



RESEARCH ARTICLE

EFFECTIVENESS OF GINGER TEA ON DYSMENORRHOEA AMONG ADOLESCENT GIRLS - PILOT STUDY.

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Abstract

Introduction:- Adolescent is a period when young people go through many bodily changes in order to achieve physical maturity. One of such change that takes place in life of adolescent girls is menarche, initiation of menstruation. Often, menstruation is accompanied with several disturbing minor or severe health issues like irregular menstruation, dysmenorrhoea, nausea, vomiting, irritability etc. Dysmenorrhoea is a condition of painful menstruation. There are variety of options to manage dysmenorrhoea which includes pharmacological and non pharmacological approach. Ginger is a herb which is found to have relaxing effect over muscular spasm and hence can play a positive role on dysmenorrhoea. **Methodology:-** A quasi experimental study design with quantitative approach was used. The data was collected from 10 adolescent girls of Shree DiwadibaaShankarbhai Patel high school, Valasan through convenient sampling. Performa of demographic variable and standardize numerical pain rating scale was used to collect data from adolescent girls. **Result:-** The study revealed that mean pre interventional dysmenorrhoea in experimental group was 5.40 and mean post interventional dysmenorrhoea was 1.40. The mean value of dysmenorrhoea in control group on 1st day of menstruation was 5.40 and on 3rd day of menstruation was 3.60 (95 % CL, P value = 0.000). **Conclusion:-** The study concluded that there is significant effect of ginger tea on reducing dysmenorrhoea. Ginger have been used as a home remedy to cure minor health issues since many years and ginger preparation has less side effects when compare to allopathic management. Hence, ginger tea can be used as a home-based measure to relieve dysmenorrhoea.

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Introduction:-

Adolescence is the critical phase where many biological, emotional and social development take place. Adolescent is a period when young people go through many bodily changes in order to achieve physical maturity. One of such change that take place in life of adolescent girls is menarche, initiation of menstruation.¹ Often, menstruation is accompanied with several disturbing minor or severe health issues like irregular menstruation, dysmenorrhoea, nausea, vomiting, irritability etc.

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Dysmenorrhoea is a condition of painful menstruation. It is characterized by crampy pelvic pain beginning shortly before or at the onset of menses and lasting 1 to 3 days. Duration of the pain is usually 8 to 72 hours and is usually associated with menstruation. Dysmenorrhoea is interrupting their educational and social life. Lethargy and tiredness were persistent problems in girls with dysmenorrhoea.²

According to UNICEF there are 243 million population covered by adolescent girls in India.³ According to report of Indian council of medical research dysmenorrhoea was the most common gynecological disorder among female adolescents, with a prevalence of 16.5%.⁴

There are variety of options available to manage dysmenorrhoea which includes pharmacological and non pharmacological approach which include hot application, acupressure, acupuncture, exercise, massage and use of herbs. There is an old Indian proverb that everything good is found in ginger and ayurveda refers ginger as a universal medicine.

Ginger is a herb which is found to have relaxing effect over muscular spasm and hence can play a positive role on dysmenorrhoea. Ginger has anti-inflammatory and anti-oxidant compound which are beneficial to health. The global community increasingly recognizes the vital need of adolescent girls and they are emerging cost effective and therapeutic ways to maintain health of adolescent girls.

Material AndMethod:-

The research approach adopted was quantitative approach and quasi experimental- pre-test post-test control group design was used for this study. The study was conducted in Shree DiwadibaaShankarbhai Patel high school, Valasan. 10 adolescent girls (5 in experimental, 5 in control group) with dysmenorrhoea were selected by convenient sampling technique. Data was collected through

1. Performa of demographic variable
2. Standerise numerical pain rating scale.

The pain level was assessed on the first day by using numerical pain rating scale for both experimental and control group. Followed by Ginger tea 50 ml administered for experimental group 2 times (morning and evening) for the first 3 days of menstruation. Post-test was assessed on third day evening for both experimental and control group by using the same scale. Descriptive and inferential statistics methods were used to analyze the data.

