka tree is an effective remedy for excessive blood loss during the monthly period which occurs due to uterine fibroids and other causes. It should be given in the form of decoction in treating this condition. About 90 g. of the bark should be boiled in 30 ml of milk and 360 ml of water till the total quantity is reduced to about 90 g. This quantity should be given in one day, in two or three doses. The treatment should commence from the fourth day of the monthly period and should be continued till the bleeding is checked. A fresh decoction should be made for use each day.

Methodology

The study was conducted in Farrukhabad district. Six localities were selected in this study area. Total 240 women were selected in this study. Dependent and independent variables such as age, education, occupation, body weight, B.M.I., iron status were used. The statistical tools such as S.D., C.V. etc. were used. The average age of menarche in human is 14 years but is normal any where between ages 10

and 16, factors such as heredity, diet and overall health can accelerate or delay menarche.

Due to education, women respondents were aware about menstrual cycle of physiologic changes and they use various sanitary products, which is available in the market for use during their menstruation. In periods they were taking more iron due to blood loss.

The 28-day menstrual cycle, showing changes in the thickness of the endometrium lining. Day 0 to 5 : At the every beginning of the cycle, the levels of the hormones estrogen (ES-tro-jen) and progesterone (pro-JES-te-rone) in the body are low.

A few days before menstruation, some women become nervous and irritable. They suffer from depression, headaches, fullness in the breasts, insomnia and swelling in the lower extremities.

Painful periods, including severe cramps. When menstrual cramps occur in teens, the cause is too much of a chemical called prostaglandin. Most teens with dysmenorrheal do not have a serious disease even though the cramps can be severe.

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Table 1. Distribution of women according to age group

Age group (years)	Frequency	Per cent
14 – 24	84	35.0
24 – 34	112	46.7
34 – 44	44	18.3
Total	240	100.0

Table 2. Distribution of respondents according to education

Education level	Frequency	Per cent
Up to Primary	11	4.6
Up to Secondary	23	9.6
High school	48	20.0
Intermediate	56	23.3
Graduate & above	102	42.5
Total	240	100.0

Table 3. Time period of menstruation of respondents according to age group

Age group	Time period of Menstruation			
	3 days	4 days	6 days	7 days
14 – 24 years	2 (0.8)	60 (25.0)	21 (8.7)	1 (0.4)
24 – 34 years	6 (2.5)	89 (37.1)	15 (6.2)	2 (0.8)
34 – 44 years	12 (5.0)	20 (8.3)	7 (2.9)	5 (2.1)
Total	20 (8.3)	169 (70.4)	43 (17.9)	8 (3.3)
χ^2	38.503*	P < 0.05		

Table 4. Problems faced by respondents during menstruation period

Problems	Always	Sometimes	Never	Scores
Acne	91 (37.9)	63 (26.2)	86 (35.9)	2.02
Bloating	66 (27.5)	73 (30.4)	101 (42.1)	1.85
Fatigue	119 (49.6)	69 (28.7)	52 (21.7)	2.28
Backaches	138 (57.5)	78 (32.5)	24 (10.0)	2.47
Sore breasts	54 (22.5)	39 (16.2)	147 (61.3)	1.61
Headaches	121 (50.4)	60 (25.0)	59 (24.6)	2.26
Constipation	111 (46.2)	88 (36.7)	41 (17.1)	2.29
Diarrhea	51 (21.2)	62 (25.8)	127 (53.0)	1.68
Food cravings	63 (26.2)	41 (17.1)	136 (56.7)	1.70
Depression	89 (37.1)	93 (38.7)	58 (24.2)	2.13
Irritability	98 (40.8)	81 (33.7)	61 (25.5)	2.15
Difficulty to concentration	67 (27.9)	49 (20.4)	124 (51.7)	1.76
Difficulty to handling stress	69 (28.7)	52 (21.7)	119 (49.6)	1.79

(Figures in parentheses denotes percentage value)

Table 5. Major problems faced by respondents during menstruation period

Major problems	Always	Sometimes	Never	Scores
Cramps	93 (38.7)	83 (34.6)	64 (26.7)	2.12
Irregular periods	105 (43.7)	100 (41.7)	35 (14.6)	2.29
Delayed menarche	143 (59.6)	86 (35.8)	11 (4.6)	2.55
Amenorrhea	63 (26.2)	46 (19.2)	131 (54.6)	1.72
Menorrhagia	99 (41.2)	83 (34.6)	58 (24.2)	2.17
Dysmenorrhea	82 (34.2)	70 (29.2)	88 (36.6)	1.97
Endometriosis	71 (29.6)	56 (23.3)	113 (47.1)	1.82

Home remedies

1. Menstrual Problems treatment using Ginger
2. Menstrual Problems treatment using Sesame Seeds
3. Menstrual Problems treatment using
4. Menstrual Problems treatment using Bengal Gram
5. Menstruation Problems treatment using Marigold
6. Menstrual Problems treatment using Banana Flower
7. Menstrual Problems treatment using Coriander Seeds
8. Menstrual Problems treatment using Mango Bark
9. Menstrual Problems treatment using Ashoka
10. Menstrual Problems treatment using Indian Barbary
11. Menstrual Problems treatment using Rough Chaff
12. Menstrual Problems treatment using Herbal
13. Menstrual Problems treatment using All Fruit Diet
14. Menstrual Problems treatment using well Balanced Diet. Avoid white flour products, sugar, confectionery, tinned or preserved foods, strong tea/coffee.
15. Other Menstrual Problems treatment using Warm Water Enema
16. Menstrual problems treatment using dry friction and a cold hip bath

Diet for irregular periods is as under

- Bamboo leaves for Irregular Periods
- Dill for irregular Periods
- Omega-3 Fatty Acids rich Food for Irregular Periods
- Aloe Vera to Treat Irregular Periods
- Avoid Food that cause Constipation
- Drink Plenty of Water

Conclusion

Legumes and dark-green leafy vegetables like broccoli, kale and oriental greens are especially good sources

of iron for vegetarians and vegans. However, spinach and Swiss chard contain oxalates which bind iron making it almost entirely unavailable for absorption. Iron from non-heme sources is more readily absorbed if consumed with foods that contain either heme-bound iron or vitamin C. This is due to a hypothesized "meat factor" which enhances iron absorption.

Recommendations

1. **Well Balanced Diet** : After the all fruit diet, the sufferer should adopt a well-balanced diet, with emphasis on fresh fruits, raw vegetables and wholegrain cereals.
2. **Avoid white flour products, sugar, confectionery, tinned or preserved foods, strong tea/coffee** : Foods which should be avoided are white flour products, sugar confectionery, rich cakes, pastries, sweets, refined cereals, greasy foods, tinned or preserved foods, strong tea, coffee, pickles and condiments.

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