

**"EDUCATION FOR THE MAKING OF HEALTHY DRINKING
THIBBUN NABAWI IN GINGER TO OVERCOME
NAUSEA, VOMITING, PREGNANT WOMEN,
TRIMESTER 1 WITH VIDEO MEDIA"**

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SUMMARY

Background: *Emesis gravidarum* is a normal complaint that is often experienced by pregnant women in the first trimester. Almost 50-90% of pregnant women experience it, but it can become hyperemesis gravidarum, thereby increasing the risk of pregnancy problems. So that non-pharmacological action is needed in accordance with Islamic law (*Thibbun Nabawi*) by consuming ginger in the form of a ginger healthy drink. **Methods:** The method used was to make output with video media to increase knowledge and as a solution for pregnant women with complaints of nausea and vomiting in the 1st trimester. **Results:** Video output on how to make healthy drink *thibbun nabawi* made from ginger to treat maternal nausea and vomiting 1st trimester of pregnancy. **Conclusion:** Educational media in the form of video has been created about healthy *thibbun nabawi* drink made from ginger which is very useful for dealing with nausea and vomiting in 1st trimester pregnant women.

Keywords: *emesis gravidarum, ginger drink*