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Introduction: Ayu rveda medicine is a system of traditional medicine native to the Indian medicine and a form of alternative medicine .

Objectives & Aim: The purpose of this study was to assess to the effects of Ayurveda Reduce in Women's with dysmenorrhea in Shiraz Society in 2013.

Method: This was a quasi-experimental study which covered 40 girls with acute stress reaction in Tehran stress Society. The samples have been selected through purposive sampling and then Random assignment into intervention (20 Samples) and control group (20 Samples). Intervention was meditation classes for 6 months (24 weeks).

Results: The results suggested that Ayurveda exercise could be an alternative exercise intervention to Reduce in women with dysmenorrhea. Data analysis between the mean scores of meditation an alternative exercise and acute stress reaction samples before and after the intervention group showed significant difference ($p < 0/001$).

Conclusion: According to the results of this research, Use of complementary medicine like this Ayurveda medicine is effective in treating dysmenorrhea.