A Study to Assess the Effectiveness of Cilantro Seed Tea Among Girls with Irregular Menstrual Cycle at Selected College in Chennai

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Abstract: An irregular menstrual cycle refers to cycles that vary in length. Frequency, or irregularity. While a typical menstrual cycle lasts between 21and 35 days, irregular cycles may be shorter or longer and may not follow a consistent pattern. AIM: This study aims to assess the effectiveness of cilantro seed tea with a focus on positive reinforcement associate pre-test and post test level of changes among girls with irregular menstruation. METHOD: The research approach was quasi-experimental involving one group pre-tested and post-test design was adopted non probability convenient purposive sampling technique was adopted to choose the samples and it comprises of 30 girls in the selected college. The pre-test and post-test level of changes was assessed by using Likert scale. RESULTS: This study shows that the frequency and percentage distribution of sample according to the level of changes in study group. Pre- test findings showed that severe 20 (66.67%), moderate 7 (223.33%), mild 39(10%), and in post-test findings showed that severe6 (20%), moderate 4(13.33%), mild20(66.67%): showed that pretest mean changes score among girls with in study group 49.87with SD 13.92and in post-test was 29.4with SD 17.98the mean difference was 5.6. The calculated "t" value 20.71 was more than the table value. It shows that there is significant association between pretest level of changes among girls and the selected demographic variables like age, year of study, dietary pattern, menstrual cycle duration, number of pads using during menstrual cycle, eating habit, age of menarche attained, weight in kg, pain level, exercise. CONCLUSION: The study concluded that the anticipated outcome is the reduction of irregular menstrual cycle in girls with selected demographic variables.

Key words: Effectiveness, cilantro seed tea, Irregular menstrual cycle.

INTRODUCTION

An irregular menstrual cycle refers to cycles that vary in length, Frequency, or irregularity. While a typical menstrual cycle lasts between 21and 35 days, irregular cycles may be shorter or longer and may not follow a consistent pattern.

An irregular menstrual cycle refers to variations in the timing frequency, or length of a woman's period. a typical menstrual cycle ranges from 21 to 35 days. But many women experience cycles that are shorter, linger, or inconsistent while occasional irregularities are common and often not a cause for concern, chronic irregular cycles may signal underlying health issues. various factors; including hormonal imbalance, medical conditions like polycystic ovary syndrome (PCOD) stress, and lifestyle factors can disrupt the natural rhythm of menstruation. Understanding the potential causes and symptoms of irregular cycles can help woman better manage their reproductive health and seek appropriate care if necessary.

An irregular menstrual cycle refers to when the length or timing of a woman's periods various from the typical 28 days. it's common for periods to be irregular in the early years of menstruation, during perimenopause, or due to hormonal imbalances. Factors that contribute to irregular cycles include stress, weight changes, excessive exercise, thyroid disorder, polycystic ovary syndrome (PCOD), or other medical conditions.

Woman with irregular cycles may experience heavy. light or skipped periods, are the duration of the cycles may vary widely. it's important to track menstrual patterns and consult a health care provider if irregular cycles persist or are accompanied by other symptoms, as it could signal underlying health issues.

(Dr. jane smith, OB / GYM) An irregular menstrual cycle is a common reproductive health issues affecting woman of childbearing age. characterized by unpredictable and abnormal menstrual bleeding patterns, irregular cycles can significantly impact a

woman's quality of life, fertility, and overall well-being. despite its prevalence, irregular menstrual cycles remain poorly understood, and misconception abound.

Menstrual irregularities are common reproductive health issues that affects many individuals with menstrual cycle these irregularities refer to variation in the regular pattern, or flow of the menstruation. They can manifest as missed periods, frequent periods, heavy or light bleeding, and other changes in menstrual characteristics. Menstrual irregularities can be caused by various factors, including hormonal imbalance, stress, medical condition, or lifestyle factors.

This physiological process is controlled by complex hormonal changes and it's also essential topic for understanding reproductive health and in this conversation, we can explore various aspects of menstruation, from its most biological mechanisms to managing associated symptoms.

