



# “Effectiveness of selected home remedies in reducing the pain and discomfort in primary dysmenorrhea among adolescent girls in a selected high school at Indore”

<sup>1</sup>Maddineni Krishna Kumari, <sup>2</sup>Dr. Anu V. Kumar

<sup>1</sup>Ph.D Scholar, <sup>2</sup>Research Supervisor

<sup>1</sup>Department of Nursing, Malwanchal University, Indore (M.P.)

<sup>2</sup>Department of Nursing, Malwanchal University, Indore (M.P.)

**ABSTRACT:** Experimental study to assess the effectiveness of selected home remedies in reducing the pain and discomfort in primary dysmenorrhea among adolescent girls in a selected high school at Indore. Primary dysmenorrhea is thought to afflict 50-90% of the world's young female population. Methods: An evaluatory research approach with one group pretest post-test design was used for the present study. Sample consisted of 60 adolescent girls between the age group of 12–15 years with primary dysmenorrhea who met the inclusion criteria. Purposive sampling technique was used to select the sample. Tools used were verbal descriptive pain rating scale and rating scale. Two selected home remedies (triphala and Ashoka Saraca) were administered for 45 days till the next menstruation. Data was analysed using descriptive statistics, Spearman's rank co-relation and 't' test. Result: A significant difference found in the pain score ( $t_{(59)} = 9.77, p < 0.05$ ) and discomforts scores. ( $t_{(59)} = 18.87, p < 0.05$ ) before and after administration of home remedies. The area wise distribution showed that there is significant difference in areas of physical, social and psychological areas of responses [ $t_{(59)} = 5.52, t_{(59)} = 3.58, t_{(59)} = 4.25, p < 0.05$ ]. Conclusion : Home remedies were simple, cost effective, easy to prepare and administer without adverse effects. There was no significant difference found between the selected variables and discomfort of dysmenorrhea. ( $\chi^2 = 1.96, \chi^2 = 0.016, \chi^2 = 0.015, p > 0.05$  at 1df). Spearman's rank correlation showed that there is negative co-relation between pain and discomfort in primary dysmenorrhea ( $\rho = -0.17$ ).

**Key word:** Primary Dysmenorrhea, Pain, Discomfort, Home Remedies.

1. **INTRODUCTION:** Dysmenorrhea, a common gynaecological disorder among females, is characterized by painful menstrual cramps, often underdiagnosed due to women's reluctance to seek medical attention. Primary dysmenorrhea is menstrual discomfort that has no known biological origin and is mostly caused by an excess of prostaglandins. This is a regular and predictable ache that usually appears immediately before or at the beginning of menstruation. Primary dysmenorrhea is thought to afflict 50-90% of the world's young female population. Primary dysmenorrhea (PD) is a common complaint in young and adult females, causing painful cramps in the lower abdomen before

or during menstruation. Despite its prevalence, it is often poorly treated and ignored, leading to silent suffering. Primary healthcare providers play a crucial role in diagnosing, educating, and providing treatment for PD. This review aims to provide an updated perspective on PD diagnosis and recommended treatment modalities for managing PD in young females.

**2. PROBLEM STATEMENT: “A study is to assess the effectiveness of selected home remedies in reducing the pain and discomfort in primary dysmenorrhea among adolescent girls in a selected high school at Indore (M. P)”**

### 3. OBJECTIVES:

1. To determine the degree of pain and discomfort in primary dysmenorrhea among adolescent girls as measured by verbal descriptive pain rating scale and rating scale.
2. To find out the effectiveness of home remedies in reducing pain and discomfort in primary dysmenorrhea among adolescent girls.
3. To find out the association between pre-test knowledge score with selected variables .

### 4. HYPOTHESES:

H1: The mean post-test pain and discomfort score of adolescent girls on home remedies in reducing the pain and discomfort in primary dysmenorrhea will be significantly lower than the mean pre-test score at 0.05 level of significance.

H2: There will be a significant association between the selected variables and pretest score of discomfort in primary dysmenorrhea at 0.05 level of significance.

**5. RESEARCH METHODOLOGY:** An evaluatory research approach with one group pretest posttest design was used for the present study. Sample consisted of 60 adolescent girls between the age group of 12 –15 years with primary dysmenorrhea who met the inclusion criteria. Purposive sampling technique was used to select the sample. Tools used were verbal descriptive pain rating scale and rating scale. Two selected home remedies ( triphala and Ashoka Saraca) were administered for 45 days till the next menstruation . Data was analysed using descriptive statistics, Spearman’s rank correlation and ‘t’ test.

**6. RESULTS :**The results of this study showed that about 43.33% of the girls experienced severe pain, 38.33% of girls experienced unbearable pain before administration of home remedies, whereas 58.33% had moderate pain and 37% severe pain after administration of home remedies. A significant difference found in the pain score ( $t_{(59)} = 9.77, p < 0.05$ ) and discomforts scores. ( $t_{(59)} = 18.87, p < 0.05$ ) before and after administration of home remedies. The area wise distribution showed that there is significant difference in areas of physical, social and psychological areas of responses [ $t_{(59)} = 5.52, t_{(59)} = 3.58, t_{(59)} = 4.25, p < 0.05$ ]

There was no significant difference found between the selected variables and discomfort of dysmenorrhea. ( $\chi^2 = 1.96, \chi^2 = 0.016, \chi^2 = 0.015, p > 0.05$  at 1df). Spearman’s rank correlation showed that there is negative co-relation between pain and discomfort in primary dysmenorrhea ( $\rho = -0.17$ ).

