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(57) Abstract :  
 This invention relates to a novel herbal composition, "M Clear," designed to treat and manage a wide range of menstrual cycle-related problems. The formulation is based on the synergistic effects of 30 traditional Ayurvedic herbs, including Nagkesar (Mesua ferrea), Jeera (Cuminum cyminum), Dhamasa (Fagonia arabica), Alsi Beej (Linum usitatissimum), Kalonji (Nigella sativa), and others. The composition addresses menstrual discomfort, such as dysmenorrhea, heavy bleeding (menorrhagia), and irregular cycles, by leveraging the potent anti-inflammatory, analgesic, astringent, and hormone-balancing properties of its ingredients. The formulation works through multiple therapeutic pathways, including regulating hormonal imbalances, improving uterine health, and providing pain relief. Its ingredients also support blood purification and detoxification, essential for reproductive well-being, while promoting better digestion and nutrient absorption to combat digestive disturbances commonly experienced during menstruation. The herbal composition offers a natural, safe, and effective alternative for managing menstrual disorders without the side effects associated with synthetic medications. This invention provides a holistic solution to menstrual cycle irregularities and related health issues, enhancing overall reproductive health and well-being in women. The herbal formulation is suitable for long-term use and offers a balanced approach by harmonizing traditional Ayurvedic knowledge with modern health needs.

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