



We care

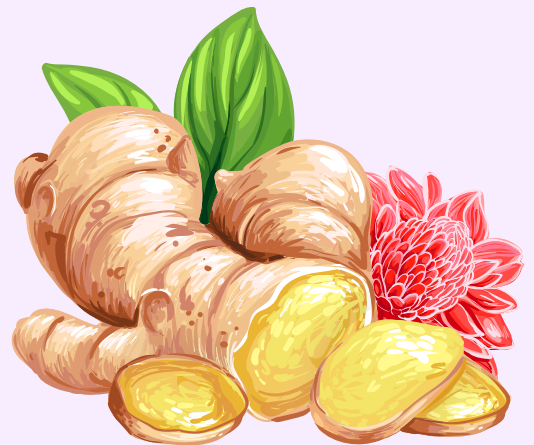
COMMON HERBS FOR  
**Menstrual  
Health**



# What is the purpose of herbs?

## GINGER

Ginger is an everlasting plant with grass-like leaves, a leafy stem, and yellowish-green flowers. It's originally from Southeast Asia, including China, India, and Japan.



## HEALTH BENEFITS

Ginger has a healing agent called gingerol. It helps treat:

**Nausea**

**Vomiting**

**Migraine**

**Arthritis  
Inflammation**

## ITS IMPACT ON MENSTRUATION

Ginger can regulate your menstrual cycle. It reduces menstrual problems like -

**CRAMPS**

**HEAVY MENSTRUAL BLEEDING**

## SIMPLE WAYS TO CONSUME GINGER

### GINGER WATER

Boil a glass of water with ginger slices (or powdered ginger) for a couple of minutes. Strain and add lemon/honey, if desired, and drink any time of the day.

### GINGER TEA

Boil milk with grated ginger, tea leaves, and sugar for a few minutes. Strain and enjoy a cup every evening

### TURMERIC AND GINGER

Boil water with ginger slices and a pinch of turmeric for a few minutes. Drink it any time of the day.



# BLACK COHOSH

Black cohosh is a tall, perpetual shrub with fragrant white flowers on its stem, found in North America and parts of Canada.



## HEALTH BENEFITS

The underground parts of the plant, the roots and rhizomes, have medicinal properties. It helps:

Reduce  
muscle pain  
& spasms

Support  
liver  
function

Support the  
nervous  
system

Improve Uterus  
& Kidney  
Function

## ITS IMPACT ON MENSTRUATION

Black cohosh has been beneficial in reducing certain menstruation related problems like:

**CRAMPS**

**MENOPAUSAL  
SYMPTOMS**

# SIMPLE WAYS TO CONSUME BLACK COHOSH

✓ Black cohosh comes in capsules, tinctures, gelcaps, and powder, with a recommended daily dosage of 40 mg to 128 mg of extract. It can also be brewed at home:



✓ Boil ½ to 1 teaspoon of dried black cohosh root in 1 cup of water for 10-15 minutes, then strain and drink about 3 cups per day.

(NOTE: It is recommended to not consume Black Cohosh for more than 6 months to 1 year, as it could cause liver damage)

## CHASTEBERRY

The chasteberry plant is a shrub with violet flowers and berries. Originally from the Mediterranean and western Asia, it now grows in parts of southeastern North America.



### HEALTH BENEFITS

The dried fruit and leaves of the plant have medicinal qualities. They contain active compounds such as flavonoids, iridoid glycosides, and essential oils, which provide their medicinal benefits.

### ITS IMPACT ON MENSTRUATION

Chasteberry has various beneficial effects on the menstrual issues like:

**PMS**

**Breast pain**

**Menopausal symptoms**

## SIMPLE WAYS TO CONSUME CHASTEBERRY

Chasteberry is available as capsules, liquid extracts (tinctures), and dried herbs. People usually avoid using the dried herb because it tastes bitter, so they mix it with other herbs to make it easier to consume.

### For premenstrual symptoms:

- ✓ Take 400 to 500 mg of standardised extract (containing 0.5% agnuside) once a day.

### For menopausal symptoms:

- ✓ Take 400 to 500 mg of standardised extract (containing 0.5% agnuside) once a day.
- ✓ Add 40 drops of a tincture to one glass of water (8 ounce) and drink it once a day.

