

## International Journal of Innovative Research in Science, Engineering and Technology

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# Effectiveness of Ginger Remedy on Dysmenorrhea

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**ABSTRACT:** Menstruation was the periodic change occurring in women which results in flow of blood and endometrium from the uterine cavity. The biological cycle of a woman follow a monthly pattern and have a profound influence on her life and behaviour. Dysmenorrhea was the most common gynecologic disorder among female adolescents, with a prevalence of 60% to 93%.Dysmenorrhea was characterized by cramping lower abdominal pain that may radiate to the lower back and upper thighs and was commonly associated with nausea, headache, fatigue and diarrhea.

### I. INTRODUCTION

Menstruation was the periodic change occurring in women which results in flow of blood and endometrium from the uterine cavity. The biological cycle of a woman follow a monthly pattern and have a profound influence on her life and behaviour. Dysmenorrhea was the most common gynecologic disorder among female adolescents, with a prevalence of 60% to 93%.Dysmenorrhea was characterized by cramping lower abdominal pain that may radiate to the lower back and upper thighs and was commonly associated with nausea, headache, fatigue and diarrhea.

Ginger has been recognized as the “universal medicine” by the ancient Orientals of China. Today ginger remains a component of more than 50% of the traditional herbal remedies and has been used to treat nausea, indigestion, fever and infection and to promote vitality. Ginger has played an important role in Asian medicine as a folk remedy to promote cleansing of the body through perspiration, to calm nausea and to stimulate the appetite. Chinese sailors chewed on ginger root to combat seasickness. Chinese women drank ginger tea to alleviate menstrual pain.

### STATEMENT OF THE PROBLEM

“A Study to assess the effectiveness of Ginger Remedy on the Dysmenorrhea among Adolescence Girls”

### OBJECTIVES

- To assess the effectiveness of ginger remedy on dysmenorrhea
- To associate the effectiveness of a ginger remedy with selected demographic variables.

### NULL HYPOTHESIS

- There was no significant relationship between ginger remedy and dysmenorrhea
- There was no association between the effectiveness of ginger remedy and demographic variables.

### ASSUMPTION

- ✓ Dysmenorrhea was common problem among adolescence girls
- ✓ Ginger remedy will reduce dysmenorrhea
- ✓ There will be difference between the pain before and after giving ginger remedy

### II. RESEARCH METHODOLOGY

#### RESEARCH DESIGN

The research design used in this study was Quasi Experimental Research Design. The study was conducted among adolescence in girl’s school who attended menarche between age group 12 to 16 yrs.

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## CRITERIA FOR SAMPLE SELECTION

### INCLUSION CRITERIA

- Adolescence girl with dysmenorrhea.
- Girls who attend menarche and between the age group of 12 to 16 yrs.
- Girls who are willing to participate in the study.
- Girls who knows Tamil and English.

### EXCLUSION CRITERIA

- Girls who are taking home remedies for dysmenorrhea
- Girls who are taking oral analgesics for the dysmenorrhea
- Girls who are under medical treatment

## DESCRIPTION OF THE TOOL

The tool consists of two parts

### Part I

It consists of demographic variables of sample such as age, education, type of family, religion, occupation, resident (urban or rural), monthly income, student accommodation, weight of student, age of menarche, regularity of menstruation, duration of dysmenorrhea, pain region, duration of pain.

### Part II

It consists of functional pain scale to assess the severity of dysmenorrhea during menstruation.

### Functional Pain Scale for Dysmenorrhea

0 -No pain

- 1-Tolerable pain and pain does not prevent any activities
- 2-Tolerable pain and prevent some activities
- 3-Intolerable pain and does not prevent use of telephone, viewing TV, reading
- 4-Intolerable pain and pain prevent use of telephone, viewing TV, and reading
- 5-Intolerable pain and pain prevents verbal communication

## III. PREPARATION OF GINGER REMEDY

Ginger has been used safely for thousands of years in cooking and medically in folk and home remedies. Ginger has known analgesic and anti – inflammatory properties. Ginger also improves blood circulation.

### INGREDIENTS

- Ginger
- Brown sugar
- Water

### METHOD OF PREPARATION

50 gms of ginger is boiled with 200ml of water for 10 minutes and cooled. Add brown sugar to ginger water as required.

### AMOUNT

25 ml of ginger water to be taken two times a day.

### DURATION

Ginger water should be taken from the first day of menstruation till to third day of menstruation.

