

**VIDEO EDUCATIONAL MEDIA ABOUT LIME TO REDUCE EMESIS GRAVIDARUM
IN PREGNANT WOMEN IN THE 1ST TRIMESTER**

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SUMMARY

Background: Nausea and vomiting during pregnancy are caused by the hormone progesterone, which becomes dominant during pregnancy. Progesterone relaxes the activity of the digestive tract, causing the body's elimination process to slow down. Symptoms of morning sickness or nausea and vomiting in the morning, generally occur in pregnant women who are still under six months of pregnancy. Lime contains flavonoids that increase the production of bile, acid, and digestive fluids, where the flavonoid content will neutralize acidic digestive fluids, the release of toxins in the body. **Objective:** to provide IEC, namely the benefits of lime to reduce nausea and vomiting in pregnant women in the first trimester and as a guideline for pregnant women to reduce nausea and vomiting. **Method:** description of the video output entitled "Video Education Media About Lime to Reduce Emesis Gravidarum in Pregnant Women Trimester 1" was made using a software application, namely capcut. **Results:** a video entitled "Video Education Media About Lime to Reduce Emesis Gravidarum in Pregnant Women Trimester 1". This video demonstrates that lime consumption significantly reduces the frequency and intensity of nausea and vomiting in first trimester pregnant women experiencing emesis gravidarum. **Conclusion:** a video made by the author to increase public knowledge, especially pregnant women in the first trimester to reduce nausea and vomiting using lime.

Keywords: pregnant women, nausea and vomiting, lime