

SUMMARY  
RED GINGER WEDANG TO REDUCE MENSTRUAL PAIN IN TEENAGE  
GIRLS

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**Background:** Menstrual pain occurs due to the endometrium containing high amounts of prostaglandins. One way to reduce menstrual pain during menstruation is to drink red ginger, which has a high oleorosin content. The oleorosin content in red ginger acts as an anti-inflammatory that can block prostaglandins so that it can reduce menstrual pain. **Objective:** To increase the knowledge of adolescents and the public about red ginger to reduce menstrual pain in young women through pocket books. **Method:** Giving red ginger, which is obtained by washing 15 grams of red ginger, then burned, crushed, then brewed with 200 ml warm water and added 2 tablespoons of Javanese sugar and given for 3 days from the first day of menstruation to the third day of menstruation for 2 times a day. The pocket book contains material about adolescence, menstruation, menstrual pain, and red ginger. **Results:** An output medium in the form of a pocket book has been produced which contains red ginger to reduce menstrual pain in young women. **Conclusion:** The output media in the form of a pocket book can increase the knowledge of adolescents and the community about efforts to reduce menstrual pain by drinking red ginger drink.

Keywords: Menstrual Pain, Adolescents, Red Ginger