

Folk Methods Used for Menstrual Disorders among Unmarried Female

Thesis

*Submitted for Partial Fulfillment of the Master Degree
in (Nursing Maternity –Neonatal Nursing)*

By

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2018**

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Under Supervision of

Prof. Dr. Nadia fahmey

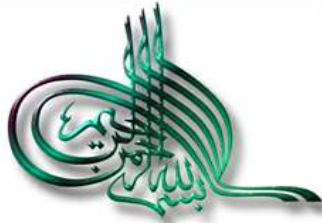
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2018



وَقُلْ اَعْمَلُوا فَسَيَرَى اللّٰهُ
عَمَلَكُمْ وَرَسُولُهُ وَالْمُؤْمِنُونَ

الْعَظِيمِ

سورة طه الآية (١١٤)



Acknowledgement

First and foremost, I thanks to **ALLAH**, who gave me the power to accomplish this work. I feel always indebted to Allah. The kindest and the most merciful

I would like to express my deepest thanks and gratitude to **Prof. Dr. Nadia Mohamed Fahmy**, (Professor of maternity and gynecological Nursing Faculty of Nursing - Ain Shams University, for her valuable assistance and kind supervision in conveying her experience to complete this work.

I would like to express my express my deepest thanks and gratitude to **Prof. Dr. Sahar Mossa Soliman**, (Professor of maternity and gynecological Nursing Faculty of Nursing - Ain Shams University, for her valuable assistance and kind supervision in conveying her experience to complete this work.

I would like to express my deep thanks to the participated students for their cooperation with me.

Finally, I would like to express my deep thanks to my family those who helped me in fulfilling this work.

 *Researcher*

Rasha Mahran Helal

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List of Abbreviations

NCCAM National Center for Complementary
and Alternative Medicine

DUB.....Dysfunctional uterine bleeding

PMSPremenstrual syndrome

IUDsintrauterine devices

PCOSPolycystic Ovarian Syndrome

POF.....Premature Ovarian Failure

LHluteotropic hormone

FSH.....Follicle-stimulating
hormone

U.S......United states

WHO.....World Health Organization

CAMcomplementary and
alternative medicine

SPSS..... statistical package for social
science

List of Appendix

Title

Appendix I	Protocol
Appendix (Tool)	Arabic interviewing questionnaire
Appendix III	Administrative letters

Abstract

Aim: the presented study aims to assess the folk methods used for menstrual disorders among unmarried females. **Setting:** This study has been conducted at two faculties of Ain Shams University through simple random sample for practical and theoretical faculties (they are faculty of commerce and faculty of engineer). **Design:** A Descriptive study. **Sample:** Two samples used in the study. The First sample was simple random sample to select faculties and The Second sample was purposive of sample select females in the study subject. **Data collection tools:** Structured interviewing questionnaire: **Results:** The presented study shows that half of the studied sample suffers from premenstrual syndrome in faculty of engineering. While the vast majority in faculty of commerce suffers from dysmenorrhea. half of the studied sample in two faculties used fenugreek, Hot water bottle, Mint, Coriander seeds and Ginger, Cinnamon, Parsley, and Fennel. **Conclusion:** half of the studied sample suffer from premenstrual syndrome in faculty of engineering. While the vast majority in faculty of commerce suffer from dysmenorrhea. the most common folk methods used to relieve premenstrual syndrome in two faculties is fenugreek followed by mint, hot water bottle to massage abdomen, Cinnamon and Aniseed which are effective among almost all of the study subjects. **Recommendation:** Health programs should be conducted for young women about menstrual disorders and its proper interventions to alleviate it. Increase awareness of female about folk methods that used for menstrual disorders.

Key words: folk methods, Menstrual disorders &Un married female

Introduction

Folk medicine is the mother of all other systems of medicine such as Ayurveda and modern medicine. Folk medicine has existed for as long as human beings have existed. In an effort to cope with an environment that was often dangerous, humans, and their ancestors, began to develop ways of lessening pain and treating physical and mental problems (*Jarvis, 2014*).

Many ways of treating these problems undoubtedly came through trial and error, using various plants and other methods derived from observation of how animals reacted to and treated illnesses and injuries. Over time, individuals within family and tribal groups became more skilled at helping sick and injured, and some of these became responsible for carrying out healing ceremonies, religious rituals, and other rites designed to ensure the safety and health of their communities (*Gewali, 2014*).

Folk medicine practitioners use a variety of methods to treat illnesses. They use different parts of medicinal plants in reducing common health problems. Among the different plant parts, the leaves were most frequently used for the treatment of diseases followed by whole plant parts,

fruit, stem, root, stem and root bark, seed, flower and latex. The methods of preparation fall into four categories. These are: a) Plant parts applied as a paste, b) Juice extracted from the fresh plant parts, c) Powder made from fresh or dried plant parts, d) Some fresh plant parts and decoction (*Nguyen, 2011*).

Menstrual cycle disorders or its irregularities are a major gynecological problem among female adults and a major source of anxiety to them and their family. A severe and prolonged menstrual disorders are often associated with Physical, psychological, social, mental and reproductive problems that lead to menstrual dysfunction in girls which have an effect on their life style (*Osayande & Mehulic, 2014*)

Folk remedy has been practiced for thousands of years before pharmaceutical companies began. In addition, many of the pharmaceutical preparations used around the world are based on plants .folk remedy is well known since long times and the Ancient Egyptians have used peppermint, coriander, garlic, castor oil and other herbs in the treatment of illness (*Rivera, 2013*).

The nurses should provide appropriate context or social environment for proper use of folk medicine. Nurses

are responsible member in referral to appropriate agencies and support women. Ensure the use of safe, effective, and quality products and practices, based on available evidence. Acknowledge folk medicine as part of primary health care, to increase access to care and preserve knowledge and resources. Increase the availability and affordability of folk medicine, as appropriate, with an emphasis on access for poor populations (*Prasad, 2011*).

Significance of the study:

The World Health Organization estimates that 80% of people worldwide use folk methods. Folk methods provides multiples benefits to patients such as cost efficiency, less invasiveness, and greater control and choice over personal health, and because promoting client health and safety is a nursing priority, must promote the inclusion of folk methods and alternative therapies in nursing school curriculum. (*WHO, 2014*).

The uses of folk remedy are growing very fast. A recent study (2015) conducted in Egypt by Saber to explore the knowledge, utilization, and attitude of maternity nurses towards complementary and alternative therapies, did report its use among 60% of the study participants (*Saber, 2015*).