## MUGWORT

Mugwort is a small plant with yellowish-green to purplish-green flowers. It originally comes from Europe, Asia, and Africa but can now be found in places like North America too.



## HEALTH BENEFITS

The roots, leaves, stems, and flowers of the mugwort plant are all used for medicine. It is used for -  
**treating digestive problems, high blood pressure, and irregular menstruation**

## ITS IMPACT ON MENSTRUATION

Mugwort can be used to treat several menstrual problems like:

**PMS**

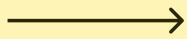
**Menopausal symptoms**

**Cramps**

**Irregular menstrual cycle**

# SIMPLE WAYS TO CONSUME MUGWORT

Mugwort is commonly consumed in the form of infusions or tinctures.



✓ **For infusion:** Boil one cup of water, add 1-3 teaspoons of mugwort leaves, let steep for 10-15 minutes, strain, and drink up to three times a day.

✓ **For tincture:** Have 2-4 ml of mugwort extract for up to twice daily.

## CHAMOMILE

Chamomile is a small plant with bright yellow flowers. Originally from Africa, Europe, and Asia, it's also grown in North America now.



### HEALTH BENEFITS

Most medicinal benefits of chamomile come from its dried flowers, though the leaves or whole plant can also be used for certain conditions.

It is used for the treatment of various conditions, including:

Stomach Issues

Anxiety

Insomnia

Diabetes

Mouth Ulcers

### ITS IMPACT ON MENSTRUATION

Chamomile is beneficial in treating several menstrual problems like:

Cramps

Heavy menstrual bleeding

PMS

Mood swings

### SIMPLE WAYS TO CONSUME CHAMOMILE

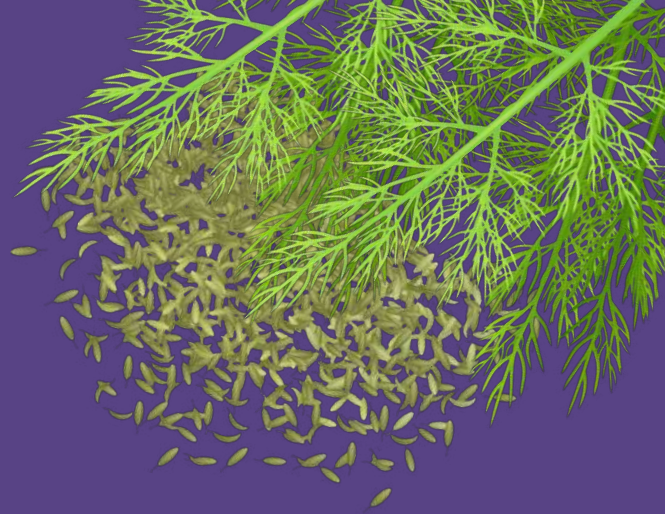
Chamomile is most commonly consumed in the form of tea:

✓ Boil one cup of water, add 2 teaspoons of dried chamomile flowers, steep for 2-3 minutes, strain, and optionally sweeten with honey or sugar, drinking it up to three times a day.



# FENNEL

Fennel is a plant with small yellow flowers that started in the southern Mediterranean and now grows in Asia, North America, and Europe.



## HEALTH BENEFITS

The stem, fruit, seeds, leaves, and the whole plant has medicinal properties. However, the seeds are the most commonly used.

It is used to treat diseases like:



## ITS IMPACT ON MENSTRUATION

Fennel has shown to benefit menstruation related problems, such as:

**PMS**

**Regular cramps**

**Long menstrual periods**

## SIMPLE WAYS TO CONSUME FENNEL

Making fennel tea is more common than using its oil or tincture.

- ✓ **Fennel tea:** Add 2 teaspoons of fennel seeds to a glass of water, boil with the lid on for 5 minutes on low heat, strain, and drink twice daily.



# DONG QUAI

Dong quai is a fragrant plant with smooth purple stems and white flowers, grown in the cold, damp mountains of China, Korea, and Japan.



