

Impact of intervention with ginger aliquot and ajwain powder on dysmenorrhoea in young adult women (14-25 years) of Ajmer city (Rajasthan)

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■ **ABSTRACT** : The present study was carried with the objective to assess the relief in dysmenorrhoea attained by the consumption of two indigenous foods namely ginger aliquot and ajwain powder. The study was carried on a sample of 90 subjects who were divided into two groups namely test and control, with 45 subjects in each group. The Test group were administered ginger aliquot or ajwain powder according to the subject's willingness to consume, whereas the control did not receive any food item, and were only a platform for comparison. The intervention was for two cycles of menstruation and the subjects began consuming the relieving agents from the first day of menstruation. A questionnaire was the tool of study to collect information from the subjects. The information collected was both general and specific in nature. The general information included age, educational status, type of family of the subjects, while the specific information was in reference to the haemoglobin levels, clinical signs and symptoms, beliefs about food and their relation to menstrual cycle. The menstrual pattern which is specific for each female was also assessed. The last part of the questionnaire was the judgement of relief experienced by the subjects after the intervention trial. The analysis of the data obtained was done in the form of percentages. The results revealed that majority of the subjects in both the groups were anaemic when compared with the standards given by WHO. Some of the subjects reflected clinical signs and symptoms of anaemia. Pallor face was seen in 28.88 per cent and 22.22 per cent of subjects in control and test, respectively and pale conjunctiva in 35.55 per cent and 33.33 per cent of the subjects in control and test, respectively. Other signs like patches on cheeks, pale palms were also looked for in both control and test group. Signs of anaemia like headache, easy fatigue, and loss of appetite were also studied in the subjects, and some subjects in both control and test group were suffering from the above due to anaemia. Majority of the subjects in the control (66.66%) and more than half (55.55%) in the test group said that they avoided specific foods during menstruation. Sour and heat producing foods were such. The analysis of data obtained for the specific information reflected that majority in the control and the test group starting menstruating between the age of 12-16 years. The gap between two cycles was normal that is 28-30 days in 62.22 per cent of the subjects in the control and 66.66 per cent of the test group, respectively. The duration of pain that is dysmenorrhoea was 48 hours in 88.88 per cent and 80.00 per cent of the subjects in the control and test group, respectively