



## Assess the Effect of Fenugreek ( Trigonella Foenumgraecum) as Phytoremedy for Adult Females"

### KEYWORDS

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### ABSTRACT

The study was designed to assess the effect of seeds on reducing menstrual pain intensity . In this study commonly used in Indian culinary dietary seed was introduced Fenugreek seeds was used as a phyto remedy to relieved dysmenorrhoeal symptoms . 15subjects were selected. The seeds were given in powdered form with water supplementing two days prior before onset of menstrual cycle and during that period of menstrual cycle for three or five days. The supplementation twice a day was provided and study was undertaken for the period of two months. The result showed that Fenugreek was beneficial for girls suffering from dysmenorrhoea. Fenugreek was rich in potassium , magnesium and possess anti spasmodic , anti -inflammatory property and maintain hormonal balance

### INTRODUCTION

The term "menstrual pain" and "dysmenorrhoea" are commonly considered synonymous in clinical practice and literature . They indicate a cramp like dull, throbbing pain that usually originates from the lower abdomen and that occurs just before and during menstruation(1,2). Dysmenorrhoea appears to have an impact on public and occupational health(3,4). This wide variation may derive from ethnic , socio cultural or biological factors of the study population and also from the range of definitions of dysmenorrhoea(4,8). About 40 percent of woman complain of dysmenorrhoea among whom 10 percent are unable to do their daily activities between one to three days per month(9). Dysmenorrhoea have negative impact on daily activities and function of women in and out of the home and may deteriorate their living. In some of the countries , more than half of the employed subjects are women and their absence from work is an important problem in those countries. (10)

Herbal seeds therefore ought to be classified now as the new nutrients because of their putative health promotive benefits. Tradition attaches all manner of benefit to every spice, condiment and herb, and they are important ingredients in pharmacology of the Indian system of medicine including Ayurvedic, Siddha and Unani systems. Since spices, condiments and herbs are consumed in very small quantities every day , their contribution by way of the macro elements of nutrition , namely carbohydrates, proteins and fats cannot obviously be of no significance.(11)

### Rationale of study

The present research was done to assess the severity of menstrual cramps occur among the females suffering from dysmenorrhoea. Most female experience some degree of pain and discomfort in their menstrual period. It can be less painstaking and easy for some teens and young women, but for others menstrual period can be heavy and painful with cramps, which may be accompanied by some other symptoms and complications such as nausea, vomiting, diarrhoea, headache, weakness and fainting

### METHODOLOGY

The study was done under two phases:

**Phase I** was selection of locale and preparation of raw material . The dietary seeds fenugreek were collected from local market and dry roasted on low flame for 4 minutes . The roasted seeds were cooled at room temperature for 10 minutes. The seeds were separately grind and a fine powder was obtained. The powder was separately packed in air tight pouches weighing 2.5grams.

**Phase II** the purposive sampling was done . Fifteen adult females of age group 18 to 24 were selected . The pre intervention questionnaire based on dysmenorrhoeal symptoms was filled by respondents. The respondents were divided into two groups namely fenugreek group and controlled group . The sample were distributed among respondents according to their period cycle. Respondent consume powder twice a day 5 gram in a day . Two sachets of 2.5 grams were provide for one day consumption . After the end of two months , the respondent filled post intervention questionnaire

### Instruments

1. Pre intervention questionnaire
2. Post intervention questionnaire
3. Visual Analogous Scale score 0-10

### Result and Discussion

**Table-1 Assessing effect of dietary seeds on pain intensity**

Seeds/ group	Pain intensity		p- value
	Pre	post	
controlled	8.53±0.516	8.13±0.640	0.082
fenugreek	8.73±0.704	3.60±0.737	P<0.001*

From the above table-1 it was showed that fenugreek seeds were effective in reducing pain intensity among adults suffering from dysmenorrhoea . The fenugreek showed significant result (p<0.001). The least mean value of fenugreek 3.60 . As compared with pre intervention group these dietary seeds showed significant result.

**Table- 2 Comparison between dietary seeds with controlled on dysmenorrhoeal pain**

Group	Control <sup>a</sup>	Fenugreek <sup>b</sup>	P -values	F- value
Pre- inter- vention	8.53±0.52	8.53±0.99	0.045	2.85
Post- inter- vention	8.13±0.64	2.93±0.59 <sup>b</sup>	<0.001*	199.45

(a= denotes significant difference between b)

From the above table-2 result revealed that mean value of fenugreek was significantly differ as compared with controlled . The above result showed statistically significant result as compared with controlled.

### Conclusion

The result of effect of fenugreek on dysmenorrhoeal symptoms revealed that fenugreek in any form reduce the pain intensity and helps to control and reduce dysmenorrhoeal symptoms . Hence it was concluded that fenugreek was more effective in comparison with controlled. Fenugreek supplementation in other foods should be introduced among community through various health and nutrition schemes in India. This should be especially for low income group consumer to improve levels of magnesium and potassium in body during menstrual period cycle. Awareness among the masses should be created about the economic, nutritional and health benefits of fennel.

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