

To Formulate and Evaluate Polyherbal Gummies for Dysmenorrhea

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Abstract: Key botanical ingredients such as ginger (*Zingiber officinale*), turmeric (*Curcuma longa*), and cramp bark (*Viburnum opulus*) are incorporated into the gummy formulation, providing a synergistic effect in combating menstrual pain. These herbs have been traditionally used in various cultures for their therapeutic effects on menstrual discomfort and are supported by scientific evidence indicating their efficacy. The formulation of herbal gummies offers several advantages, including ease of consumption, portability, and palatability, making them an attractive option for individuals seeking natural remedies for menstrual pain relief. Furthermore, the gummy format allows for precise dosing and convenient administration, catering to diverse consumer preferences. The development of herbal gummies for menstrual pain relief represents a promising avenue for integrative healthcare, offering women a safe, effective, and accessible alternative to conventional treatments

Keywords: Herbal gummies, Menstrual pain relief, Dysmenorrhea, Botanical extracts, Ginger, Turmeric