

## Review on Natural Treatment of Dysemohrrea

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### Abstract

### Review Article

Dysmenorrhea is known as the severe menstrual pains that are caused due to release of higher (or) lower levels of prostaglandins. The release of prostaglandins is from sexual hormones. These Dysmenorrhea is treated through different traditional medicinal system like (Ayurveda, unani, sidda etc). These systems are reducing pain through different herbs. The herbs are obtained from different parts of the plants like (roots, stems, fruits, Flowering tips etc..). The herbal drugs that not only reduce the pain of the menstrual cramps but also causes many beneficial effects to the health of the females. The herbal drugs that are naturally obtained from the soil so these are not having any side effects in their menstrual time. These herbs having analgesic, and blocking of release of prostaglandins and decreasing the prostaglandins. These drugs reduce the pain from roots of cause. The herbs play a main and important role in reducing the menstrual cramps and menstrual mood. These drugs help to reset the mood of the females and these natural drugs will cure the menstrual cramps for roots of cause.

**Keywords:** Menstrual cramps, herbal drug, prostaglandins, traditional systems, Dysmenorrhea.

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## INTRODUCTION

According to survey of India of India out of 10 females 6 females are suffering with severe menstrual cramps in their regular (or) irregular periods. The females are hospitalized due to this menstrual cramps in their periods. The periods pain are caused due to secretion of prostaglandins by different sexual hormones mainly through corpus luteum. The corpus luteum mainly secretes progesterone which helps to maintain the endothelium of the uterus of the female reproductive system. The main causes of periods are due to the departure of the endothelium of the uterus of the female reproductive system. The continuous bleeding of the period blood will increase the contraction of the uterus. The contraction of the uterus will send signals to the parasympathetic system and acetylcholine was released. The released acetylcholine will bind to the receptors and release the prostaglandins.

The released prostaglandins will induce the pain of the menstrual cramps. They are severe levels of menstrual cramps which are observed in their periods. The commonly level of menstrual cramps are distinguished as primary Dysmenorrhea. The primary Dysmenorrhea was seen in their monthly periods. These cramps are

mostly their for about 2-5 days. These are reduced after completion of their monthly periods. The primary Dysmenorrhea was treated by herbal (or) traditional drugs. The treatment of this primary menstrual cramps through many home remedies and allopathic medicine. Allopathic medicine only treats the symptoms of the menstrual cramps. These moderate to severe levels of the menstrual cramps that are caused due to their food habits. Some females the menstrual cramps that are caused due to their genetic inheritance. These primary Dysmenorrhea can be treated to many drugs home remedies and herbs etc....

The second type of Dysmenorrhea is known as the secondary Dysmenorrhea. The cause of secondary Dysmenorrhea is prolonged usage of adverse drugs and cause of diseases (or) disorders to the female reproductive system. The disorder or disease or caused during the pregnancy and some other treatments during the other diseases like thyroid and other disease. The secondary Dysmenorrhea is dose not having the treatment. The pain inducer will stimulate the prostaglandins through 4-5 weeks after the complication regular or irregular periods. The secondary Dysmenorrhea having the prolonged secretion of the prostaglandins will not reduce the pain. The secondary

Dysmenorrhea doesn't treated by herbal drugs. This also treated by allopathic medicines also. The drugs or any traditional system these are not having the treated ment for this. Around 450 people in Indian from every state is suffering with this secondary Dysmenorrhea after they pregnancy. The are also causing life treating problems in females which cannot be cured. These are not treatment for this. [NOTE: As i mentioned the herbal drugs are only treatment for primary Dysmenorrhea. The secondary Dysmenorrhea is also given refile by some herbal drugs.]