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### IV. RESULT AND DISCUSSION

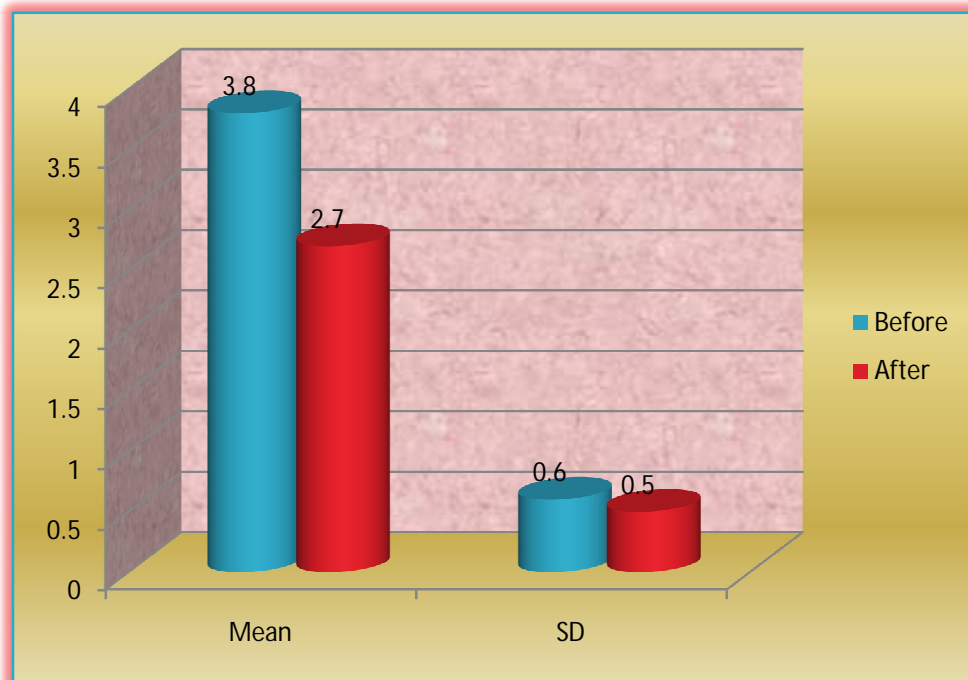
#### EFFECTIVENESS OF GINGER REMEDY ON DYSMENORRHEA

##### Effectiveness of ginger remedy (mean) before and after intervention

Data	Before intervention		After intervention		Effectiveness (difference)		Effectiveness 't' test
	Mean	SD	Mean	SD	Mean	SD	
Functional pain scale	3.8	0.6	2.7	0.5	3.8 - 2.7 = 1.1	0.6 - 0.5 = 0.1	22.0

The mean value is 3.8 before intervention and 2.7 after intervention. The S.D value is 0.6 before intervention and 0.5 after intervention. The difference of mean and S.D is 1.1 and 0.1 respectively. The overall paired 't' test value of is 22.0. It is hypothesized that as there is no significant in effectiveness of ginger remedy.

The test statistics indicates the rejection of null hypothesis since all the significant values are lesser than 0.001. It was inferred that who received ginger remedy were found to be effective.



**EFFECTIVENESS OF GINGER REMEDY ON DYSMENORRHEA**

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## ASSOCIATE THE EFFECTIVENESS OF GINGER REMEDY WITH SELECTED DEMOGRAPHIC VARIABLES

Associate the Effectiveness of ginger remedy with selected variables

Sl. no	Demographic variables	5		4		3		2		1		0		Chi sq (df =1)
		F	%	F	%	F	%	F	%	F	%	F	%	
1	Age of student													0.3N .S
	a. 12 – 13 yrs	0	0	2	40	2	20	5	33	0	0	0	0	
	b. 13 – 14 yrs	0	0	2	40	4	40	8	54	0	0	0	0	
	c. 15 – 16 yrs	0	0	1	20	4	40	2	33	0	0	0	0	
2	Weight													0.1 N.S
	a. Below 30 kg	0	0	1	20	1	10	2	13	0	0	0	0	
	b. 30 – 40 kg	0	0	3	60	7	70	7	47	0	0	0	0	
	c. Above 40 kg	0	0	1	20	2	20	6	40	0	0	0	0	
3	Age of menarche													0.2 N.S
	a. 10-12 yrs	0	0	2	40	1	10	2	13	0	0	0	0	
	b. 12 -14 yrs	0	0	3	60	9	90	13	87	0	0	0	0	
	c. 14-16 yrs	0	0	-	-	0	0	0	0	0	0	0	0	
4	Regularity of menstruation													0.1 N.S
	a. Regular	0	0	5	100	6	60	1	7	0	0	0	0	
	b. Irregular	0	0	0	0	4	40	14	93	0	0	0	0	
5	Duration of pain													0.1 N.S
	a. One day	0	0	0	0	2	20	1	6	0	0	0	0	
	b. Two day	0	0	2	40	4	40	6	40	0	0	0	0	
	c. Three day	0	0	3	60	4	40	8	54	0	0	0	0	

### RECOMMENDATIONS

The investigator recommends the following suggestions for further research.

- Similar study can be done by other home remedies like parsley, sesame, aloe vera, with large samples.
- Similar study can be conducted in colleges, working area, government and private schools, urban and rural area.
- Similar study can be conducted between different age groups.

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