

***THE EFFECTIVENESS OF TAMARIND TURMERIC DECOCTION ON  
REDUCING DISMENORE PAIN WITH POSTER MEDIA***

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***SUMMARY***

***Background*** ; Acid turmeric is a natural remedy that contains pain relievers during menstruation. In addition, tamarind turmeric also helps blood flow, especially during menstruation. The natural ingredients of turmeric and tamarind can reduce Dismenore pain complaints. ***Method*** ; Scientific Writing that is made using the Information and Education method by using an output in the form of a poster. ***Result***;The output produced is in the form of educational posters on how to make sour turmeric decoction to reduce Dismenore pain. This poster can provide benefits to the general public, especially women who experience Dismenore pain. ***Conclusion***; Development of communication, information and education media in the form of posters about Dismenore pain-reducing tamarind decoction. tamarind turmeric is effective for reducing Dismenore pain scale by reducing one glass, once a day for three days during menstruation. With this media, women who experience Dismenore pain or the general public can more easily understand how to reduce Dismenore pain in a non-pharmacological way, namely using tamarind turmeric decoction.

***Keywords*** : Acid turmeric, Dismenore, Poster