

Making Sour Turmeric Herbal Drink to Relieve Dysmenorrhea

K Kurniawan¹, Nadia Iha Fatihah¹, Satwika BS¹

¹Pharmacy Department, Faculty of Health Sciences, Universitas Darussalam Gontor, Ponorogo Indonesia

✉ kbinakrom@unida.gontor.ac.id

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ABSTRACT

Adolescence is a period of transition or transition from childhood to adulthood which is marked by changes both physically and psychologically, one of the physical changes in adolescents is menstruation. 98.8% of adolescents in Indonesia experience dysmenorrhea during menstruation. Herbal products or phytopharmaceuticals are currently the main alternative for adolescence girls in overcoming dysmenorrhea, one of which is turmeric sour herbal drink. Turmeric sour drink is a drink that is processed with the main ingredient of turmeric. The active compounds of turmeric and sour, namely curcumin and essential oils, have the potential as analgesics that will inhibit uterine contractions, thereby reducing dysmenorrhea. Turmeric is one of the spices that are widely cultivated in Pondok Gontor. Even though they are known for their turmeric production, there are not many adolescence girls in Pondok Gontor Village that produce turmeric and sour herbal drinks. The purpose of this community service is to increase the knowledge and skills of adolescence girls in Pondok Gontor Village in making turmeric and sour herbal drinks. This activity was carried out on 20 adolescence girls in the Hall Pondok Gontor Village in October 2023. The methods used were socialization, demonstration and interactive discussion. Adolescence girls were given training and hands-on demonstrations for processing turmeric. Participants who took part in the activity were very enthusiastic and had many direct discussions related to the manufacturing process. The manufacture of turmeric sour herbal drink can be used as a dysmenorrhea reliever and can be developed into a commercial product and has a selling value.

Keywords: Adolescent girls, dysmenorrhea, turmeric sour herbal drink

ABSTRAK

Masa remaja merupakan masa transisi atau peralihan dari masa anak-anak menuju masa dewasa yang ditandai dengan perubahan baik fisik maupun psikis, salah satu perubahan fisik pada remaja adalah menstruasi. 98,8% remaja di Indonesia mengalami dismenorea pada saat menstruasi. Produk herbal atau fitofarmaka saat ini menjadi alternatif utama bagi para remaja putri dalam mengatasi dismenorea salah satunya minuman herbal kunyit asam. Minuman kunyit asam merupakan minuman yang diolah dengan bahan utama kunyit. Senyawa aktif kunyit dan asam yaitu *curcumin* dan minyak atsiri berpotensi sebagai analgesik yang akan menghambat kontraksi uterus sehingga mengurangi dismenorea. Kunyit merupakan salah satu rempah yang banyak dibudidayakan. Meskipun kunyit dikenal luas, remaja putri di Pondok Putri Pesantren Gontor belum banyak yang memanfaatkan minuman herbal kunyit asam. Tujuan dari pengabmas ini adalah meningkatkan pengetahuan dan

keterampilan remaja putri Pondok Putri Pesantren Gontor dalam pembuatan minuman herbal kunyit asam. Kegiatan ini dilaksanakan pada 20 remaja putri di Aula Pondok Pesantren Gontor pada bulan Oktober 2023. Metode yang digunakan adalah sosialisasi, demonstrasi dan diskusi interaktif. Remaja putri diberikan pelatihan dan demonstrasi langsung untuk mengolah kunyit. Peserta yang mengikuti kegiatan sangat antusias dan banyak melakukan diskusi langsung terkait proses pembuatan.

Pembuatan minuman herbal kunyit asam dapat sebagai pereda dismenorea serta dapat dikembangkan menjadi produk yang komersil dan memiliki nilai jual.

Kata Kunci: dismenorea, minuman herbal kunyit asam, remaja putri

INTRODUCTION

Adolescence is a period of transition or transition from childhood to adulthood which is marked by changes both physical and psychological. Physical changes appear more clearly, the body develops rapidly to reach an adult body shape accompanied by the development of reproductive capacity. 1. In women, the hormones that influence it are estrogen and progesterone, which is characterized by menstruation. The physical changes experienced are height growth, hair grows around the genitals and armpits, skin becomes smoother, voice becomes softer and higher, breasts and hips begin to enlarge, thighs round and menstruation occurs. 2. Menstruation usually occurs once a month, when During menstruation, teenagers usually experience pain in the stomach or what is usually called dysmenorrhoea 1.

The prevalence of dysmenorrhoea is widespread throughout the world, estimated to be high although very variable, with an incidence ranging from 45 to 97% in women of childbearing age and the highest rate reported in adolescents 3. In Indonesia the prevalence of dysmenorrhoea reaches 98.8%, generally occurring in late adolescents (mean age 17.7 years) with the characteristics of pain in the hip area, coming and going and affecting daily activities 4. There are many factors that trigger dysmenorrhea, but endocrine factors play an important role in causing dysmenorrhoea because during menstruation the cells Endometrial cells secrete prostaglandin 5.

Dysmenorrhea treatment can be done pharmacologically and non-pharmacologically. Pharmacological therapy includes administration of analgesic drugs, hormonal therapy, non-steroidal prostaglandin drugs, and cervical canal dilatation. Non-pharmacological therapy is carried out with warm compresses, exercise, Mozart therapy, relaxation, and herbal drinks such as tamarind turmeric 6. Herbal products or phyto-pharmaceuticals are currently becoming the main alternative for young women who want to reduce pain without experiencing any side effects. the only sour turmeric herbal drink 1.

