



### RESEARCH ARTICLE

## A PRELIMINARY OBSERVATION STUDY TO EVALUATE THE SAFETY AND EFFICACY OF BOHECO BLOOMIN DYSMENORRHEA

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### Abstract

Dysmenorrhea is a prevalent issue that affects many menstruating women. It is characterized by painful menstrual cramps that occur before or during the period. Ayurveda describes dysmenorrhea as "Kashtartava," meaning painful menstrual flow. It is mentioned in classical texts like the Charaka Samhita and is associated with various disorders such as vatalayonivyapada, sannipatikayonivyapada, and udavartayonivyapada. BOHECO BLOOM is a product designed to help manage dysmenorrhea. It combines wintergreen oil, which contains methyl salicylate for topical pain relief, with pudina sattva, which has antispasmodic properties to reduce muscle spasms. Capsaicin provides pain relief by influencing pain signal transmission, and CBD (cannabidiol) offers pain reduction and anti-inflammatory properties without psychoactive effects. A substantial decrease in menstrual cramps was observed among most women who used the product. A significant number of women reported experiencing rapid relief and no irritation following the application of BOHECO BLOOM. The product's long-lasting effect, non-staining properties, and non-greasy texture were highly praised by users. The overwhelming majority of patients strongly attested to the effectiveness of BOHECO BLOOM in reducing menstrual pain and improving the symptoms of dysmenorrhea.

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### Introduction:-

Dysmenorrhea is a prevalent issue that affects many menstruating women. It is characterized by painful menstrual cramps that occur before or during the period. The term "dysmenorrhea" comes from the Greek words "dys," meaning difficult or painful, and "menorrhea," referring to menstruation.<sup>[1]</sup> The severity of dysmenorrhea varies, with some experiencing mild discomfort and others facing intense pain that affects their productivity and quality of life. Additional symptoms like nausea, vomiting, diarrhoea, fatigue, and headaches can worsen the overall impact on well-being. Dysmenorrhea can be classified into primary and secondary types.<sup>[2]</sup>

Primary dysmenorrhea is more common and is characterized by recurrent menstrual cramps without an underlying medical cause. Prostaglandin F (PGF) is the main contributor to primary dysmenorrhea, released during the shedding of endometrial cells at the beginning of menstruation, leading to uterine contractions.<sup>[3]</sup>

Secondary dysmenorrhea occurs due to an underlying condition or infection affecting the reproductive organs. Causes include endometriosis, fibroids, adenomyosis, endometrial polyps, pelvic inflammatory disease, and the use

of intrauterine contraceptive devices. The pain associated with secondary dysmenorrhea starts earlier in the menstrual cycle and may persist beyond the cessation of bleeding.<sup>[3]</sup>

Dysmenorrhea is prevalent, affecting 50-90% of women during their reproductive years. Young women with primary dysmenorrhea make up the majority, while secondary dysmenorrhea typically emerges later in life.<sup>[4]</sup>

Ayurveda describes dysmenorrhea as "Kashtartava," meaning painful menstrual flow.<sup>[5]</sup> It is mentioned in classical texts like the Charaka Samhita and is associated with various disorders such as vatalayonivyapada, sannipatikayonivyapada, and udavartayonivyapada. Other medical texts like Sushruta Samhita, Ashtanga Hridaya, Ashtanga Sangraha, Madhava Nidana, and Bhavaprakasha also acknowledge dysmenorrhea symptoms.<sup>[6]</sup>

BOHECO BLOOM is a product designed to help manage dysmenorrhea. It combines wintergreen oil, which contains methyl salicylate for topical pain relief, with pudina sattva, which has antispasmodic properties to reduce muscle spasms. Capsaicin provides pain relief by influencing pain signal transmission, and CBD (cannabidiol) offers pain reduction and anti-inflammatory properties without psychoactive effects.

The present study aims to evaluate the efficacy and safety of BOHECO BLOOM in managing dysmenorrhea symptoms. By incorporating these ingredients, the product aims to provide comprehensive relief and enhance well-being for those experiencing dysmenorrhea-related pain.

