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Research Article

HERB2BE Teabag: Overcome the Worst Of Menstrual Pain

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Abstract: Herbs teabag is a combination of herbs served in one teabag, specifically to reduce the pain of dysmenorrhoea. Dysmenorrhoea is a term used to describe severe menstrual cramps or concisely, period pain (menstrual pain). Dysmenorrhoea causes women to not be able to concentrate on work, leading to poor performance while teenage girls cannot concentrate on study. The purposes of innovating this herbal teabag are to help consumers relieve menstrual pain, smoothen the menstrual cycle, as well as and improve their quality of life. Thyme is one of the main ingredients in herb2be tea. The combination of herbs such as ginger, lemongrass, mint leaves, goji berries, and red dates can effectively reduce the pain. This product is upgraded by using ingredients that are different from similar products such as mint leaves. This product is safe to be consumed as it only contains natural ingredients. Besides, hygiene has been the top priority during the manufacturing process of each teabag.

Keywords: Dysmenorrhea, teabag, menstrual cramps, natural ingredients, teenage girls, women



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1. INTRODUCTION

Dysmenorrhoea has been one of the main burdens among teenage girls and women. Some of them suffer from primary dysmenorrhea, and some may suffer from severe dysmenorrhoea. Dysmenorrhea is defined as recurrent lower abdominal pain during menstruation. It is categorized into primary and secondary. Primary dysmenorrhea is lower abdominal pain associated with the normal ovulatory cycle in the absence of pelvic disease or abnormality. The pain starts a few hours before or after the onset of menstruation and lasts for a few hours to 2–3 days. Secondary dysmenorrhea is also menstrual pain caused by underlying pelvic pathology which usually occurred in relatively older reproductive-age women (Dharmapuri S, 2019). Dysmenorrhoea brings a lot of worries and inconveniences to teenage girls and women. It affects the quality of day-to-day life, causing the ladies to skip work and school as well as putting them in difficulties to join sports activities. There are many supplements that help in reducing dysmenorrhoea; however, most supplements and treatments are expensive and not affordable for some average and low-income women. Therefore, this group decides to innovate an herbs teabag called ‘Herb2be teabag’ to reduce dysmenorrhoea. The objective of producing herbal teabag is to relieve the pain of dysmenorrhoea, smoothen the menstrual cycle among girls and women and improve their quality of life.

Dysmenorrhoea causes women to not be able to concentrate on work, leading to poor performance while teenage girls cannot concentrate on study. A survey conducted by YouGov (2017)

showed that 80% of Malaysian women who have suffered from period pain said it has affected their ability to work. This is also supported by Lee et al. (2006), whose results showed menstrual pain among teenage girls in Malaysia has affected their class concentration. Hence, Herb2be herbs teabag is an innovation to treat menstrual pain at an affordable price and easy to consume. Herb2be herbs teabag provides knowledge to teenage girls and women of treatment steps and sets up small business classes for them to study dysmenorrhoea. It also provides a lot of advantages to the consumers which it helps to reduce menstrual pain, help regain pain, relax the muscles of the abdomen, reduce the body's calories, and also improve their sleeping quality. Dysmenorrhoea is the pain experienced in the lower abdomen or pelvis during menstruation by consuming a Herb2be herbs teabag can help to relieve the pain, calm down the mind, and maintain daily routine among teenage girls and women during their menstruation. The packaging is created using recycled paper to support eco-friendly awareness among the community. Hence, it is essential to encourage them to consume Herb2be herbs teabag to improve their quality of life. Nowadays, social media may significantly help to expand a product to its business market, making Herb2be herbs teabag chooses to collaborate with influencers who are active with a good image on social media such as Instagram, Facebook, Twitter, and Tiktok. Furthermore, in the current world of digitalization, the community has now purchased products through e-commerce platforms. Therefore, Herb2be herbs teabag also will be sold on e-commerce platforms which are Shopee and Lazada. Teenage girls and women may conveniently purchase Herb2be herbs teabag in just one click.

2. METHOD & MATERIAL

Herb2be teabag combines dried natural herb ingredients in a tea bag. The combination of herbs such as ginger, lemongrass, mint leaves, goji berries, and red dates can effectively reduce the pain. Herb2be teabag combines dried natural herb ingredients in a teabag. The teabag is round in shape with sun-dried ingredients such as ginger, lemongrass, mint leaves, goji berries, and red dates.

