

MEDIA EDUKASI BUKU SAKU TENTANG MINUMAN JAHE DAN SEREH UNTUK MENGATASI EMESIS GRAVIDARUM PADA TRIMESTER I

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SUMMARY

Background: *Emesis gravidarum are symptoms of nausea and vomiting that usually appear in the first four weeks of pregnancy and gradually disappear by the twelfth week. Consuming natural beverages such as ginger and lemongrass can reduce nausea and vomiting in pregnant women (Emesis Gravidarum). Ginger and lemongrass rhizomes contain essential oils that have refreshing effects and block the vomiting reflex. The preparation method involves briefly roasting ginger to obtain a strong aroma, boiling water, and adding ginger, pouring it into a glass containing crushed lemongrass and 1 tablespoon of sugar, stirring, and letting it sit for 5 minutes before drinking while still warm.* **Method:** *A pocket book with the theme "Ginger and Lemongrass Drink in Treating Emesis Gravidarum for the First Trimester" was created using the Canva software application with a size of 10 x 13 cm. Results: The pocket book titled "Providing Ginger and Lemongrass Drinks to Treat Emesis Gravidarum" was produced, with 32 pages discussing pregnancy, emesis gravidarum, ginger, lemongrass, and the preparation of ginger and lemongrass drinks.* **Conclusion:** *A pocket book titled "Ginger and Lemongrass Drink in Treating Emesis Gravidarum for the First Trimester" has been created and is ready for IPR (Intellectual Property Rights) registration.* **Suggestions:** *It is hoped that this pocket book can be used as a tool in health promotion and Communication, Information, and Education (CIE) to the community.*

Keywords: *Pregnancy, Emesis gravidarum, ginger and lemongrass drink.*