They are about 4,500-5,000 and above drugs are used for treatment of the primary menstrual cramps in the world. Most the drugs that are used by the females in their irregular periods. According to survey the females are using natural drugs for the pain refill in their menstrual cramps. As i mention there are about 5,000 drugs that are used for the treatment of the menstrual cramps. The formations are direct intake of the herbs and through the boiling in hot water and like allopathic formulation like syrups, and tablets, pill etc.. These drugs not only help in the refill of pain causing prostaglandis. But as there also maintenance the mental health of the females and their mood swings in their period times. These drugs also will be formulated through different traditional systems. Where one system having different types of than another type of system.

According to survey of the medicinal herbal plants that not only decrease the prostaglandis levels but also decrease the stimulation of nitric oxide, reduction, calcium channels inhibition, and causing of depolarization of the acetyl choline receptors. If the depolarization have been induced it will reduce the sceration of the prostaglandis and also decrease the effect of the contraction of the uterus.

The medicinal plants that are mainly gives the relief to the contraction and inhibition of the prostaglandis in their daily stem The medicinal plants will having the lesser sided effect and fewer adverse effect to the females.

#### DRUGS AND THEIR USES

The herbal that are used in the treatment of menstrual cramps. The medicinal plants hat are having various medicinal uses and that also used as non steroidal anti inflammatory steroids that will the pain. The medicinal plants that are having medicinal value from tip of the plant to the root of the plants, The treatment not only include plants but it also include different types creeps, fruits, sherbus, etc. They are 1500-3000 plants that are in India to treat menstrual cramps. They are about 20 medicinal plants that are used in ever formulation for treatment of the menstrual cramps.

Family	scientific names	COMMON NAME	PART OF THE PLANT
verbenaceae	Vitex agnus -castus	chaste-berry	leaves, seeds
Apiaceae	Foeniculum vulgare	fennel	Seeds, fruits
zingiberaceae	Zingiber officinale	ginger	rhizome
Asteraceae	Matricaria chamomila	German chamomile	Flower heads
lamiaceae	Mentha piperita l	Peppermint	leaves
zingiberaceae	Curcuma longa	turmeric	rhizome
Lauraceae	Cinnamomum zeylanicum	cinnamon	bark
rosaceae	Rubus idaeus	Red raspberry	fruit
Asteraceae	Achillea millefoliumL.	yarrow	Flowers, leaves, stems
Asphodelaceae	Aloe barbadensis miller	aleovera	Gel, leaves
Lamiaceae	Lavandula andustifolia	lavender	Flower, oil
Lamiaceae	Salvia officinalis	sage	leaf
Asteraceae	Trachyspermum ammi	Carom seeds	Seeds, leaf. stem
Asteraceae	Taraxacum genus	Dandelion tea	Root, leaves
onagraceae	Oenothera l	Evening primrose	Stems and leaves, juices
lamiaceae	Melissa offcinalis	Lemon balm	Plants, leaves
dioscoreaceae	Dioscorea villosa	Wild yam	Dried root, rhizome
paeoniaceae	Paeonia suffruticosa s.g	Moutan	cortex
Pinus pinaster ssp. atlantic	melasm	pycnogenol	bark

#### ACCORDING TO THERAPEUTIC USAGES OF THE FOLLOWING DRUGS:

They are mainly several drugs that treat the menstrual pain. The drugs that are used in the pain they are mainly Present in home

These are the following drugs that are mainly used in the treatment. Those are

- ✓ Fennel

- ✓ Ginger
- ✓ Peppermint
- ✓ Turmeric
- ✓ China herbs

#### Fennel:

**Synonym:** Fructus foeniculli, Fenkel

**Biological sources:** These are grows in India, mainly different states like andra pradesh, Rajasthan, Uttar

Pradesh, etc. These are the dried ripe fruits of *Foeniculum vulgare* belongs to family Apiaceae.

**Morphological sources:**

Colour: Light green to light brownish green in colour

Odour: Aromatic odour

Taste: Slight sweet in taste

Soluble: Soluble in water, alcohol, and glycerol

**Uses:**

These are used to treat menstrual cramps.

These are used to treat gas pain

These are also used in the treatment of weight loss, heartburn, loss of appetite, and colic in infants.