### Materials And Methods:-

A preliminary survey of 34 patients were conducted and questionnaire was filled by the patients. Data was collected and analysed to obtain result. Composition of Bloom – Each 10mL of bottle contains the following ingredients as shown in the table 1;

**Table 1:-** Contents of BOHECO BLOOM.

| Sr. No. | Ingredients               | Quantity  |
|---------|---------------------------|-----------|
| 1       | Cannabis leaf extract     | 0.1mL     |
| 2       | Cannabis seed oil         | 0.1 mL    |
| 3       | Mentha arvensis crystals  | 1.6 mL    |
| 4       | Cinnamomum camphora oil   | 0.8 mL    |
| 5       | Trachyspermumammi oil     | 1.0 mL    |
| 6       | Gaultheria procumbens oil | 1.0 mL    |
| 7       | Capsicum annum crystals   | 0.0025 mL |

### Results:-

85.2% women stated that they had severe menstrual cramps before application of BOHECO BLOOM. (Table 2)

**Table 2:-** Severity of Cramps.

| Severity of menstrual cramps BEFORE use | No. of participants |
|---|---------------------|
| Severe pain                             | 29                  |
| Moderate pain                           | 5                   |

65% of patients have confirmed that there was a significant reduction in pain post-application of BOHECO BLOOM while 26% of women maintained a noncommittal stance. (Table 3)

**Table 3:-** Reduction of Cramps.

| Reduction of menstrual cramps AFTER use | No. of participants |
|---|---------------------|
| Significant reduction in pain           | 22                  |
| Neutral                                 | 9                   |
| Little pain reduction                   | 3                   |

**Table 4:-** Time Taken to show action.

58.8% have agreed that BOHECO BLOOM starts showing its effect within 5 minutes of application (Table 4)

| Time taken to show effect after application | No. of participants |
|---|---------------------|
| 1-2mins                                     | 3                   |

|                  |    |
|------------------|----|
| 3-4mins          | 9  |
| 5mins            | 8  |
| More than 5mins  | 11 |
| No relief at all | 3  |

91.1% of patients have had no irritation after application. (Table 5)

**Table 5:-** Irritation 58.8% have attested that the efficacy of BOHECO BLOOM lasts for a duration exceeding two hours. (Table 6).

|            |                     |
|------------|---------------------|
| Irritation | No. of participants |
| Yes        | 3                   |
| No         | 31                  |

**Table 6:-** Duration of effect last

|  |                     |
|--|---------------------|
| Duration for which the effect of the product lasts | No. of participants |
| More than 4 hours                                  | 8                   |
| 2-4 hours  | 12                  |
| 1-2 hours  | 5                   |
| 30mins- 1 hour                                     | 4                   |
| Less than 30mins                                   | 2                   |

100% women attested that there was no staining after application of BOHECO BLOOM. (Table 7)

**Table 7:-** Staining of clothes 76.4% patients said that their skin did not feel oily/greasy upon application. (Table 8)

|                                |                     |
|--------------------------------|---------------------|
| Staining of clothes upon using | No. of participants |
| Yes                            | 0                   |
| No                             | 34                  |

**Table 8:-** Feel of skin upon application 76.4% patients strongly asserted that BOHECO BLOOM significantly reduces menstrual pain. (Table 9).

|                                   |                     |
|-----------------------------------|---------------------|
| Feel of the skin upon application | No. of participants |
| Not at all                        | 17                  |
| Average                           | 8                   |
| Oily                              | 4                   |
| Very oily                         | 4                   |
| Extremely oily                    | 1                   |

**Table 9:-** BLOOM in relieving pain.

|   |                     |
|---|---------------------|
| How well does BLOOM work in relieving pain? | No. of participants |
| Extremely well                              | 16                  |
| Very well                                   | 8                   |
| Adequate                                    | 2                   |
| Average                                     | 3                   |
| Not at all                                  | 2                   |

### Discussion:-

A substantial decrease in menstrual cramps was observed among most women who used the product. A significant number of women reported experiencing rapid relief and no irritation following the application of BOHECO BLOOM. The product's long-lasting effect, non-staining properties, and non-greasy texture were highly praised by users. The overwhelming majority of patients strongly attested to the effectiveness of BOHECO BLOOM in reducing menstrual pain and improving the symptoms of dysmenorrhea.

### Conclusion:-

Bloom has potent effect on relieving menstrual cramps. It can be applied before 2 days of the menstrual cycle upto the 5th day or as and when required. It helps in managing symptoms of Dysmenorrhea.

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