## HEALTH BENEFITS

The root of this plant is harvested to make powders, tablets, etc. It is used to treat diseases like:

**Stomach issues**

**Anaemia**

**Cirrhosis**

## ITS IMPACT ON MENSTRUATION

**PMS**

**CRAMPS**

**MENOPAUSAL SYMPTOMS**

## SIMPLE WAYS TO CONSUME DONG QUAI

Dong Quai is available in the form of dried herbs, tinctures, and capsules. The herb can be easily used to make tea at home.

### Dong quai tea

Pour one cup of boiling water over 1 tablespoon of fresh or dried Dong quai root, let it steep for 5-10 minutes, then strain and drink it.

# CINNAMON

The cinnamon tree is an evergreen tree with thick, smooth, reddish-brown bark, originally from Sri Lanka but now grown worldwide.



## HEALTH BENEFITS

The bark of the cinnamon tree has medicinal properties. It is used to treat conditions like:

Nausea

Diabetes

Arthritis

Alzheimer's

## ITS IMPACT ON MENSTRUATION

Cinnamon has different benefits for menstrual health like:

PCOS

Cramps

Menopausal symptoms

## SIMPLE WAYS TO CONSUME CINNAMON

Cinnamon sticks or powder can be used to make different soothing drinks.



### ✓ Cinnamon water

Warm up a glass of water on the stove, add half a teaspoon of cinnamon powder, and optionally sweeten with honey or raisins for taste. Drink this water, limiting intake to 2 to 3 glasses per day.

### ✓ Cinnamon ginger tea

Boil 2 cups of water with one stick of cinnamon and a few pieces of ginger for 10 minutes, then strain into a cup, add a teaspoon of honey, and drink.

# SAFFRON

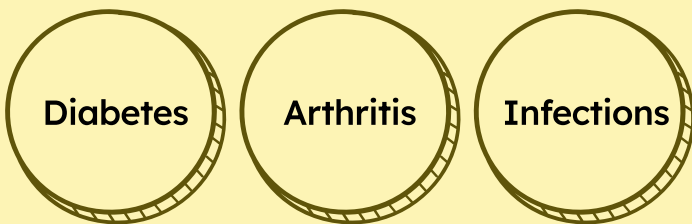
Saffron is a short plant originally from Iran, but now found in the Mediterranean, East Asia, North Africa, and Western Asia.



## HEALTH BENEFITS

The main components of saffron include crocin and safranal, which provide different health benefits. Saffron is recommended for improvement of physical and mental health.

It is beneficial for:



## ITS IMPACT ON MENSTRUATION

Menopausal symptoms

Menstrual irregularities

PMS

Cramps

## SIMPLE WAYS TO CONSUME SAFFRON

Saffron can be added while cooking various dishes. But the simplest way to consume it is by making its tea.

- ✓ **Saffron tea:** Take half litre water in a pan and bring it to a boil. Add 1 tablespoon sugar, 0.25 g saffron, 1 stick cinnamon, 1 teaspoon grated ginger, 2-3 lemon wedges and 10-12 mint leaves. Boil it for 5-7 minutes, strain and drink.



# GARLIC

Garlic is a plant with long, flat leaves and greenish white or pink flowers. Originally from Central Asia and northeastern Iran, it's now grown in many parts of the world.



## HEALTH BENEFITS

The garlic bulb is the part of the plant used for medicinal purposes and for food.

It is used for managing conditions like:

Heart Diseases

Anaemia

High Blood Pressure

## ITS IMPACT ON MENSTRUATION

Garlic has shown to be beneficial in managing menstrual problems like:

PMS

Endometriosis

Menopausal symptoms

## SIMPLE WAYS TO CONSUME GARLIC

Garlic is used in various cuisines. Other ways to consume it is:



### ✓ Garlic juice

Peel one head of garlic and make its puree using a chopper, blender or food processor. Transfer the pureed garlic into a strainer and press on the garlic using a rubber spatula. Dilute the juice obtained and drink one glass before and during the menstrual cycle.

### ✓ Garlic tea

Peel 2 or 3 cloves of garlic and cut them in half. Add these pieces into one cup of water and boil for a couple minutes. Add some lemon juice and honey (if required). Strain the tea and drink it.