

**THE APPLICATION OF GINGER LEMONGRASS COPRESSES FOR
RHEUMATOID ARTHRITIS PAIN IN THE ELDERLY IN WUNUT
VILLAGE**

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ABSTRACT

Background: *Rheumatoid Arthritis (RA) is a chronic inflammatory disease that causes pain, stiffness, and limited joint function, particularly in the elderly. Older adults are highly vulnerable to persistent joint pain, thus requiring management that is both effective and safe. The aim of this study is to describe the application of ginger and lemongrass compresses as a non-pharmacological method to reduce RA-related pain in the elderly in Wunut Village, Klaten Regency. This research employed a descriptive case study method involving two elderly respondents with RA. The intervention was conducted by applying ginger and lemongrass compresses for 30 minutes daily over three consecutive days. The results showed a decrease in pain intensity in both respondents, from severe and moderate pain to moderate and no pain. The conclusion of this study is that ginger and lemongrass compresses are effective as a non-pharmacological nursing intervention in reducing rheumatoid arthritis pain in the elderly, as they provide a relaxing effect, improve blood circulation, and reduce joint inflammation.*

Keywords: *Rheumatoid, Elderly, Compress, Ginger, Lemongrass*