



## **Effect of ginger tea on reducing menstrual pain among students at college of nursing, Pondicherry institute of medical sciences, Puducherry**

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### **Abstract**

Dysmenorrhoea or painful menstruation is one of the most common gynecological problems in women of all ages. Ginger is one of the herbs that has rich source of anti oxidant, anti-inflammatory which makes valuable tool for pain relief. This study was conducted to assess the effect of Ginger Tea on Reducing Menstrual Pain among Students at College of Nursing, Pondicherry institute of Medical Sciences, Puducherry. 30 nursing students in the age group of 18-25 years were selected by simple random technique, 15 were distributed in each experimental and control group. Initially Level of pain was assessed using visual analog scale and after breakfast/lunch/snacks 150ml of ginger tea extract was administered to the experimental group, and hot water bag application was given for 15-20 minutes to the control group. After 2 hours, level of the menstrual pain was assessed by using the same visual analogue self reporting pain scale. The study revealed that there was a significant difference between the levels of pain perception at  $p < 0.05$ .

**Keywords:** Ginger tea extract, menstrual pain, nursing students

### **Introduction**

Yesterday's girls are today's adolescent and tomorrow's mothers. Approximately 9 % (one fifth) of the world's population is in the age group of 10-19 years. As they are passing through a transitional period from childhood to adulthood, they are undergoing through lot of physical as well as psychological stress due to changes taking place in the body. Dysmenorrhoea or painful menstruation is one of the most common gynecological problems in women of all ages [1] Ginger is one of the herbs that has rich source of anti oxidant, anti-inflammatory which makes valuable tool for pain relief. Many studies have proven that ginger has much effect in reducing abdominal cramps during menstruation and inhibition of prostaglandin synthesis. The ginger is very cheap and easily available. The nursing students had to do clinical practice, where they need to stand for at least 5-6 hours /day even for their classes they cannot concentrate due to the pain. So the researcher attempts to study the effectiveness of ginger tea in reducing dysmenorrhoea and reduce the absenteeism of the students due to dysmenorrhea [2].

### **Statement of the Problem**

"A Study to Assess the Effect of Ginger Tea on Reducing Menstrual Pain Among Students at College of Nursing, Pondicherry Institute of Medical Sciences, Puducherry".

### **Objectives**

1. To assess the level of menstrual pain perceived among students before administration of ginger tea in experimental group and hot water bag in control group.
2. To compare the difference in the pain perception levels after the intervention in the experimental and control group.
3. To associate the level of menstrual pain perceived among students before administration of ginger tea with their selected study variables in experimental and control group.

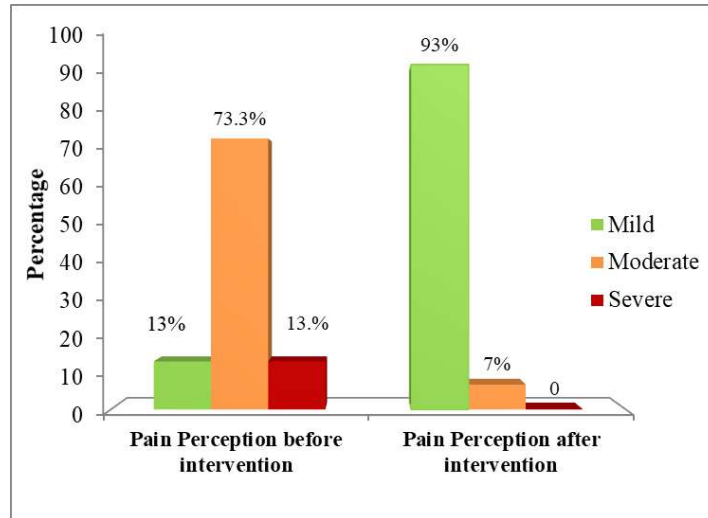
### **Methods**

True – Experimental Design, pre and post test control group design was adopted in this study. Study was conducted among I<sup>st</sup> year, II<sup>nd</sup> year and III<sup>rd</sup> year. B. Sc Nursing students. 30 nursing students were selected between the age group of 18-25 years by simple random sampling technique. The level of menstrual pain perceived before the intervention was measured by using visual analogue self reporting pain scale. After assessment, the researcher ensured that the study participants had taken breakfast/lunch/ snacks before administering ginger tea. 150 ml of ginger tea extract was administered to the experimental group, and hot water bag application was given for 15-20 minutes to the control group. After 2 hours, level of the menstrual pain was assessed by using the same visual analogue self-reporting pain scale.

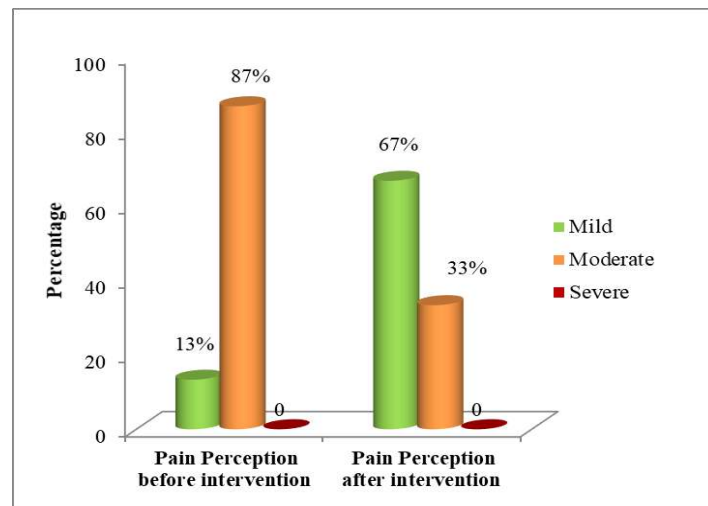
**Results**

Among 30 nursing students 12 (80%) students in the experimental group and 10 (67%) in the control group were in the age group of 18-19 years. With regard to the year of studying, 9(60%) students in the experimental group were 1<sup>st</sup> years and 6(40%) students in the control group were in

2<sup>nd</sup> and 3<sup>rd</sup> years. With regard to the area of residence, 9(60%) in the experimental group and 13 (87%) in the control group were living in urban area. In the experimental group, 5(33%) had family income of Rs. >30,000, and 5(33%) in the control group had family income of Rs.20,001-30,000.



**Fig 1:** Distribution of participants according to Level of Pain Perception in Experimental Group before and after Ginger Tea Administration



**Fig 2:** Distribution of participants according to Level of Pain Perception in Control Group before and after Hot Water Bag Application

**Table 1:** Comparison of Pain Perception after the intervention between the Experimental and Control Group n=30

Study groups	Level of pain After The Intervention		Mann - Whitney U test	p value
	Mean	SD		
Experimental group	0.60	1.12	42.00	0.003 *S
Control group	2.00	1.25		

\*S- Statistically Significant

The result revealed that administration of ginger tea was effective in reducing menstrual pain perception of Nursing Students. There is no statistically significant association between the pre pain perception levels with Demographic variables of Nursing Students.

**Conclusion**

The findings of the study revealed that there was a significant difference between the levels of pain perception before and after ginger tea administration among nursing

students in experimental group. Hence it is proved that ginger tea is effective in reducing menstrual pain and it can be practiced at home and community setup. Since ginger is a cheap natural food product available, Ginger tea can be prescribed as a complimentary therapy for dysmenorrhoea to prevent absenteeism of students for the classes.

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4. Mr. Muthukumar, Lecturer, Pondicherry Institute of Medical Sciences, Puducherry.

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