Tamarind turmeric drink is a drink prepared with turmeric as the main ingredient. Naturally, turmeric is believed to contain active ingredients that can function as an analgesic, antipyretic and

anti-inflammatory. In addition, tamarind turmeric drinks can reduce pain in primary dysmenorrhoea and have minimal side effects. In line with Safitri's research (2018) that there is an effect of turmeric acid drinks on reducing menstrual pain, before the intervention moderate scale menstrual pain occurred 65% after the intervention medium scale pain decreased to 35% the remaining 40% were painless. The active compound contained in turmeric is curcumin. Curcumin will work to inhibit the cyclooxygenase (COX-2) reaction, thereby inhibiting inflammation, thereby reducing or even inhibiting uterine contractions. And curcumenol as an analgesic will inhibit the excessive release of prostaglandins through the uterine epithelial tissue and will inhibit uterine contractions, thereby reducing the occurrence of dysmenorrhoea 7.

At the Gontor Islamic Boarding School for Girls, not many people use the sour turmeric herbal drink. Allegedly, this is caused by a lack of socialization about the benefits of turmeric and the skills of young women in making turmeric herbal drinks according to Standard Operating Procedures (SOP) or with the right dosage because in previous community service activities they had been provided with education on turmeric as an acid to relieve dysmenorrhea with the result of increasing teenagers' knowledge. daughters about turmeric acid to relieve dysmenorrhea by 55.3%.

Therefore, in this community service activity, it is necessary to provide training and assistance in making sour turmeric herbal drinks for young women at the Gontor Islamic Boarding School for Girls to foster motivation and improve the skills of young women in producing herbal drinks. With conditions like these, training and mentoring are the right choices that are beneficial for body health, especially in helping to relieve dysmenorrhoea and creating innovative products that have the opportunity to be produced commercially by young women.

METHOD

This community service was attended by 20 participants, namely young women, which was held in the Girls' Islamic Boarding School Hall in October 2023. This activity received support from the Gontor Islamic Boarding School's Girls' Boarding School Management and was facilitated by the Islamic Boarding School's caregivers. This community service activity is divided into four implementation stages, namely:

(1) Survey stage, at this stage a feasibility study is carried out on local potential and participants who will be involved in the activity; (2) Socialization stage, in this activity the service team provides clear information to training participants regarding the training program that will be held; (3) Demonstration stage or technical training for making turmeric tamarind herbal drink; and (4) Mentoring stage, at this stage training participants are provided with ongoing and systematic assistance.

RESULTS AND DISCUSSION

Preparations for implementing community service with training in making sour turmeric herbal drinks at the Gontor Islamic Boarding School for Girls began with a discussion of the themes that would be raised during the service with members of the service team. Then a direct visit was made to

the Islamic Boarding School to meet the caregivers. Joint discussions were held between the service team and representatives of Islamic boarding school caregivers. Based on the results of the discussion, it was found that the theme of service was making a sour turmeric herbal drink. This activity began with a discussion of raw materials and benefits as well as procedures for making sour turmeric herbal drinks.

The benefits and properties of the ingredients for making sour turmeric herbal drinks are numerous, including: antiseptic, antioxidant, treating angina, reducing pain during menstruation or dysmenorrhoea, and others. Meanwhile, tamarind has antihistamine properties which help prevent asthma attacks and other types of colds and flu. The mixture of these two ingredients is very effective in increasing the body's immunity. 9. The tamarind content of turmeric has been proven to reduce dysmenorrhoea because it contains active agents that function as anti-inflammatory, analgesic and antioxidant. The active agent in turmeric which functions as an anti-inflammatory and antipyretic is curcumin, while as an analgesic it is curcumenol. Tamarind fruit has the natural active agent anthocyanin as an anti-inflammatory and antipyretic. Tamarind fruit also contains tannins, saponins, sesquiterpenes, alkaloids, and phlobotamins to reduce nervous system activity 10.



Figure 1. Photo of Community Service Activities

Next, a demonstration activity was carried out on making a sour turmeric herbal drink directly to the training participants. During the demonstration on making sour turmeric drinks, training participants directly saw the manufacturing process, from preparing tools and materials to making products in the form of sour turmeric drinks. Making a sour turmeric herbal drink is by heating water into which brown sugar and tamarind fruit have been added until both dissolve. Next, add the turmeric juice obtained from grated or blended turmeric rhizomes with the addition of water 1:1, then stir until the mixture really boils. When it has boiled, remove from heat and let cool. Then strain it and put it in a packaging bottle and give it a sticker that has been designed to be as attractive as possible to attract young women's interest in consuming the sour turmeric herbal drink as a dysmenorrhoea reliever and has sales value. The existence of turmeric, which was previously only sold in traditional markets, by processing tamarind turmeric into herbal

drinks can improve the community's economy with a creative economy and can be recognized by the wider community 11.

During the making of the sour turmeric herbal drink, the participants looked enthusiastic. This was proven by the number of participants who asked questions throughout the making process and witnessed the making up close. The participants looked curious and immediately helped in the process of making the sour turmeric herbal drink because they didn't know how to process it correctly.



Figure 1. Photo of Community Service Activities

After the turmeric and sour herbal drink had been packaged, the discussion session continued to see the enthusiasm of the training participants who attended. The participants were very interested in trying to make their own sour turmeric drink. In the next stage, assistance will be provided to participants who have taken part in training activities to see whether the participants can recreate the products that have been taught.

The training on making sour turmeric herbal drinks closed with a group photo session the training participants. It is hoped that this community service activity will be beneficial for the participants and Pondok Gontor Village. Where participants, namely young women, can make sour turmeric herbal drinks at home to relieve dysmenorrhea and can apply the products that have been made to be developed into commercial products that have sales value.

CONCLUSION

This community service activity provides knowledge for young women at the Gontor Islamic Boarding School for Girls regarding making sour turmeric herbal drinks. Providing information that turmeric is not only a kitchen spice but is useful as a dysmenorrhea reliever.

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