

## Review Article

# Phytomedicinal product in Gynecological Health: The case of Women's Formula

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### Article History

Received: 03.07.2020

Accepted: 19.07.2020

Published: 29.07.2020

### Journal homepage:

<https://www.easpublisher.com/easjpp>

### Quick Response Code



**Abstract:** *Aim:* Women's health is paramount, yet, is one area under-researched and explored in phytomedicinal industry in Africa. Phyto-gynecology is under-researched and explored in the Ghanaian Traditional Medicine Industry. This paper discusses the development of phytomedicinal product; Women's formula, approved by the FDA in Ghana for gynecological health. *Method:* The Product, Women's Formula Tea produced by RNG Medicine Research Lab, Ghana, West Africa was given to 200 women aged 20-60 years for wellness. The patients, distributors or the individual who purchased the product to their loved ones further called or WhatsApp their experiences on the products to the author of this paper. *Result:* out of the 200 Women who used Women's Formula for their wellness, 50 reported that, the product had significant impact on sound sleep, 30 also reported urinary health support, 50 further reported increased in their libido, 50 reported improvement on their menstrual health and 20 reported better menopausal symptom management. *Conclusion:* Each individual has her own opinion on the product and no conclusive specific condition product targets. The product exhibits different mechanism of action in different individual.

**Keywords:** Phytomedicinal, Women's Formula, Herbal Tea, Hibiscus Sabdariffa, phyto-gynecology.

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## INTRODUCTION

Gynecological Health is one area that Phytomedicine really addresses. Today, so many researches had been conducted on the women's health and natural medicines. However, in Africa, much research and attention had not been paid on African Traditional Medicine and gynecological issues. The product, Women's formula was formulated based on science and reserach with over five plant ingredients all synergistically blended together. Some of the extracts are: Hibiscus Sabdariffa and zingiber officinale!.

The use of ginger as a powerful natural remedy dates back thousands of years. In fact, documentation of its health-promoting properties can be traced back all the way to ancient Greek, Roman, Chinese, Sanskrit and Arabic text (Ginger. 2016).

According to one research which favors ginger (Mashhadi, N. S. *et al.*, 2013); the anticancer potential of ginger is well documented and its functional

ingredients like gingerols, shogaol, and paradols are the valuable ingredients which can prevent various cancers. Other similar studies have found that gingerol can even effectively inhibit inflammation (Grzanna, R. *et al.*, 2005).

Current studies have continued to reveal the numerous ways that ginger affects health, and so far it has been shown to boost some significant benefits. From relieving nausea to boosting brain health, enhancing weight loss and controlling blood sugar, a cup or two of ginger tea each day has the potential to make a big impact on your health.

The product also contains Hibiscus sabdariffa which research also proved to be effective in handling gynecological issues such as improving libido, urinary tract infections *et al.* It has also been shown to have effect on lowering blood pressure (<https://www.newhope.com>). Hibiscus tea, either hot or iced, is a refreshing alternative that was traditionally used as a diuretic, to calm nervous disorders, treat

insomnia, and decrease inflammation. The leaves were made into a paste as a poultice for wounds. Studies show hibiscus can lower blood pressure, fight obesity, improve immunity, decrease inflammation problems and even reduce the risk of stroke, heart attack and cancer. Many people believe choosing juice “drinks” may be a good alternative to soda, but research shows manufacturing practices and excess fructose in juice makes it less than beneficial and even detrimental to your health (Dr. Mercola). According to Natural Standard, an evidence-based collaborative group that reviews alternative therapies, Hibiscus sabdariffa has the most scientific research available.

## METHODOLOGY

The Product, Women’s Formula Tea produced by RNG Medicine Research Lab, Ghana, West Africa was given to 200 women aged 20-60years for wellness. The products were sourced from distributors of RNG Medicine Research Lab agents across the country. They heard of the products through social media handles especially Facebook or articles in the leading newspapers in Ghana. The product contain 30 tea bags and used for five days at different periods due to their needs.

The patients, distributors or the individual who purchased the product to their loved ones further called or WhatsApp their experiences on RNG Medicine Research Lab whatsapp mobile lines and was further collated and used as testimonies.

## DISCUSSION

Women’s Formula Tea is a clinical grade, advanced, comprehensive phytomedicine product approved by the FDA with no. FDA/HD1.18-11343 for general women’s Health & immune booster. Women’s formula is also designed to help guard against the most common consequences of unbalanced estrogen levels and promote successful aging, female vitality and detoxification. Lab study conducted in Ghana on efficacy showed the product has high antioxidant activity and hence detoxifying ability and kidney protective function.

