

## FEMDAYS

### TRADITIONAL INDICATIONS

1. Dysmenorrhea
2. Menorrhagia
3. Oligomenorrhea
4. Leucorrhoea
5. Amenorrhea
6. Polycystic Ovarian Disease (PCOD) or Polycystic Ovary Syndrome (PCOS)



### Menstrual Cramps (Dysmenorrhea):

Ayurveda attributes painful menstruation to the predominance of doshas, namely, vata, pitta and kapha. Ayurveda describes the condition of "UdavartiniYonivyapad" that resembles the all type of dysmenorrhea. The pain may appear before the menstruation starts and may subside thereafter. It may furthermore extend till the end of menstruation. The pain affects lower pelvic area and at times, it becomes severe. Women might be experience nausea, vomiting, decrease of appetite and constipation.

Modern medications rarely correct the underlying cause of Dysmenorrhea. If you chose medications such as painkiller, antidepressants, and hormonal contraceptives, it can reduce the pain but does not really take care of the root cause of the pain or symptoms and may also have adverse side effects. However implementing holistic strategies to support the body's natural healing can lead to long term positive effect on your health and you may rarely experience the symptoms.

Dysmenorrhea is the cramping in the lower abdomen, usually in the first or second day of the menstrual cycle and it usually subsides as menstruation tapers off. The person may experience different kinds of pain including throbbing, sharp, burning, dull, nauseating or shooting pain and mood swings.

### FEMDAYS

Menstrual cramps are caused by contractions in the uterus muscle by a chemical called prostaglandin. During menstruation, the uterus contracts strongly. If the uterus contracts too strongly, it can press against nearby blood vessels, obstructing the supply of oxygen to the muscle tissue of the uterus. Pain results when part of the muscle briefly loses its supply of oxygen.

The main symptom of dysmenorrhea is pain concentrated in the lower abdomen, in the umbilical region or the suprapubic region of the abdomen. It is also commonly felt in the right or left abdomen. It may radiate to the thighs and lower back.

Severe menstrual cramps, particularly if paired with excessive bleeding or passage of large blood clots, can occasionally be a sign of endometriosis or other disorders including adenomyosis, uterine fibroids, or infection of the female reproductive tract.

Excess estrogen, which boosts fluid and salt retention, can worsen the situation. At least 10 per cent of young women have symptoms that are so severe, that they cannot participate in normal activities.

### **Causes:**

#### **Dysmenorrhea**

The primary dysmenorrhea is caused by excess production of prostaglandins (hormone-like chemicals that regulate uterine contractions) following a decline in progesterone levels. The hormone prostaglandins assist in the contraction of uterus to shed the endometrial coating. The contraction of the uterus muscles causes abdominal pain. Stress, anxiety and depression are other lesser factors that lead to painful menstruation.

Some of the other causes are excess estrogen level in blood, Fluid retention. Vitamin B6 deficiency, Thyroid abnormality and Serotonin deficiency.

Secondary dysmenorrhea can originate due to cysts and fibroids in the uterus and ovaries and other inflammatory pelvic diseases.

#### **Oligomenorrhea**

Oligomenorrhea is a medical term which generally refers to irregular or infrequent menstrual periods with intervals of more than 35 days, however, the duration may vary. The cause of Oligomenorrhea including a change in contraception method or imbalance of estrogen and/or progesterone (hormones which regulate the menstrual cycle).

#### **Leucorrhoea**

In Ayurveda, Leucorrhoea is known as ShvetaPradar, where Shveta means 'white', and Pradar means 'discharge'. Excessive discharge of a white, sticky, foul-smelling material from the vagina is called Leucorrhoea. This common problem may occur due to unhygienic conditions, infection of the genital tract, or impaired immune function.

Causes of Leucorrhoea includes excessive intake of heavy oily, cold, sweet, dense foods and consumption of too much milk, butter, yogurt, cheese, overindulgence in sexual activity, repeated abortions or miscarriages, following improper diet, lifestyle during menstrual cycles and Improper vaginal hygiene.

#### **Menorrhagia**

In Ayurveda terminologies Menorrhagia is known as RaktaPradara. Menorrhagia is excessive bleeding during menstruation. Dysmenorrhea may coexist with excessively heavy blood loss, known as menorrhagia. It is found that due to hormonal imbalance excessive bleeding takes place during menstruation. As per Ayurveda, aggravation of Pitta is to be blamed for this disease. Cysts and fibroids in the uterus and ovaries and other inflammatory pelvic diseases can also be the reason for Menorrhagia.

**Polycystic Ovarian Disease (PCOD) or  
Polycystic Ovary Syndrome (PCOS)**

Polycystic ovary syndrome (PCOS) is one of the most common female endocrine disorders. PCOS is a complex, heterogeneous disorder of uncertain etiology, but there is strong evidence that it can to a large degree be classified as a genetic disease. PCOS is characterized by high levels of androgens, a male hormones particularly testosterone resulting in high levels of luteinizing hormone (LH) and low levels of follicle-stimulating hormone (FSH) which prevent follicles from producing a mature egg from the ovary and is associated with insulin resistance. Small cysts called poly cysts usually, but not always, surround the ovaries and appear like a strand of pearls on an ultrasound examination. The cysts develop from hormonal imbalances.

Excessive androgen secretions can lead to excess collection of fluid in a thin walled sac like structure of ovary, which further leads for formation of cyst in the ovary.

**Mechanism of action:**

FEMDAYS help toning the muscles of the uterus, balancing the reproductive hormones to stop excessive uterine contractions and optimal endocrine functions to balance the entire hormonal axis naturally, thereby relieving the spasmodic pain.

FEMDAYS reduces high levels of androgens and prostaglandin levels in the body and increases the Serotonin levels. Also balances the hormones estrogen, follicle-stimulating hormone (FSH) and progesterone.

**Diet for Dysmenorrhea, Oligomenorrhea, Menorrhagia, Leucorrhoea and Polycystic Ovarian Disease (PCOD) or  
Polycystic Ovary Syndrome (PCOS)**

The patient should not consume deep fried and tart food. The last week of the menstrual cycle is very vital for these patients. Should avoid anything cause constipation. Vegetable like Colocasia, Yellow pumpkin, Potato, Brinjal and red meat, dairy products, caffeine, Tea, coffee, alcohol, aerated drinks, salt, and sugar are to be avoided. White pumpkin, Papaya, Drumstick, Bitter gourd and Cucumber are helpful. Garlic is recommended. Women having Dysmenorrhea should use garlic in a dose of 10 cloves, two times a day.

Recent research suggests that vitamin B supplements, primarily vitamin B6 in a complex, magnesium, and fish oil supplements also may help relieve Dysmenorrhea.

Dietary supplement of POMEGRANATE EXTRACT will also help the conditions.

## DOSAGE and DIRECTIONS



For Adults 18 yrs or older, take two (2) Capsules two times daily (every 12 hours) on empty stomach with lukewarm water.

For best results, no food should be taken 30 minutes before or after taking Femdays.

Take optimum water to enhance elimination of released toxins from the body.

FEMDAYS

## INGREDIENTS

### Supplement Facts

Serving Size: 2 Capsules (500 mg each )

Servings per container: 60

Each Serving contains		%DV
Simarouba Glauca	100 mg.	*
Saraca Asoca	100 mg.	*
Cyperus Rotundus	100 mg.	*
Tinospora Cordifolia	100 mg.	*
Cuminum Cyminum	50 mg.	*
Nymphaea Stellata	50 mg.	*
* Daily value (DV) not established.		