

**BENEFITS OF PAPAYA LEAF BOILED WATER (CARICA PAPAYA)
FOR DECREASING DISMINORE IN ADOLESCENT WOMEN
POCKET BOOK EDUCATION MEDIA**

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SUMMARY

Background: *Dymenorrhea is the most common gynecological problem in women. This occurs due to an imbalance of the hormone progesterone in the blood, causing pain. To relieve pain during menstruation, traditional treatments made from natural or non-pharmacological ingredients can also be used. The advantage of traditional medicine is that it has no side effects. Papaya leaves, also known as carica papaya, contain vitamin E, which can reduce menstrual pain, and is one of the traditional medicines that can be used to treat menstrual pain. How to consume To reduce menstrual pain, you can use fresh, medium-sized, heavy, young green papaya leaves. 6 grams boiled, filtered and added brown sugar to reduce the bitter taste, drink warm.* **Method:** *Using a description of the outcome of the pocket book with a theme entitled "The Benefits of Boiled Papaya Leaves for Teenagers Through Pocket Book Media" was created using a Canva software application with dimensions of 10 x 13 cm.* **Results:** *Pocket book entitled "The Benefits of Decoction of Papaya Leaves for Teenagers Through Pocket Book Media".* **Conclusion:** *This pocket book can provide a source of knowledge to the public, especially teenagers who have problems with menstrual pain, so they can understand and comprehend papaya leaf boiled water which can help overcome the problem of menstrual pain.*

Keywords: *desminore, juvenile, papaya.*