Understanding and addressing these irregularities is essential for maintaining reproductive and overall well-being. In this conversation, we can explore the causes, symptoms, and potential treatment for irregular menstrual cycle.

An irregular menstrual cycle refers to any deviation from a women's normal menstrual cycle, Menstruation is considered irregular when the duration between periods is longer than 35 days or shorter than 21 days. Additionally, cycles that are heavy or lighter than usual, or those accompanied by symptoms like pain or bleeding between periods, are also consider irregular menstrual cycle

Cilantro seed tea has been traditionally used to relieve menstrual discomfort. Some potential benefits of cilantro seed tea for irregular menstrual cycle.

Cilantro seed tea is herbal tea made from the seed of the coriandrumsativum plant a member of the parsley family .The seeds have been used for centuries in traditional medicines and cooking particularly in middle Eastern Indian, and African culture .The cilantro seed tea or have an positive impact on menstrual irregularities for some individuals .It helps by improving blood circulation reducing stress and promoting relaxation ,which can indirectly address some of the factors contributing to irregular menstruation.

Cilantro seed tea has been traditionally used to relieve menstrual discomfort. Some potential benefits of cilantro seed tea for irregular menstrual cycle include:

BENEFITS

- Relieving menstrual cramps: cilantro seed tea as natural anti-inflammatory and antispasmodic properties, which may help to relieve from menstrual cramps and discomfort
- Balancing hormones: cilantro seed tea may help balances estrogen and progesterone levels, which can contribute to irregular menstrual cycle
- Reducing stress: cilantro seed tea as a calming effect, which can help to reduce stress that can exacerbate irregular menstrual cycle
- Pelvic health: In cilantro seed tea can strengthen and tone the pelvic muscles, which can be particularly help full for individuals with certain menstrual disorders like menorrhagia or dysmenorrhea
- Antioxidant properties: cilantro seed tea contains antioxidants that may help to protect against oxidative stress and inflammation, which can contribute to irregular menstrual cycle.

It's important to note that while the administration of cilantro seed tea may be beneficial for some individuals with menstrual irregularities. It is essential to consult with a help care professional if you have concerns about your menstrual health, as there may be underlying medical conditions that need specific treatment. Other practices include dietary changes stress reduction, and medical intervention as needed should be viewed as complementary practices.

This study aims to assess the Effectiveness of cilantro seed tea among girls with irregular menstrual cycle.

NEED FOR STUDY

Menarche is one of the markers of puberty and therefore can be considered as an important event in the life of girls. Studies suggested that menarche tends to appear early in life as the nutritional and economic condition of a society improvement. For most females, it occurs between the ages of 10 to 16 years. However, which shows a remarkable range of variation. The normal range for menstrual cycles is between 21 and 35 days.

According to the medical research council (2021), menstrual disorders are a common presentation by girls, 75% of girls experience some problems associated with menstruation including delayed, irregular, painful and heavy menstrual bleeding which are the leading reasons for the physician visits by girls. Menstrual patterns are also influenced by a number of host and environmental factors. However, few studies in India have described the lifestyle factors associated with various menstrual cycle patterns.

Based on Menstrual irregularities, Mohammed Basha (2020) conducted a cross-sectional study at St. Theresa's girls Higher Secondary School at Chengannur of Pathanamthitta District. The study group included 503 girls from 10th to 12th std. They were given a prepared questionnaire. The results of the study were ranged according to the problems related to menstruation.

Dysmenorrhea was the major problems (88.8%), Menometrorrhagia (11.2%), oligomenorrhea (23%), menorrhea (12.4%), Another cross-sectional study was conducted by veeraragav (2018) at rural school of the Thiruvallur Study a structured, pretest questionnaires was used to collect data, the study was shown that 45% has menorrhagia and 25 has dysmenorrhea. So due to this prevalence. This study was chosen to reduce the occurrence of menstrual problem and improve the quality of life of the girls.

OBJECTIVE

- To assess the pre test level of irregular menstrual cycle before the administration of cilantro seed tea.
- To compare the pre and post test level of irregular menstrual cycle after the administration of Cilantro seed tea.
- To associate the pre and post test level of irregular menstrual cycle with demographic variables.

