

**THE EFFECT OF GIVING A BOILED RED GINGER AND RANDU HONEY
TO REDUCE THE LEVEL OF EMESIS GRAVIDARUM IN
PREGNANT WOMEN IN THE 1ST TRIMESTER
AZZAHRA HUSADA CLINIC
SOUTH LAMPUNG**

Vennesa Perwina Sari¹ Kamidah²
202322103.students@aiska-university.ac.id
¹Aisiyah Surakarta University

ABSTRACT

Background: emesis gravidarum is one of the symptoms of pregnancy and often occurs in the first trimester of pregnancy. Emesis gravidarum, if not managed properly, will result in the mother experiencing dehydration and impaired nutritional intake which will endanger the mother and her pregnancy. Boiled water from ginger and honey can reduce emesis gravidarum, the chemical content in ginger, namely the essential oils zingiberene, zingiberol, bisabilena, curcumin, gingerol, flandera, vitamin A and bitter taste can block serotonin which is a neurotransmitter produced by serotonergic neurons in the central nervous system and Enterochromin cells in the digestive tract provide a comfortable feeling in the stomach and honey contains the enzymes diatase, invertase, glucose oxidase and peroxidase for metabolism so that it is absorbed more quickly by the body. Providing a combination drink of ginger and honey as an option for treating nausea and vomiting in pregnant women. **Objective:** to determine the effect of giving a decoction of ginger and honey to reduce emesis gravidarum. **Method:** using Pre-experimental design with a one group pretest-posttest approach. Population of TM I pregnant women who experience emesis gravidarum. The sample was 20 respondents using consecutive sampling technique. Test analysis with Wilcoxon. **Results:** in the pre test 20 respondents (100%) experienced emesis gravidarum, in the post test there was a decrease, namely 14 respondents (70%) did not experience emesis. Data analysis obtained a p value of $0.000 < 0.05$. **Conclusion:** There is an effect of giving ginger and honey decoction on emesis gravidarum in first trimester pregnant women.

Key words: *emesis gravidarum, pregnant women, ginger and honey.*