

ADMINISTRATION OF SOUR TURMERIC DRINK TO REDUCE MENSTRUAL PAIN IN ADOLESCENT GIRLS

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SUMMARY

Background: Adolescence is a stage between childhood and adulthood. Before the first menstruation, young women need to be equipped with adequate information. Menstruation is an important event in the life of a young woman. At the time of menstruation, adolescents usually experience pain in the abdomen or commonly called menstrual pain. Ways that can be done to deal with menstrual pain with herbal therapy that has been believed to be useful derived from plant ingredients. Some planting materials are believed to reduce menstrual pain, namely turmeric, tamarind, cinnamon, cloves, ginger. One herbal product that is an alternative for young women who want to reduce menstrual pain is sour turmeric drink. Sour turmeric drink is a drink whose main ingredients come from turmeric and tamarind. **Method:** Using a pocket book external description entitled "Giving Sour Turmeric Drink to Reduce Menstrual Pain in Young Women" was created using the Canva application. **Results:** A pocket book entitled "Giving Sour Turmeric Drink to Reduce Menstrual Pain in Young Women". **Conclusion:** The creation of this pocketbook media provides a source of knowledge and information to adolescents giving a positive, interesting, and interactive impression that is useful for adolescents in reducing menstrual pain by consuming sour turmeric drinks. **Suggestion:** Young women can use sour turmeric drinks to reduce menstrual pain during menstruation

Keywords: Teen, Menstrual Pain, Sour Turmeric