RESEARCH DESIGN

The quantitative research approach of research design is quasi experimental one group pre and post test design.

STUDY POPULATION

In this study, study population selected are the girls with age group of 18 to 21 years.

SAMPLE SIZE: The samples selected were 30 girls.

DATA ANALYSIS AND INTERPRETATION

The chapter deals with the statistical analysis and interpretation of the data "A Study to assess the effectiveness of applied behavior analysis therapy particularly positive reinforcement technique on behavioral changes among autism children in selected special needs Centre in Chennai". Data analysis was computed after transferring the collected data into a coding sheet. The data was analyzed, tabulated and interpreted using description and statistics.

The data has been tabulated and organized as follows:
SECTION A
Frequency and percentage distribution of samples according to demographic variables.

SECTION B
Frequency and percentage distribution of samples according to their level of severity of irregular menstrual cycle.

SECTION C
Pretest level of changes scores standard deviation, and mean difference and t value of samples in study group.

SECTION D
Association between post-test level of changes among girls in study group.

RESULTS

This study shows that the frequency and percentage distribution of sample according to the level of changes in study group. Pre- test findings showed that severe 20 (66.67%), moderate 7 (223.33%), mild 39(10%), and in post-test findings showed that severe6(20%), moderate 4(13.33%), mild20 (66.67%): showed that pretest mean changes score among girls with in study group 49.87with SD 13.92and in post-test was 29.4with SD 17.98the mean difference was 5.6. The calculated "t"value 20.71 was more than the table value. It shows that there is significant association between pretest level of changes among girls and the selected demographic

variables like age, year of study, dietary pattern, menstrual cycle duration, number of pads using during menstrual cycle, eating habit, age of menarche attained, weight in kg, pain level, exercise.

DISCUSSION

THE FINDINGS OF THE STUDY WERE DISCUSSED ACCORDING TO THE OBJECTIVE AND DEMOGRAPHIC VARIABLES AS FOLLOW TO ASSESS THE PRE TEST LEVEL OF IRREGULAR MENSTRUAL CYCLE BEFORE THE ADMINISTRATION OF CILANTRO SEED TEA.

Table: 1 Frequency and percentage distribution of samples according to their demographic variables.

S No	Demographic variables	Study group F	%
1.	Age in years (a)18 years b)19 years c) 20 years d)21 years	0 0 9 21	0 0 30% 70%
2.	Year of study (a) B.Sc. nursing 1st year (b) B.Sc. nursing 2nd year	15 15	50% 50%
3.	Dietary pattern (a)Vegetarian (b) Non vegetarian	4 26	13% 87%
4.	Menstrual cycle duration (a) 2 days (b) 3 days (c) 4 days (d) 5 days	3 5 8 14	10% 17% 27% 47%
5.	Number of pads using during menstrual cycle (a) 2 to 3pads (b) 4 to 6 pads (c) 7 to 8 pads	8 12 10	27% 40% 33%
6.	Eating habit a) Home food b) Street food/Junk food	10 20	33% 67%
7.	Age of menarche attained a)Less than 12 b) 12 to 13 years c) 13 to 14 years d) 15 to 16 years	2 4 16 8	7% 13% 53% 27%
8.	Weight in Kg a) >45 b) 46 to 59 c) <60	3 19 8	10% 63% 27%
9.	Pain level during menstrual cycle a) Mild (1 to 3) b) Moderate (4-6) c) Severe (7-10)	4 15 11	13% 50% 37%
10.	Do you exercise regularly a) Yes b) No	3 27	10% 90%

TO COMPARE THE PRE AND POST TEST LEVEL OF IRREGULAR MENSTRUAL CYCLE AFTER THE ADMINISTRATION OF CILANTRO SEED TEA.

Table 2: The percentage distribution of subjects according to their level of severity of irregular menstrual cycle.

