

## **EFFORTS TO GIVE GINGER TEA TO REDUCE EMESIS GRAVIDARUM**

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### **SUMMARY**

**Background:** Nausea and vomiting in excess pregnancy or emesis gravidarum not only threatens the life of the pregnant woman, but can also cause side effects on the fetus such as abortion, premature birth, and malformation in newborns. The problem of emesis gravidarum if not treated immediately will arise complications with weight loss, dehydration, acidosis from malnutrition, hypokalemia, muscle weakness, electrocardiographic abnormalities, and can threaten life. Nausea and vomiting can be treated pharmacologically and non-pharmacologically. Pharmacologically, vitamin B6, vitamin B complex is given. Non-pharmacologically is by taking preventive measures and with traditional medicine. One of the traditional treatments is drinking ginger drink, eating ginger candy, or drinking ginger extract. **Methods:** Using a description of the output of a pocket book with a theme entitled "Educational Media Pocket Book on Efforts to Give Ginger Tea to Reduce Emesis Gravidarum" made using a canva software application with a size of 10 x 13 cm. **Results:** A pocket book entitled "Efforts to Give Ginger Tea to Reduce Emesis Gravidarum". **Conclusion:** Can provide a source of knowledge to people who have Emesis Gravidarum problems in order to understand and understand about Ginger Tea which helps in overcoming the production problems of Emesis Gravidarum.

**Keywords:** Pregnant Women, Emesis Gravidarum, Ginger Tea