

**THE APPLICATION OF USING HERBAL TURMERIC 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 turmeric 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 turmeric acid to young women to treat dysmenorrhea. **Method;** The type of research used is descriptive methodology with a case study design that illustrates the pain of scale reduction given to the herbal turmeric 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 turmeric 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 turmeric acid for 3 days in the village Miliran Mendak Delanggu Klaten.*

Keywords : *dysmenorrhea, herbal turmeric acid*