INTRODUCTION

Oregano (Trachyspermumammi) is a native of Egypt and is cultivated in Iraq, India, Afghanistan and Iran. In India, it is cultivated in Madhya Pradesh, Uttarpradesh, Gujarat, Rajasthan, Maharashtra and West Bengal. Trachyspermumammi L. Belonging to family apricea is a highly valued medicinally Important seed spice. The roots are diuretic in nature and the seeds possess excellent aphrodisiac properties. [2] The seeds contain 2-4-4% brown coloured oil known as oregano oil. The main component of the seed is thymol. The thymol exhibits fungicidal, antimicrobial and aggregatory effect on human. [1] Oregano is the traditional potential herb and is widely used for curing various diseases in human and animals. The seed of Oregano is bitter, pungent and it acts as anthelmintic, Caratative, laxative and stomachic.[5] It is also used to cure abdominal tumour, abdominal pain and abdominal piles. Seed contain essential oil containing 50% thymol the seed is used with water to relieve women from the irregular Menstrual cycle. When periods (menstruations) come regularly, this is called the menstrual cycle. Having regular menstrual cycles is a sign that important parts of your body are working normally. [9] The menstrual cycle provides important body chemicals, called hormones, to keep you healthy. It also prepares your body for pregnancy each month. A cycle is counted from the first day of 1 period to the first day of the next period. The average menstrual cycle is 28 days long. Cycles can range anywhere from 21 to 35 days in adults and from 21 to 45 days in young teens.

RESULT AND DISCUSSION

In the first half of the cycle, levels of estrogen (the “female hormone”) start to rise. Estrogen plays an important role in keeping you healthy, especially by helping you to build strong bones and to help keep them strong as you get older. When this cycle skips or moves long away know as irregular menstrual cycle it leads to many problems in women’s health.
of drinking Oregano water 84% of women got a regular Menstrual cycle and 16% of them got regular menstrual cycle. The result shows that the 84% of women are cured. The study mainly focused on irregular menstrual cycle in women. Since irregular menstrual cycle is very common among developed population due to obesity many women are difficult to face many situation. Nowadays irregular menstrual cycle is common finding sin women among 40-50%. So by giving Oregano water to cure the problem.

Before giving oregano water

After giving oregano water

Reference

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