

Natural Pain Relief : Herbal Dark Chocolate For Menstrual Pain

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Abstract: Individuals have a greater affinity for chocolate than for any other type of food, yet they often have a dislike for medications. Consequently, the objective of this study was to create a chocolate infused with herbal components, specifically designed to alleviate menstrual cramps. Primary dysmenorrhea (PD) is a common problem among women in their reproductive years that can negatively impact their quality of life. About 55% of women experience dysmenorrhea. One of the foods that can reduce menstrual pain is dark chocolate. Other herbal ingredients such as ginger, turmeric, mint leaves, almond, cinnamon and honey are also known to reduce pain. However, research on combination of dark chocolate with herbal ingredients has not been conducted. Therefore, this study aims to determine the effectiveness of dark chocolate with herbs in reducing menstrual pain. Dark chocolate can be used as an alternative to overcome pain during menstruation time because it contains many benefits in the health sector. Chocolate contains copper which used by the body to synthesize collagen and neurotransmitters called endorphins. Endorphin hormone would be a analgesic and natural sedative so as to reduce the intensity of pain such as menstruation pain. Dark chocolate contains more cocoa, making it the best choice to get the health benefits. A physiochemical analysis was conducted on herbal chocolate to identify the presence of proteins, carbohydrates, and glycosides, which indicate the existence of various biomolecular components within the chocolate. This makes chocolate a non-pharmacological alternative for alleviating dysmenorrhea. The purpose of this study was to investigate the influence of dark chocolate on reducing menstrual pain in primary dysmenorrhea.

Keywords: Dysmenorrhea, dark chocolate, herb, ginger, menstrual pain, menstruation