

Formulation and Evaluation of Polyherbal Roll on for Relief Menstrual Cramps (Dysmenorrhea)

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Abstract: Many women have painful periods, also called dysmenorrhea. Dysmenorrhea, another name for painful periods, affects many women. Menstrual cramps, which are lower abdomen throbs and cramps, are the most frequent source of the pain. You may also experience lower back pain, headaches, nausea, and diarrhoea. Period discomfort is not the same as premenstrual syndrome (PMS). Exhaustion, irritability, bloating, and weight gain are some of the symptoms of PMS. PMS often starts one to two weeks prior to the start of your menstrual cycle. As a result of this research, we developed the polyherbal product Polyherbal Roll on. The polyherbal roll is intended to relieve menstrual cramps, which can happen before to, during, or following periods. The study includes assessing safety and efficacy metrics for menstrual cramp treatment. Clove, Ajwain, Mentha, Camphor, and Asafoetida are the constituents of the Roll-on formulation. Women can benefit from this composition for seven days and during their entire menstrual cycle. Because it comes in a single pocket-sized vial, it is used in a very friendly way when certain cramps occur. The primary goal of this endeavour is to develop and test a natural pain medication. The roller bottles are simple to use and handle.

Keywords: Menstrual cramps, Polyherbal roll-on, Anti-inflammatory activity, Clove oil, Ajwain oil, peppermint

