

THE USE OF GINGER AROMATHERAPY FOR EMESIS GRAVIDARUM IN FIRST-TRIMESTER PREGNANT WOMEN

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SUMMARY

Background: Nausea and vomiting, often known as emesis gravidarum, are common complaints among pregnant women during the first trimester. If nausea and vomiting are not promptly addressed, they will cause dehydration and electrolyte imbalance, commonly referred to as hyperemesis gravidarum, and may lead to maternal death. According to the World Health Organization (WHO), the incidence rate accounts for 78.5% of all pregnancies worldwide. More than 80% of pregnant women in Indonesia experience excessive nausea and vomiting, which can lead to avoidance of particular foods and pose risks to both the mother and the foetus. One method that can be used to reduce emesis gravidarum is the administration of ginger aromatherapy, as ginger contains essential oils that have a refreshing effect and block the vomiting reflex. **Method:** This method uses descriptions from a pocketbook titled "The Use Of Ginger Aromatherapy For Emesis Gravidarum In First-Trimester Pregnant Women" prepared with the Canva application. **Results:** A pocketbook titled "The Use Of Ginger Aromatherapy For Emesis Gravidarum In First-Trimester Pregnant Women" **Conclusion:** This pocketbook can provide a source of knowledge to the public, particularly first-trimester pregnant women, about efforts to reduce nausea using ginger aromatherapy.

Keywords: nausea and vomiting, ginger aromatherapy, pregnant women.