

# SeamossPlus Wonders on Severe Menstrual Cramps



Narration by Innocent Nyange DCM, BSc[1]. Edited by Peter Bujari MD, MBA[2]

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## At a Glance:

Are you a woman and have experienced severe menstrual cramps, persistent lower back pain that interfere with your daily life? We have a solution for you! Mrs H.M, a 44 years old woman from Mwanza lived that misery for over ten years, representing other 42 women in hundred who suffer from this condition. Since 2013, she regularly attended Bugando Zonal Referral Hospital for medical care, relying on tablets and injections as painkillers to manage her monthly agony. Doctors advised her that the pain might subside once she had a child, but even after childbirth, the pain persisted. The first month of using seamossplus changed her history-bringing flavor into her new happy pain-free monthly menstrual cycle.

## It's a big Challenge:

Primary dysmenorrhoea is characterized by painful cramps in the lower abdomen, which start shortly before or at the onset of menses and which could last for 3 days. It negatively impacts the quality of life (QOL) of young females and is the main reason behind their absenteeism from school or work. It is suggested that increased intrauterine secretion of prostaglandins F2a and E2 are responsible for the pelvic pain associated with this disorder. Its associated symptoms are physical and/or psychological. Its physical symptoms include headache, lethargy, sleep disturbances, tender breasts, various body pains, disturbed appetite, nausea, vomiting, constipation or diarrhea, and increased urination, whereas its psychological symptoms include mood disturbances, such as anxiety, depression, and irritability. Despite its high prevalence and impact on daily activities, it is often inadequately treated and even disregarded, given that, many young females prefer to suffer silently, without seeking medical advice.

In both SSA generally and in Tanzania specifically, dysmenorrhea has been shown to disrupt participation in school and social events, with dysmenorrhea linked to difficulty paying attention in class, school absenteeism, decreased school performance, difficulties engaging in physical activity, and an inability to socialize with friends [1-10].

Despite the high prevalence of dysmenorrhea in SSA, most adolescent girls do not receive first-line treatments for menstrual pain [7, 9, 10]. In Sub-Saharan Africa (SSA), between 61%-84% of adolescent girls experience dysmenorrhea, with severe pain occurring among 33%-56% of girls [3-8].

## This is What Science Tells Us

Menstrual cramps are largely caused by excessive production of prostaglandins F2a and E2 which are lipid molecules derived from arachidonic acid pathway. They are produced by enzymes called cyclooxygenases (COX). It is this abundance of these that trigger uterine contractions and inflammation. Seamossplus contains Omega-3s and polyphenols which interfere the Arachidonic Acid pathway, production of inflammatory mediating enzymes thus with inflammatory pathways and inflammatory cytokines therefore reducing uterine contractions and pain. Seamossplus also contains nutrients like folate, calcium, and zinc, which support overall women's health and can indirectly help with menstrual pain. Additionally, seamossplus contains lemongrass which is known to alleviate primary dysmenorrhea symptoms by reducing oxidative stress and inflammation and relaxing the uterine muscles. Cymbopogon citratus contains several medicinally important phytochemicals [12] and is used as an antioxidant, anti-inflammatory, analgesic, antimicrobial, antispasmodic, and vasorelaxant activities.

[1] Innocent Nyange – Clinician and Nutritionist Dietitian- Public Health Officer & SeamossPlus Project Lead (Health Promotion Tanzania)

[2] Dr. Peter Bujari – Public Health Physician specializing in Development, Innovation, and Business model Leadership

## Conclusion

SeamossPlus contains omega-3 and other phytochemicals they inhibits COX-I and COX-II enzymes, reduce oxidative stresses thus relieves primary dysmenorrhea-associated symptoms through its analgesic, anti-inflammatory, and antispasmodic activities. It can relieve moderate to severe menstrual cramps and restoring quality of life in women. This case demonstrates its potential as a natural solution for dysmenorrhea and women's reproductive health.

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## CONTACT US

📍 Afya House, Ground Floor, Kigamboni Municipal, Dar es Salaam

☎ Toll-free (Tanzania only): **0800 781 011**

☎ Sales: **+255 747 875 391**

✉ Email: [seamossPlus@nyamunzi.com](mailto:seamossPlus@nyamunzi.com)

🌐 Website: [www.seamossPlus.co.tz](http://www.seamossPlus.co.tz)