

**EDUCATIONAL MEDIA BOOKLET ON PEPPERMINT AROMATHERAPY  
TO REDUCE EMESISGRAVIDARUM  
TRIMESTER 1**

Rani Ameilia<sup>1</sup>, Rita Riyanti Kusumadewi<sup>2</sup>

[raniiam16@gmail.com](mailto:raniiam16@gmail.com)

Faculty of Health Sciences, 'Aisyiyah University, Surakarta

**SUMMARY**

**Background:** Based on the incidence survey of Lampung Province, the emesis gravidarum rate is 50-90% of pregnancies, while from the emesis rate it develops into hyperemesis around 10.6%/1000 pregnancies. Untreated nausea and vomiting can have an impact on the mother and baby, namely the mother will continue to become hyperemesis gravidarum and in the baby will have an impact on BBLR, premature birth and even abortion. To overcome nausea and vomiting in a non-pharmacological way, namely by providing peppermint aromatherapy. Menthol and Menthone in peppermint are useful as antiemetics and antispasmodics that can inhibit the contraction of gastric and intestinal muscles so that they are effective in overcoming nausea and vomiting. **Objective:** Providing information to readers or the public about how to use peppermint aromatherapy that can reduce the intensity of nausea and vomiting in pregnant women in the 1st trimester. **Method:** The method used in this Communication, Information and Education is a Booklet. **Results:** External in the form of a booklet on how to use peppermint aromatherapy to reduce emesis gravidarum in pregnant women in the 1st trimester. **Conclusion:** A Media Booklet has been created for public education media, especially pregnant women in the 1st trimester and can be used as an alternative to handling emesis gravidarum complaints with non-pharmacological therapy aromatherapy peppermint.

**Keywords:** Aromatherapy Peppermint, Nausea and Vomiting