

***Effectiveness of Acupressure Point PC6 and ST36 to Decrease Nausea,  
Vomiting In 1st Trimester Pregnant Women***

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**ABSTRAC**

**Background:** Bodily and emotional changes in 90% of pregnant women often cause discomfort, particularly due to nausea and vomiting in early pregnancy. Excessive nausea and vomiting can lead to hyperemesis gravidarum, dehydration, and other complications. Nausea and vomiting can be reduced with acupressure therapy at points PC6 and ST36. Blocking nausea stimulation stimulates nitric oxide in the body, which increases intestinal motility, thereby reducing the incidence of nausea in pregnant women and decreasing the frequency of vomiting. Stimulation at points PC6 and ST36 channels energy to the related Zang Fu organs, normalizing Qi and blood flow and balancing the function of the Zang Fu organs, thus reducing nausea and vomiting. **Objective:** To determine the effect of acupressure at points PC6 and ST36 in reducing nausea and vomiting in first-trimester pregnant women. **Methods:** This study used a pre-experimental design with a one-group pre-test post-test. The sample, obtained using the Slovin formula, consisted of 26 first-trimester pregnant women selected through consecutive sampling. **Results:** The study results, analyzed using the Wilcoxon test, showed a p-value  $< 0.05$  ( $0.000 < 0.05$ ), indicating the effect of acupressure therapy at points PC6 and ST36 in reducing nausea and vomiting in first-trimester pregnant women. **Conclusion:** There is an effect of acupressure therapy at points PC6 and ST36 in reducing nausea and vomiting in first-trimester pregnant women.

**Keywords:** Acupressure PC6 and ST36, First Trimester Pregnancy, Nausea and Vomiting.