Thyme is one of the main ingredients in herb2be tea. Thyme locally known as "tossign tea" is one of the most popular herbal tea in Ethiopia. *Thyme* is a wild endemic dietary herb used as a spice to flavor various food products and herbal medicine. Though fresh or dried leaves of *Thyme* species are used locally as a tea for their medicinal attribute, mostly it is marinated for adding aroma and flavor to the tea

According to Goli et al. (2009), consuming 250 mg of ginger powder four times a day for three consecutive days will help to relieve menstrual pain. According to Tarunima (2016), teabag ingredients like ginger, lemongrass, and mint leaves effectively treated menstrual pain. Goji berries and red dates also help to improve women's health. The natural ingredients have been sun-dried in order to enable the consumers to store the teabag in cool and dry places within 1 to 3 months. Teabag individual packaging is convenient, allowing consumers to bring it anywhere; they only need to soak the tea bag with hot or warm water for about 3 minutes, and it is ready to be served.

3. FINDINGS

Though primary dysmenorrhea is one of the most common gynecologic complaints of adolescent and young females, it is poorly understood by many girls that they simply accept it as a normal part of their menstrual cycle. As a result, primary dysmenorrhea has a medical and psychosocial effect on adolescent girls. It is a cause for female students' school absenteeism and/or reduced class concentration and participation ability leading to poor school performance. The results of this study are obtained from 188 respondents through the questionnaire.

Table 1: Major features of menstrual pain

Pain onset versus menarche	
With menarche	67.4%
After 6–12 months	21%
After 1 year	11.6%
Pain onset versus menstrual flow	
2 days before	18.7%
1 day before	22.2%
With menstrual flow	50.7%
After beginning of menstrual flow	8.4%
Duration of pain during menstrual flow	
1 day	49.8%
2 days	38.5%
3 days	9.6%
All flow	2.1%
Associated symptoms	
Depression	36.7%
Headache	34.7%
Acne	33.5%

Table 2. Distribution of Frequencies Experienced during Menstrual Period among Female Adolescents (n=188)

Characteristics	Frequency	%
Menstrual cycle		
<21 days	21	11,2
21-35 days	157	83,5
>35 days	10	5,3
Menstrual period		
3-7 days	15	8,0
>7 days	173	92,0
Dysmenorrhea		
Yes	130	68,8
No	58	30,7

Table 3 shows the number of adolescents with dysmenorrhea who tend to be absent from school is up to 18 respondents (9.6%), sleep disorders up to 47 respondents (25%), loss of appetites to 48 respondents (25.5%), disrupted from physical exercises to 37 respondents (19.7%), and disrupted in their daily activities up to 18 respondents (9/6%).

Table 3. Effects of Dysmenorrhea among Female Adolescents (n=188)

Effect	Frequency	%
Absent from School		
Yes	18	9,6
No	170	90,4
Sleep Disorders		
Yes	47	25
No	141	75
Decreasing Appetite		
Yes	48	25,5
No	140	74,5
Limited physical exercises		

Yes	37	19,7
No	151	80,3
Disrupted social activities		
Yes	18	9,6
No	170	90,4

5. DISCUSSION

Dysmenorrhea also brings negative impacts among female adolescents. For example, absence from school, sleep disorders, loss of appetite, limited physical exercises, and disrupted social activities. The results of the study are supported by other research, reporting that dysmenorrhea in female adolescents has a significant effect on declining academic achievement, the tendency to be absent from school, limitation of physical activities, social withdrawal, limitation of exercises, and limitation in performing household activities. A study conducted by [14] found that there is a significant relationship between dysmenorrhea and absence from school. Another research [17] reported that there is a requirement to provide health education at school about menstrual problems which involve adolescents and their parents. It is also necessary to do screening tests regularly which is aided by the health care providers to prevent absences from school. Dysmenorrhea is menstrual pain that may influence the life quality of female adolescents.

6. CONCLUSION

Menstrual pain is a very common problem, but the need for medication and the inability to function normally occurs less frequently. Nevertheless, at least one in four women experience distressing menstrual pain characterized by a need for medication and absenteeism from study or social activities. Therefore, herb2be tea-drinking and consumption of herbs had a primary dysmenorrhea-related pain-relieving tendency.

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