THE APPLICATION OF USING HERBAL TUMERIC ACID TO REDUCT DYSMENORRHEA IN YOUNG WOMEN IN THE VILLAGE MILIRAN MENDAK DELANGGU KLATEN

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ABSTRACT

Back Ground; Based on the result of interviews with 19 young women, there were 11 adolescents who experienced dysmenorrhea. Adolescents said that no one had consumed sour herbal tumeric acid, an action usually taken when experiencing dysmenorrhea is taking pain medication, drinking instant herbal packs, and relaxing. The Purpose; To describe how to used the herbal tumeric acid to young women to treat dysmenorrhea. Method; The type of research used is descriptive methodology with a case study design that ilustrates the pain of scale reduction given to the herbal tumeric acid in young woman at Miliran RT01/03 Mendak Delanggu Klaten. Result; There was a reduction in the scale of dysmenorrhea in Ms. R adan Ms. D before and after being given herbal tumeric acid for 3 days. On Ms. R has a scale of pain 6 to scale of pain 1 and Ms. D has a scale of pain 6 to scale of pain 1. Conclusion; There was a reduction in the scale of dysmenorrhea after being given herbal tumeric acid for 3 days in the village Miliran Mendak Delanggu Klaten.

Keywords: dysmenorrhea, herbal tumeric acid