

APPLICATION OF GINGER DRINK GIVING ON GRAVIDARUM EMESIS COMPLAINTS IN PREGNANT TRIMESTER I WOMEN IN SRAGEN HEALTH CARE

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ABSTRACT

Background: Complaints often experienced in pregnancy include one of them is nausea vomiting or emesis gravidarum caused by increased levels of the hormone estrogen and HCG (Human Chorinic Gonadotrophin), besides that progesterone is also thought to be a factor in nausea and vomiting. These symptoms are physiological, treatment that can be overcome, one of which is ginger drink because it is more practical and easy to obtain. **Objective:** To describe the results of differences in the development of complaints of emesis gravidarum before and after administration of ginger drink in first trimester pregnant women. **Method:** The study used a case study method and was descriptive with 2 respondents. **Results:** There were differences in the development of complaints of emesis gravidarum before and after the application of wedang ginger to Mrs. H with a total score of 7 (moderate) to 3 (no symptoms) while in Mrs. A with a total score of 9 (moderate) to 4 (mild). **Conclusion:** In this study, it was proven that the administration of ginger drink was able to reduce complaints of emesis gravidarum in first trimester pregnant women.

Keywords: pregnancy, emesis gravidarum, ginger