

# THE APPLICATION OF A GINGER STEW FOR A DECLINE IN THE SCALE OF PAIN IN OLDER OSTEOARTHRITIS IN JEBRES

Arifah Fani Hastuti<sup>1</sup>, Tri Susilowati<sup>2</sup>

[arifahfani.students@aiska-university.ac.id](mailto:arifahfani.students@aiska-university.ac.id)

Universitas 'Aisyiyah Surakarta

## ABSTRACT

**Background :** Based on the WHO survey around 529 million people around the world suffer from osteoarthritis. In Indonesia people who suffer arthritis disease number 181,556. Osteoarthritis is a chronic, progressive joint disorder that typically occurs in middle to old age with reference to cartilage damage located in bone joints. In osteoarthritis a deterioration of the cartilage tissue in the joint region will result in pain and rigidity that lead to motion impairment. Non pharmacological therapy is recommended with steaming ginger stew. **Objective** The ginger stew therapy is for lowering the scale of pain in older osteoarthritis. **Method :** The research used was a descriptive study using case study methods. The subject of the study's diagnosis is two osteoarthritis respondents. **Result :** A case study has shown that there has been a decline in the scale of pain in older osteoarthritis. **Conclusion :** The progression of the scales of pain before and after application of the ginger stew made 2 respondents had a decrease in the scale of the pain with a 2-3 scale

*Keyword : Elderly, Pain, Osteoarthritis*