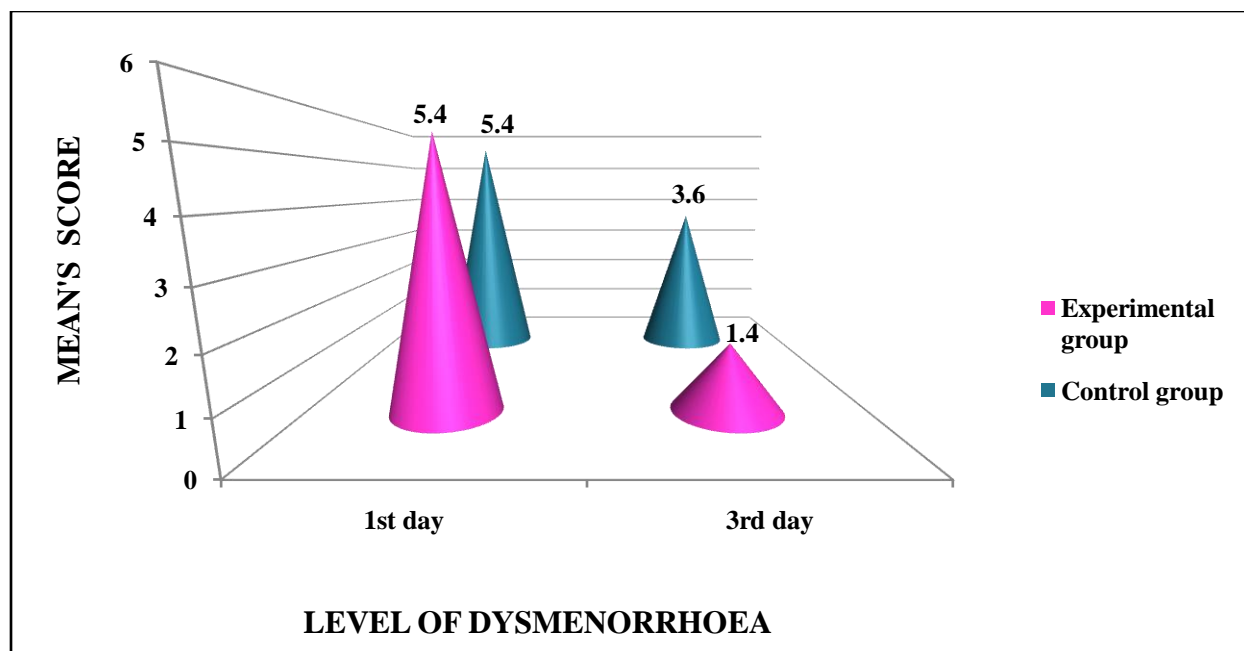
Result:-

The study finding revealed that pre-test mean value for experimental group was 5.40 and pre-test SD was 2.074. In control group the pre-test mean value was 5.40 and pre-test SD is 2.074. The post-test mean value for experimental group was 1.40 and post-test SD was 2.074. In control group post-test mean value was 3.60 and post-test SD was 1.342. ANOVA test has been used to compare result of experimental and control group.

Table 1:-Comparison of level of dysmenorrhoea in experimental and control group. N=10

Factor	No of sample	Mean	Standard deviation
Pre experimental	5	5.400	2.074
Post experimental	5	1.400	2.074
Control- 1 st day	5	5.400	2.074
Control- 3 rd Day	5	3.600	1.342

ANOVA test was used to compare result of all the groups. The mean value of post experiment significantly higher than mean value of pre experiment, dysmenorrhoea on 1st day and dysmenorrhoea on 3rd day at 95% confidence interval which indicated that ginger tea has statistical significance effect over dysmenorrhoea in adolescent girls.



Graph 1:-Mean score of level of dysmenorrhoea in experimental and control group

Above graph no 1 showed that there was difference between level of dysmenorrhoea of experimental and control group from before to after intervention which suggest that there is a huge impact of ginger tea on dysmenorrhoea among adolescent girls.

Conclusion:-

The study concluded that ginger tea is a one of the good measure to reduce severity of dysmenorrhoea. Sound reproductive health of adolescent girls is very important for the country like India, where 243 million portion of population covered by adolescent girls. Among the various herbssuch asfennel, sweet marjoram, cinnamon, flaxseed, ginger, sage, chamomile valerian and rose, ginger is found an effective remedy in pain relief of dysmenorrhoea. Ginger is one of the most important and most power full god gifted natural home remedy.

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