

## ABSTRACT

### GIVING GINGER DRINKS TO REDUCE THE INTENSITY OF THE DISMINORE OF YOUNG WOMEN IN STIKES 'AISYIYAH SURAKARTA

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**Background;** primary disminore occurs as a result of high endometrial consumption of prostaglandin. One way to reduce disminore during menstruation is by drinking ginger with high oleoresin content. The content of oleoresin in ginger functions as an anti-inflammatory that can be used by prostaglandin so that it can reduce the intensity of disminore. **Aim;** describe the results of giving ginger drinks to reduce the intensity of disminore in young women. **Method;** This study used a descriptive case study design method, with subjects 2 respondents experiencing primary disminore. This study uses observation and interviews. **Result;** After being given drinking ginger taken 3 days during menstruation and given 3 times a day there was a decrease in the scale of pain in both respondents, namely from the scale of pain 6 to 1 and scale 7 to 0. **Conclusion;** ginger drinks can reduce the intensity of disminore in young women.

**Keyword:** *Disminore, adolescence, ginger.*