

DRINKING ACIDIC TURMERIC TO REDUCE MENSTRUAL PAIN (DISMENORE)

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SUMMARY

Menstrual pain or dysmenorrhea is one of the disorders experienced by almost all women when experiencing menstruation, regardless of age, usually women who experience this are the early adolescent age group who have just experienced menarche. Acid turmeric drink has been widely researched and showed results that tamarind turmeric can reduce menstrual pain (dysmenorrhea) without any side effects because pain treatment is non-pharmacological. The method used in making this poster is to use poster maker software. Poster maker is editor software for creating posters, flyers, and banners. The poster, entitled "A DRINK OF ACID Turmeric TO REDUCE menstrual pain (DISMENORE)", is set on a turquoise, green, yellowish green, yellow background so that the poster looks bright and is considered to attract the eye.

Keywords: *dysmenorrhea, tamarind turmeric, menstrual pain.*