

# CrampEase: A Herbal Medicated Chocolate for Menstrual Relief

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**Abstract:** *The development of medicated chocolate as a functional food offers a promising approach to delivering therapeutic agents in a palatable and patient-friendly form. This study focuses on formulating a chocolate-based delivery system incorporating aqueous extracts of Vitex negundo, Cinnamomum zeylanicum, Glycyrrhiza glabra, and Zingiber officinale, known for their traditional use in alleviating menstrual cramps and associated discomfort. The formulation process involved the selection of suitable chocolate base and standardization of herbal extract concentrations to ensure uniformity, stability, and therapeutic efficacy. Physicochemical evaluations, including texture analysis, melting behaviour, extract release profile, and sensory acceptability, were conducted. The resulting medicated chocolate demonstrated desirable taste, acceptable release characteristics, and retained the bioactivity of the phytoconstituents. This innovative formulation provides a convenient and appealing alternative for the management of dysmenorrhea, potentially improving compliance and offering additional health benefits through its natural ingredients.*

**Keywords:** Antispasmodic, Phytotherapy, Confectionery, Muscle relaxant