The mechanism of action of the product is based on over four herbs blended together! The special formulation all synergistically balanced to support the female reproductive and urinary systems, assisting in

cellular regeneration for ultimate health and well-being. This formula potentially is formulated to support menopausal Health, Breast Health, Urinary Health, Menstrual Health, increases female libido, cardiovascular Health and general female health.

It is refreshing to note the significant impact of the product on different gynecological issues (fig 1). Interesting, the product had significant impact on increasing libido and supporting the menstrual cycle of women based on their testimonies.

Hibiscus tea contains natural compounds called anthocyanins -- the same type of antioxidants found in blueberries. Antioxidants help prevent cellular damage when you’re exposed to things like smoke, pollution and rancid oils. They can also reduce blood pressure and improve cholesterol readings.

### Women Formula Testimony

#### My name is George.

“I bought the Women Formula for my wife about two weeks ago and have started noticing certain changes in her response and drive for sex. Since I married her she has never initiated sex and even if I make the attempt to initiate it, her response does not show one who is much interested. But since I introduced the Women Formula to her everything has changed completely.

This past Sunday 17th March, 2019 she did not go to church. On my return she prepared fufu with light soup and after joining me in the meal, she held me to the bedroom for a hot afternoon sex.

The next day, Monday she waited for me to dress and just as I was about leaving for work she held me to the bed to make love to her before leaving. That day, I got to work late.

The Tuesday following, she got home before me and actually came to back to wait for on the street I normally pass. When we got home, she went straight to the bathroom and on her return she literally dragged me from the living room to the bedroom for hours of sex. I am so elated with the coming of this Women Formula. The Women Formula tea has really revitalised my marriage. She also sleeps very well at night. God bless Dr. NYARKOTEY for coming up with the medication to save our marriages”.

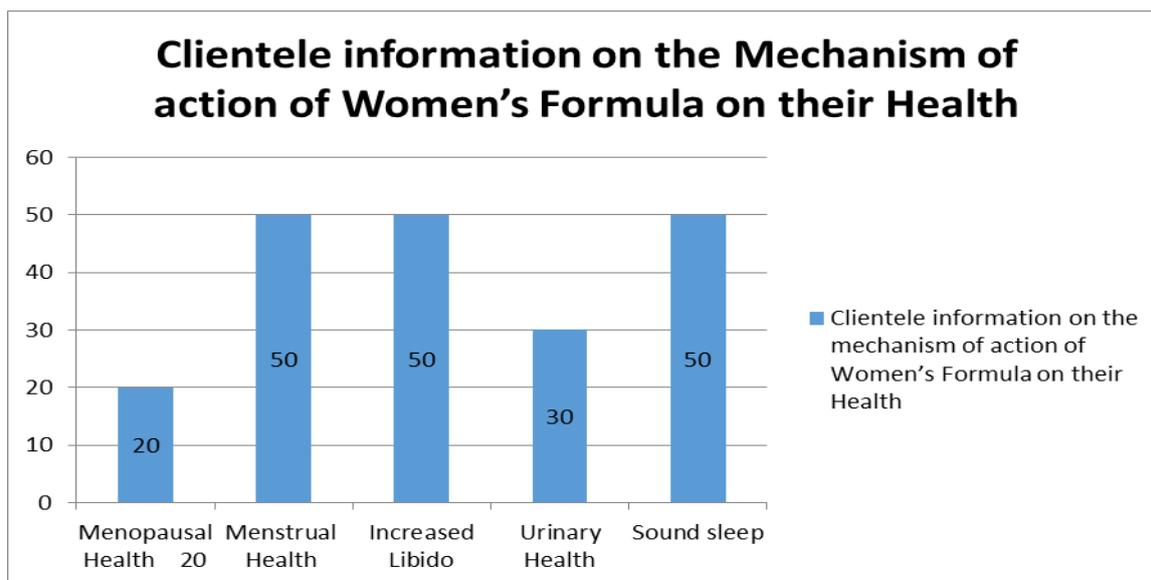


Fig 1

## CONCLUSION

The product women's formula based on clients' testimonies had significant improvement on the wellness of women and more research needed to be conducted on the product to be incorporated in conventional treatment.

**Conflict of Interest:** None

## Acknowledgement

The author thanks the Registrar of Nyarkotey College of Holistic Medicine, Tema community 7.

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