**Adverse effects:**

May stimulate uterus.

May causes allergy.

May cause skin infection.

May effect the medication.

Increase the menstrual bleeding



**Ginger:**

**Synonym:** Gingerin, *Rhizoma zingiberis*, zingibere, *Ginger officinale*

**Biology Sources:** These are mainly grown in India, Africa, Japan, Nigeria and West Indies. These are the rhizome of the plant of the *Zingiber officinale* belongs to family zingiberaceae

**Morphological sources:**

Colour: Pale yellow odour: characteristic odour

Taste: Spicy, with a hint of sweetness

Solubility: Soluble in fats and in soluble in water

**Uses:**

These are used in the treatment of arthritis.

These are also used in diarrhea, colic, and heart conditions.

These are used in treatment of menstrual cramps.

These are used in the treatment of common symptoms like flu, headaches.

**Adverse effects;**

Triggering contractions that help in the uterus shed and its lining.

Dramatically reduce heavy flow.

The common side effects are discomfort, heartburn, diarrhea and mouth and throat irritations etc.



**Peppermint:**

**Synonym:** Red\_gum, Peppermint gum, Eucalyptus amygdalina.

**Biological Sources:** These are grown in England, America, India. These are extracted from the leaves and flowers of *Mentha piperita* L. belongs to family lamiaceae.

**Morphological sources:**

Colour: Light green  
Odour: Oily odour  
Taste: Warm pungent  
Soluble: Alcohol, water, oil



**Uses:**

It is used to treat menstrual pain.  
It is used as flavouring agent in many food industries.  
It is used as soothe and upset stomach (or) to aid digestion  
It is commonly used for skin irritation, nausea, diarrhea, flatulence anxiety

**Adverse effects:**

These are causes (or) increases the contractions of the uterus.  
Theses also causes acidity too the stomach

**Turmeric:**

**Synonym:** Curcumin, Curcuma

**Biological sources:**

These are derived from the rhizome or under ground stem. These are grown in Andhra Pradesh, India Gujartha etc. These are the rhizome of the plant of the *Curcuma longa* belongs to family zingiberaceae.

**Morphological sources:**

Colour: Bright Yellow  
Odour: Aromatic Odour  
Taste: Aromatic taste



Soluble: Soluble in water

**Uses:**

It is used as anti biotic in wound healing.  
It is used as reducing of menstrual pain.  
It is used as flavouring agents in main food industries.  
It is used as colouring agents.

**Adverse effects:**

It is used to causes heavy to moderate bleeding.  
It also causes raise in temperature

**China herbs:** These include different types of herbs will are having therapeutic effects. The are having different types of pharmacological effects.

The followings are the herbs that are mainly present I china herbs that are.

- Angelica root
- Fennel fruit
- Licorice root

- Cinnamon bark
- Red peony root

**Angelica root:**

The roots, seeds, leaf, and fruit are used to treatment disease like cancer, in digestion, in respiratory disease, in neurological disease, in treatment of dermatological diseases and reducing menstrual pain.



**Licorice root:**

The roots of the licorice roots that are used in main treatment like digestion and knowing the swelling

index of the different natural products. The are used as reducing the menstrual pain, and digestion agents and diabetic agents and diabetic agents.



**Cinnamon bark:**

These are used as in main mediation these are having high levels of medication for this cinchona bark

These are used as anti diabetic agents, anti hypertensive agents, anti cancer agents and used in digestion and also used in purification of the blood etc.



## CONCLUSION

The natural drugs that are used in the main treatment of the main disease. As I mention that the above natural drugs that are natural and ancient drugs for the treatment of many diseases. These drugs are mainly used in traditional system of medicines. The drugs that are not only reducing the Dysmenorrhea but also reduce main disease. The drugs that are having anti-malaria, anti-cancer, anti-diabetic agents. These are the medications of the having less side effects and only treat primary, Dysmenorrhea.

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