**Table 1: Frequency and percentage distribution of Subject According to baseline characteristics**

**N = 60**

Variable	Frequency (f)	Percentage (%)
Age (in years)		
Less than 12	-	-
12 – 14	25	41.67
14 – 15	35	58.33
Year of class		
8 <sup>th</sup> standard		
9 <sup>th</sup> standard	30	50.00
10 <sup>th</sup> standard	30	50.00
Religion		
Hindu	16	26.67
Muslim	21	35.00
Christian	23	38.33
Others	-	-
Body weight		
Less than 35 kg	3	5.00
35 – 45 kg	40	66.67
45 – 55 kg	17	28.33
More than 55 kg	-	-

**Table 2: Comparison of pain and discomfort of Primary dysmenorrhea score before and after administration of home remedies**

**N = 60**

Area	Pre-test		Post-test			Mean difference	't' value	
	Mean	SD	Mean % score	Mean	SD			Mean % score
Discomfort	69.25	0.769	31.89	55.51	0.09	25.69	13.39	18.87*
Pain	4.90	0.090	1.50	2.31	0.57	1.06	0.94	9.77*

't' (59) = 2.000, p < 0.05

\* Significant at 0.05 level

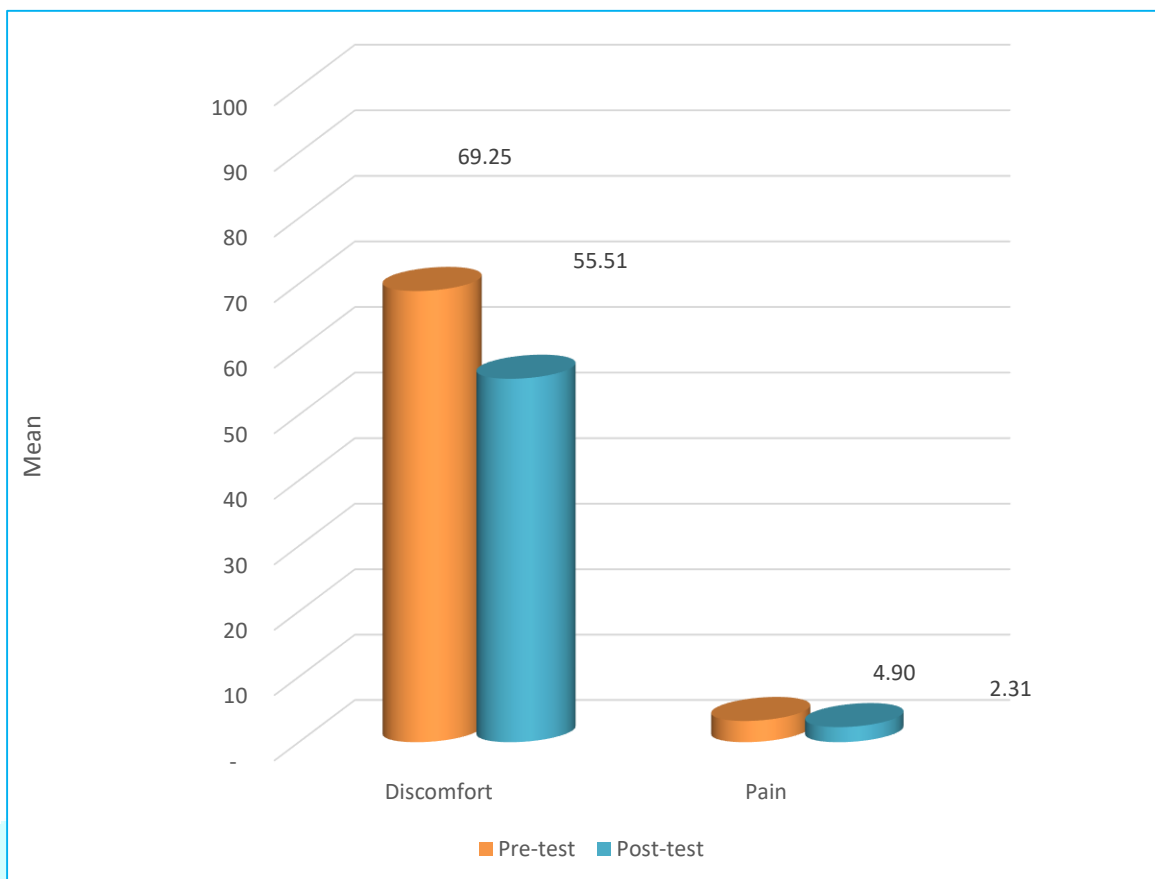


Figure1: Comparison of pain and discomfort in primary dysmenorrhea score before and after administration of home remedies.

**7. INTERPRETATION:** Findings of the study showed that pain and discomfort score of adolescent girls were high before introducing the home remedies. Selected home remedies were found effective in reducing the pain and discomfort in primary dysmenorrhea.

#### 8. RECOMMENDATIONS:

1. A similar study can be conducted for a longer duration.
2. An experimental study can be undertaken with a control group.
3. A comparative study can be conducted between pharmacological measures and home remedies
4. A study can be conducted to find out the effectiveness of home remedies on premenstrual syndrome.
5. Other varieties of home remedies can be introduced to manage primary dysmenorrhea.

**9. CONCLUSION:** Home remedies were simple, cost effective, easy to prepare and administer without adverse effects.

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