Natural Treatment for Menstrual Discomfort

Using Local Tamil Nadu Plants

Presented by Eco Femme

Compiled by Alissa Boochever October 2013
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About This Booklet

Throughout much of the world women look for remedies for our menstrual discomforts with synthetic medicines. This booklet is intended to inform women that there are other options growing all around us. The medicinal plants chosen are mostly specific to Tamil Nadu but some can be found in other places in India and the world also. Let us find relief from our discomforts with the help of nature!

A special thank you to Parvathy Nagaraj and Pitchandikulam Forest for your help and vast knowledge of plants.

Methods of Preparation

Refer to these descriptions of preparation of plants when indicated...

**Infusion**- Pour boiling water over the plant material and let steep for a few minutes before filtering and drinking. Infusions should be made fresh before consumption as they cannot be stored.

**Decoction**- Boil 1 gram of plant material in 200ml of water until the water level is reduced by half. The remaining 100ml should be filtered and drunk warm in two or three doses with honey or jaggery if needed.

**Powder**- Dry the medicinal part of the plant and grind into a very fine powder. The usual dosage is up to 1g, twice a day.
Abdominal Pain/Cramps

**Latin Name:** *Aegle marmelos*  
**Tamil Name:** Vilvam  
**English Name:** Bael  
**Type of Plant:** Tree  
**Uses:** Cools the stomach internally to relieve menstrual cramps  
**Preparation:** Eat the fresh fruit and leaves or use to make a decoction

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**Latin Name:** *Cardiospermum halicacabum*  
**Tamil Name:** Mudakatran  
**English Name:** (French Name: Poi-de-coeur)  
**Type of Plant:** Climber  
**Uses:** To relieve menstrual cramps  
**Preparation:** Eat a handful of fresh leaves wrapped in one betel leaf
**Latin Name:** *Hibiscus rosa sinensis*
**Tamil Name:** Sembaruthi
**English Name:** Hibiscus
**Type of Plant:** Shrub
**Uses:** To relieve menstrual cramps and prevent white discharge
**Preparation:** Infusion with flower petals with or without jaggery and honey or eat the fresh flower with or without fresh goat milk

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**Latin Name:** *Phyllanthus emblica*
**Tamil Name:** Nelli
**English Name:** Amla
**Type of Plant:** Tree
**Uses:** To relieve menstrual cramps and reduce excess bleeding
**Preparation:** Make a juice with the fruit
Latin Name: *Trigonella foenum graecum*
Tamil Name: Venthaiyam
English Name: Fenurgreek
Type of Plant: Herb
Uses: To relieve menstrual cramps
Preparation: Use seeds raw or leaves in cooking or decoction

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**Irregular Periods**

Latin Name: *Allium sativum*
Tamil Name: Vallaipoondu
English Name: Garlic
Type of Plant: Bulb
Uses: Regulating bleeding
Preparation: Steam or cook and eat
Latin Name: *Ananas sativus*
Tamil Name: Anasi pazham
English Name: Pineapple
Type of Plant: Herbaceous perennial
Uses: Regulating bleeding and increasing blood flow
Preparation: Eat ripe fruit raw or cooked

Latin Name: *Carica papaya*
Tamil Name: Pappali kai
English Name: Papaya
Type of Plant: Tree
Uses: Regulating bleeding
Preparation: Eat the fresh fruit
Latin Name: *Ferula asafoetida*
Tamil Name: Perungayam
English Name: Asafoetida
Type of Plant: Herb
Uses: Regulating bleeding
Preparation: Use a powder in sambar or eat the gum*
*Preparation is meticulous but easy to purchase in the store

Latin Name: *Punica granatum*
Tamil Name: Mathalam
English Name: Pomegranate
Type of Plant: Tree
Uses: Regulating bleeding and smoothing of uterus parts
Preparation: Eat the leaves, skin, ripe fruit
Latin Name: *Terminalia arjuna*
Tamil Name: Marudam
English Name: Arjuna
Type of Plant: Tree
Uses: Regulating bleeding
Preparation: Make a powder decoction with bark

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**Breast Tenderness**

Latin Name: *Piper betle*
Tamil Name: Vettrillai
English Name: Betel leaf pepper
Type of Plant: Climber
Uses: To reduce breast tenderness and swelling
Preparations: Warm fresh leaves and apply onto breasts
Body Ache

**Latin Name:** *Carissa spinarum*  
**Tamil Name:** Sirukala  
**English Name:** Wild Karanda  
**Type of Plant:** Thorny shrub  
**Uses:** To relieve soreness or ache of the body  
**Preparation:** Make a decoction with the roots or a rhizome soup

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**Latin Name:** *Erythrina variegata*  
**Tamil Name:** Kalyanamurungai  
**English Name:** Flame of the Forest  
**Type of Plant:** Tree  
**Uses:** Relieving joint pains and aches. Can also be used for treating symptoms of sexually transmitted infections  
**Preparation:** Make a juice with salt from the flower and apply externally onto joints or externally onto infection site
Headache