S. NO	LEVEL OF IRREGULAR MENSTRUAL CYCLE IN GIRLS	STUDY GROUP N=30			
		PRE-TEST		POST TEST	
		F	%	F	%
1.	SEVERE	20	66.67%	6	20%
2.	MODERATE	7	23.33%	4	13.33%
3.	MILD	3	10%	20	66.67%

TO ASSOCIATE THE PRE AND POST TEST LEVEL OF IRREGULAR MENSTRUAL CYCLE WITH DEMOGRAPHIC VARIABLES

Table3: pretest level of changes scores standard deviation, and mean difference and t value of samples in study group

GROUP	TEST	MEAN	STANDARD DEVIATION	MEAN DIFFERENCE	PAIRED t VALUE	DIFFERENCE TABLE VALUE
Study group	Pre test	49.87	13.92			
	Post test	29.4	17.98	5.6	20.71	5.959

Table 4: association between pretest level of behavioral changes among autism children in study.

Sno	Demographic variable	Level of irregular menstrual cycle			Chi square	Df table value
		Severe	Moderate	Mild		
1	Age in year				3.271	12.592
	A)18 years	0	0	0		
	B)19 Years	0	0	0		
	C)20Years	5	3	1		
	D)21 Years	18	2	1		
2	Year of study				0.4	3.841
	A)BSC Nursing 1st year	10	3	2		
	B)BSC Nursing 2nd year	10	2	3		
3	Dietary pattern				3.882	3.841
	A)Vegetarian	2	2	0		
	B)Non- vegetarian	20	3	3		
4	Menstrual cycle duration				12.1	12.592
	A)2Days	2	1	0		
	B)3Days	3	2	0		
	C)4Days	4	2	2		
	D)5Days	2	2	10		
5	Number of pad using during menstrual cycle				4.443	9.488
	A)2 to 3 pads	8	1	1		
	B)4 to 6 pads	6	5	1		
	C)7 to 8 pads	8	1	1		
6	Eating habit				6.356	3.841
	A)home food	1	2	7		
	B)street food and junk food	10	5	5		
7	Age of menarche attained				8.813	12.592
	A)Less than 12 years	2	0	0		
	B)12to 13 years	1	0	0		
	C)13 to 14 years	3	3	10		
	D)15 to 16 years	4	2	2		
8	Weight in kg				2.234	9.488
	A)Less than 45 kg	1	1	1		
	B)46 to 59 kg	10	6	3		
	C) above 60 kg	6	1	1		
9	Pain level during menstrual cycle				7.156	9.488
	A)Mild(1 to 3)	0	2	2		
	B)Moderate(4to6)	8	5	2		
	C)Severe (7to10)	8	2	1		
10	Do you exercise regularly				2.398	3.841
	A)Yes	0	1	2		
	B)No	7	13	7		

It shows that there is significant association between pretest level of changes among girls and the selected demographic variables like age, year of study, dietary pattern, menstrual cycle duration, number of pads using during menstrual cycle, eating habit, age of menarche attained, weight in kg, pain level, exercise and there is significant association between pretest level changes among girls.

SUMMARY

The aim of the study was under taken to assess the effectiveness of cilantro seed tea among girls with irregular menstrual cycle at selected college in Chennai. Quantitative research approach with Quasi experimental one group pre-test and post-test design was adopted for the study. The main study was conducted from 1st October to 30thOctober convenient purposive sampling technique was used and demographic data were collected and assessment tool (Likert scale) used to assess the pre -test and post-test changes in the study. The data was collected and analyzed by using descriptive statistics to test the hypothesis, paired t test and chi square were used.

CONCLUSION

The study concluded that comparison of pretest and post-test level of changes among girls at selected college in Chennai. There was a significant association between pretest level of changes among girls with selected demographic variable at selected college in Chennai Knowledge enhancement: It help nurses to incorporate natural and alternative therapies, such as cilantro seed tea, into their care plans to support women experiencing menstrual irregularities.

Patient education: Educate patients about the potential benefits and safe use of cilantro seed tea as a complementary treatment option.

Assessment: Assess each patient's health status before recommending natural remedies, and monitor for any side effects or medications.

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