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Organoleptic Evaluation and Proximal Analysis of Developed Product with Agnus Castus for Women with Primary Dysmenorrhoea

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ABSTRACT

Introduction: Dysmenorrhoea affects women's quality of life, causing pain, mood changes, and activity disruption. Nonpharmacological treatments like Agnus castus have gained attention for managing pain. The seeds of agnus castus have traditionally be used to relieve the symptoms of pain during menstruation as it contains combination of iridoids and flavonoids which has antioxidant and analgesic property.

Need of this study: This study will provide evidence supporting the use of agnus castus for a natural, non-pharmacological treatment for managing primary dysmenorrhoea, can integrate this knowledge when designing dietary plans for women with primary dysmenorrhea. These findings highlight Agnus castus as an affordable, natural remedy for primary dysmenorrhoea, which can inform policymaker to promote its inclusion in national healthcare guidelines for menstrual health management.

Aim: To develop a product with different variations from agnus castus. Secondary objectives include to conduct sensory evaluation of the developed product, to analyse the nutritional components of the highly acceptable product and to assess the effect of developed product on women with primary dysmenorrhoea.

Materials and Methods: Phase 1 will comprise ingredient procurement and recipe development, while phase 2 will include sensory evaluation of the product by using 9-point hedonic scale. Phase 3 will include proximal analysis that will be done to assess the nutritional components like energy, protein, fat, carbohydrate, magnesium and flavonoids of the highly acceptable product. Phase 4 will have random sampling (women in the age group of 18 to 28 years). Phase 5 will have intervention of the product, while phase 6 will use an appropriate statistical tool to analyse the data. Result: Agnus castus based product demonstrated improved sensory attributes and effectiveness in managing menstrual pain, with having antioxidant property and nutritional benefit.

Conclusion: Agnus castus showed promise as a natural remedy for primary dysmenorrhoea. Future work should explore longterm effects of this herb and further more advantages to add this herb in our day-to-day life to gain maximum benefit.

Keywords: Analgesic properties, Antioxidant properties, Flavonoids, Holistic health management, Menstrual pain relief, Non-pharmacological treatment

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