**Latin Name:** *Cymbopogam citrates*
**Tamil Name:** Ellumbichai pillu, Vasanapillu
**English Name:** West Indian Lemongrass
**Type of Plant:** Grass
**Uses:** Relieves headaches and calms the mind
**Preparation:** Pour hot water over lemongrass and let steep for a few minutes before drinking

**Latin Name:** *Coleus aromaticus*
**Tamil Name:** Karpuravalli
**English Name:** Mexican mint
**Uses:** Calming headache
**Preparation:** Make a juice with a little sesame oil and drink
White Discharge

Latin Name: *Basella rubra*
Tamil Name: Kodipasalai
English Name: Ceylon Spinach
Type of Plant: Climber
Uses: Promote vaginal health and prevention of white discharge
Preparation: Cook with Dahl or other food and eat

Latin Name: *Euphorbia hirta*
Tamil Name: Ammanpcharisi
English Name: Asthma plant
Type of Plant: Herb
Uses: Promote vaginal health and prevention of white discharge. Also used to promote lactation in mothers
Preparation: Cook with Dahl or other food and eat
Latin Name: *Ficus glomerata*
Tamil Name: Athi
English Name: Cluster Fig
Type of Plant: Tree
Uses: Promote vaginal health and prevention of white discharge
Preparation: Eat the tender fruit

Latin Name: *Ficus religiosa*
Tamil Name: Arasu
English Name: Peepal, Sacred fig
Type of Plant: Tree
Uses: Vaginal disinfectant
Preparation: Eat the tender leaves and fruit
Latin Name: *Hemidesmus indicus*
Tamil Name: Nannari
English Name: Indian Sarsaparilla
Type of Plant: Shrub
Uses: For cooling internal temperature and relaxing any tensions. Also helps prevent white discharge
Preparation: Make a decoction or infusion and drink

Latin Name: *Hybanthus enneaspermus*
Tamil Name: Orithazh thamarai
English Name: Spade flower
Type of Plant: Herb
Uses: Prevent white discharge and enhance fertility
Preparation: Eat the whole plant or make a decoction or powder to eat with jaggery
Latin Name: *Mimosa pudica*
Tamil Name: Thottar sinungi
English Name: Touch Me Not
Type of Plant: Herb
Uses: Promote vaginal health and prevent white discharge
Preparation: Make a decoction or powder with jaggery. Take in the early morning before breakfast

Latin Name: *Punica granatum*
Tamil Name: Mathalam
English Name: Pomegranate
Type of Plant: Tree
Uses: Promote vaginal health and prevent white discharge
Preparation: Use the small unripe fruit and skins to make a paste. Eat 10-20g paste in the early morning
Latin Name: *Solanum nigrum*
Tamil Name: Manathakkali
English Name: Black nightshade
Type of Plant: Shrub
Uses: Promote vaginal health and prevent white discharge.
Preparation: Cook the berries and leaves and eat

Heavy Bleeding

Latin Name: *Adhatoda zeylanica*
Tamil Name: Adhatoda
English Name: Adhatoda
Type of Plant: Evergreen shrub
Uses: Regulate heavy bleeding
Preparation: Make a decoction with the leaves and flower and drink once per day
**Latin Name: Cocos nucifera**  
**Tamil Name:** Thennai  
**English Name:** Coconut  
**Type of Plant:** Tree  
**Uses:** Regulate heavy bleeding.  
**Preparation:** Make a fresh flower juice.

**Latin Name: Musa paradisiaca**  
**Tamil Name:** Vazhai maram  
**English Name:** Banana  
**Type of Plant:** Tree  
**Uses:** Regulate heavy bleeding  
**Preparation:** Prepare a flower and stem juice
**Name:** *Phoenix dactylifera*  
**Tamil Name:** Eactham  
**English Name:** Wild Date  
**Type of Plant:** Palm  
**Uses:** Regulate heavy bleeding  
**Preparation:** Make a fresh flower juice

**Latin Name:** *Syzygium cuminii*  
**Tamil Name:** Naaval  
**English Name:** Jamun  
**Type of Plant:** Tree  
**Uses:** Regulate heavy bleeding  
**Preparation:** Eat the fruit and tender leaves or make a powder or decoction with the bark.
**Latin Name:** *Terminalia arjuna*  
**Tamil Name:** Kadukkai  
**English Name:** Arjun tree  
**Type of Plant:** Tree  
**Uses:** Regulate heavy bleeding  
**Preparation:** Bark powder or decoction

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**External Vaginal Wash**

**Latin Name:** *Terminalia chebula*  
**Tamil Name:** Kadukkai  
**English Name:** Yellow Myrobalan  
**Type of Plant:** Tree  
**Uses:** Vaginal wash for after child delivery  
**Preparation:** Make a seed powder, mix in water and wash
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