



ISSN : 0973-7057

Int. Database Index: 616 www.mjcl.clarivate.com

A study on herbal remediation of irregular menstruation in adolescent girls of Mohanpur block, Deoghar district, Jharkhand

Seema Kumari & Prabhawati Bodra*

University Department of Botany, S.K.M. University, Dumka, Jharkhand, India

Received : 18th June, 2021 ; Revised : 19th July, 2021

Abstract- Menstrual cycle is an important indicator of women's reproductive health. However, in adolescent girls menstrual disorders are common. Menstruation has different pattern within a few years after menarche, which might not be well understood by many adolescent girls. A study on irregular menstruation in adolescent girls and its herbal remediation was conducted in Mohanpur block of Deoghar district. This paper represents the results.

Key words: Adolescence, irregular menstruation, menarche, herbal remediation, PMS- Pre Menstrual Syndrome, menorrhagia (heavy bleeding).

INTRODUCTION

Adolescence age is the period of transition between puberty and adulthood. Menstruation is one of the markers of puberty and therefore considered as an important event in the life of adolescent girls. This period happens because of changes in hormones released in the body. Hormones help the uterus to build up a lining on its wall.^{1,2} Creation of lining on the wall of uterus (Womb) of a girl helps an egg and sperm to attach and grow into a body. If the girl doesn't get pregnant, the lining breaks down and bleeds. This same process happens every month.^{3,4} That's why girls and women get their periods around once a month. It's essential for the renewal of the uterine lining in preparation for pregnancy.⁵ However, different adolescents have different patterns of blood flow and a number of different menstrual disorders. It ranges from heavy painful periods to no periods at all. But, in general,

girls should be concerned when periods come less than 21 days or more than 3 months apart, or if they last more than 10 days. Thus it is necessary to assess the enormity of the problem to take appropriate intervention. This cross sectional study was conducted in a +2 school of Mohanpur block, Deoghar district by randomly selected girls. In my study 150 adolescent girls in the age group of 11-19 years were selected by simple random sampling.

STUDY AREA & METHODOLOGY

The entire district of Deoghar is divided into 10 blocks of which one block (Mohanpur) has been taken into consideration for study. A cross sectional study was conducted on 150 female students aged 11-19 years recruited from educational institution. Standardized self reporting questionnaires were used to obtain relevant data. In present study, an attempt has been made to obtain both, the first and the second hand data.

*Corresponding author :

Phone : 8340484049

E-mail : kumariseema28752@gmail.com

The first hand data has been done on gathering information from adolescent female students about irregularities in their menstruation and uses of herbal medicines.

Information has been taken from aged and experienced women through verbal communication. Secondary data has been taken from books, journals and research papers.

Symptoms of diseases and methods of cure have been obtained from professional herbal practicers and vaidhya. Elaborate study about the method of diagnosis, preparation of medicines and prescribed doses have been observed and noted carefully. Regular field trips were made in such a way so as to cover all the areas at regular intervals. Plant specimens have been collected both in flowering and fruiting stages. The collection and taxonomic identification of medicinal plants have been

done according to Methodology (Haines 1924, Chopra *et al.* 1995)^{6,7} or by using standard flora.

RESULT & DISCUSSION

Mohanpur is a block in Deoghar district of Jharkhand. This block is undertaken as area for study. Mohanpur consists of 352 villages and 30 panchayats. Hindi is the local language here. People also speak Santhali. The tribes of Mohanpur block have vast knowledge of plants. Some rare traditionally useful plants were noted belonging to different genera and families. Older women were noted as being better information about herbal medicines.⁸⁻¹⁰ It was noticed that same formulation was used for treating two or more different diseases. Different plant parts were used for curing different diseases and complex mixture of two or more plant parts were used for treatment.

Table 1- The enumeration and utilization of these plants have been mentioned

Scientific name	Common name	Family	Parts used	Medicinal values
<i>Mentha longifolia</i>	Pudina	Lamiaceae	Fresh or dried leaves	Pudina leaves have low amount of proteins and fats. It has vitamin A, C and B complex which boost immunity. Pudina is rich in iron, potassium and manganese that increase haemoglobin. Pudina is an effective treatment for nausea during menstruation. Pudina was administered to students for reduction of dysmenorrhoea and perceived stress level. Pudina is proved to be very effective in menstrual cycle.
<i>Aloe barbadensis</i>	Aloe Vera	Asphodelaceae (Liliaceae)	Leaf	Extract the jail from the plant, add one table spoon of honey and have it every day before breakfast. Aloe Vera helps in contraction of uterine wall and gives instant relief from pain during monthly cycles, but never use Aloe Vera during periods. It may increase uterine contraction.
<i>Asparagus racemosus</i>	Shatavari	Asparagaceae	Root	It helps to balance and strengthen the menstrual system. Shatavari might be beneficial in management of uterine bleeding. It is taken internally in treatment of infertility
<i>Cinnamomum verum</i>	Cinnamon	Lourels Lauraceae	Outer bark	It may reduce abdominal pain, nausea and vomiting during periods.
<i>Holarrhena pubescens</i>	Kurai	Apocynaceae	Root	In vomiting.
<i>Zingiber officinale</i>	Ginger	Zingiberaceae	Rhizome extracts	Take grated ginger with a tsp of honey to induce periods
<i>Ricinus communis</i>	Arand	Euphorbiaceae	Fruit	Fruit is boiled in Ghee and mixed with sugar for use. It completely stops menses and leucorrhoea constipation.
<i>Amaranthus viridis</i>	Gunhar	Amaranthaceae	Whole plant	Menstruation
<i>Butea monosperma</i>	Palash (teak)	Fabaceae	Seed gums	Powder + Ghee + Sugar. Backache, Weakness, Gonorrhoea.

REFERENCES

1. **Rekka, R., Muruges, S., Prabakaran, R. and Tiruchengode, N.D., 2013.** Plants used by Malayali Tribes in Ethnogaecological disorders in Yercaud hills, Southern Eastern Ghats, Salem District, Tamil Nadu. *Reporter*. **3**:190-192.
2. **Gerhard, & Postneek, F. 1992.** Auricular acupuncture in the treatment of female infertility. *Gynecological endocrinology*. **6(3)**:171-181.
3. **Tarafdar CR. 1983.** Ethno gynaecology in relation to plant, part 2, Plants used for abortion, *J. Econ Tax Bot*, **4**.
4. **Maheshwari, J.K., 1983.** Development in ethnobotany Editorial. *J. Econ. Tax. Bot*, **4(1)**:1-5.
5. **Lal, S.D. and Lata, K., 1980.** Plants used by the Bhat community for regulating fertility. *Economic Botany*, **34(3)**:273-275.
6. **Haines, H.H., 1924.** Botany of Bihar & Orissa. Part II. Botany of Bihar & Orissa. Part II.
7. **Chopra R.N., Nayar S. L. and Chopra I.C. 1995.** Glossary of Indian medicinal plants, Council of Scientific and Industrial Research, New Delhi, 330.
8. **Biswas K. 1956.** Vegetable drug in treatment of leucoderma, *J Asiat Soc.* **22**: 61
9. **Sinha, V.N.P. and Singh, L.K.P., 2003.** Jharkhand: Land and People. Rajesh Publications. New Delhi, PXII.
10. **Hegde, H. V., Hegde, G. R., & Kholkute, S. D. 2007.** Herbal care for reproductive health: Ethno medicobotany from Uttara Kannada district in Karnataka, India. *Complementary Therapies in Clinical Practice*. **13(1)**: 38-45.
