

## ABSTRACT

**Objective:** To evaluate the efficacy of cold hip bath on primary dysmenorrhoea.

Dysmenorrhoea is a common gynecological problem in women of reproductive age.

Many studies have stated that Yoga and Naturopathy has a positive impact on primary dysmenorrhoea. The present study was conducted to evaluate the cold hip bath alone is able to reduce the pain in primary dysmenorrhoea.

**Study Design:** A Randomised control trial

**Methodology:**

60 subjects of age group between 16 -25 years who were diagnosed with primary dysmenorrhoea participated in the study. After getting informed consent from the patient Menstrual symptom questionnaire(MSQ), Visual analogue Scale (VAS) will be given for all participants to score dysmenorrhoea-related symptoms. The cold hip bath treatment duration 8 minutes at 55 -65 ° F will be given from the sixth day of menstrual period to the next menstrual cycle. After intervention (MSQ) and (VAS) will be given for all participants .

**Result:** There was significant reduction ( $P<0.05$ ) in the intensity of pain in primary dysmenorrhoea during the subsequent visit. The spasmodic and congestive components of primary dysmenorrhoea was also reduced ( $P<0.05$ ) significantly.

**Conclusion:** The study suggest that Cold hip bath may help to reduce the intensity of pain and improve the symptoms in primary dysmenorrhoea.

**KEYWORDS:** Menstrual symptom questionnaire(MSQ), Visual analogue Scale (VAS)