

**“THE EFFECTIVENESS OF GINGER TEA IN REDUCING
MENSTRUAL PAIN (DYSMENORRHEA) AMONG ADOLESCENT
GIRLS : A RANDOMIZED CONTROLLED TRIAL”.**



BY

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IV YEAR BSC NURSING (2021-2025)

**RESEARCH PROJECT SUBMITTED TO
SMT NAGARATHNAMMA COLLEGE OF NURSING**

UNDER THE GUIDANCE OF

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**IN PARTIAL FULFILMENT OF THE REQUIREMENT FOR THE DEGREE
OF**

BACHELOR OF SCIENCE IN NURSING

UNDER THE GUIDANCE OF

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2021-2025

DECLARATION BY THE CANDIDATE

I hereby declare that this project entitled “**The Effectiveness Of Ginger Tea In Reducing Menstrual Pain (Dysmenorrhea)Among Adolescent Girls : A Randomized Controlled Trial**”. is a bonafide and genuine research work carried out by Mr.Libin Lalu, Mr.Ehzaz Ahmad, Ms.Megha Raj, under the guidance of **Dr. S Vijaya Malar** Professor HOD of Community Health Nursing Smt.Nagarathnamma College of Nursing, 69/80, Acharya Institute, Dr Sarvepalli Radhakrishnan Road, Soladevanahalli, Bangalore-560107.

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CERTIFICATE BY THE GUIDE

I hereby declare that this project entitled **“The Effectiveness Of Ginger Tea In Reducing Menstrual Pain (Dysmenorrhea)Among Adolescent Girls : A Randomized Controlled Trial”**. is a bonafide and genuine research work carried out by Mr.Libin Lalu, Mr.Ehzaz Ahmad, Ms.Meghna Raj in partial fulfilment of the requirement for the basic Bsc .Nursing

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This is to certify that the research project entitled **entitled “The Effectiveness Of Ginger Tea In Reducing Menstrual Pain (Dysmenorrhea)Among Adolescent Girls : A Randomized Controlled Trial”**. is a bonafide research work done by Mr.Libin Lalu, Mr.Ehzaz Ahmad, Ms.Meghna Raj, as a partial fulfillment of the requirement for the degree Bachelor of Science in Nursing under the guidance of **Dr. S Vijaya Malar** Professor HOD of Community Health Nursing Smt. Nagarathnamma College of Nursing.

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ABSTRACT

Menstrual pain, or dysmenorrhea, is a common challenge that disrupts the daily lives of young women, particularly students who often struggle to balance academic demands with their health. While modern medicine offers pharmacological solutions, many women seek gentler, natural remedies to manage their discomfort. Ginger, long valued in traditional medicine, carries anti-inflammatory properties that may offer relief from menstrual pain.

This study explored the effectiveness of ginger tea in alleviating dysmenorrhea among nursing students. A quasi-experimental design was adopted, involving fifty participants who reported moderate to severe menstrual pain. Ginger tea was administered twice daily during the first two days of menstruation, and the intensity and quality of pain were assessed before and after intervention

This research was undertaken to evaluate the effectiveness of ginger tea as a non-pharmacological intervention for dysmenorrhea among nursing students. A quasi-experimental design was used with 25 participants experiencing moderate to severe menstrual pain. Ginger tea was freshly prepared and administered in measured doses (120 mL twice daily) during the first two days of menstruation. Pain levels were assessed before and after each administration using a standardized pain quality assessment scale. The results demonstrated a significant reduction in pain intensity, cramping, radiating discomfort, and associated symptoms after ginger tea consumption. Beyond physical relief, participants also described feelings of relaxation, improved mood, and greater ability to carry out daily activities, highlighting both physiological and psychosocial benefits.

The findings support the effectiveness of ginger tea as a simple, affordable, and accessible remedy for menstrual pain. Unlike pharmaceutical options, ginger tea carries minimal risks, making it a promising alternative for young women seeking natural management strategies. This study emphasizes the need for greater awareness of complementary therapies in women's health, encouraging healthcare providers and educators to share evidence-based natural practices. By integrating such remedies, women may reclaim agency over their bodies, reduce absenteeism from academic and social commitments, and experience a more holistic sense of well-being during menstruation.

The results affirm that ginger tea can serve as a simple, accessible, and side-effect-free alternative for managing dysmenorrhea. By integrating such natural remedies into everyday practice, young women can regain comfort and productivity during menstruation. This research underscores the importance of exploring holistic approaches in women's health and advocates for broader awareness of alternative therapies that empower women to manage their own wellness.

INDEX

| S.NO | CONTENT | PAGE NO |
|-------------|----------------------|----------------|
| 1 | INTRODUCTION | 12-13 |
| 2 | OBJECTIVES | 17-19 |
| 3 | REVIEW OF LITERATURE | 20-28 |
| 4 | METHODOLOGY | 29-34 |
| 5 | RESULT | 35-42 |
| 6 | DISCUSSION | 43-45 |
| 7 | CONCLUSION | 46-48 |
| 8 | SUMMARY | 49-51 |
| 9 | BIBLIOGRAPHY | 52-54 |
| 10 | ANNEXURE | 55-59 |