

Herbal Treatment for Menstrual Disorders



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Innovation Description

The traditional knowledge holder has suggested treatment for menstrual disorders.

Disease symptoms: Irregular menstruation, abdominal cramps, bloating or fullness in the abdomen.

Ingredients: 10 g fresh leaves of Vembu (*Azadirachta indica* A.Juss.) and 10 g fruits of Seeragam (*Cuminum cyminum* L.)

Preparation: Wash, crush both the plants part with some water to extract the juice and filter it.

Dosage/Application: Consume 1/2 cup of juice once only.

Ingredients availability: The plants are available in nearby places.

For More Details Please Contact on [enquiry\[at\]nifindia\[dot\]org](mailto:enquiry[at]nifindia[dot]org)

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