

**THE BENEFITS OF LEMON  
AROMATHERAPY IN REDUCING  
EMESIS GRAVIDARUM THROUGH A  
BOOKLET MEDIA**

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**SUMMARY**

**Background:** Nausea and vomiting, known as emesis gravidarum, are common conditions experienced by pregnant women in the first trimester. Although often referred to as morning sickness, this symptom can occur at any time of the day, not just in the morning, and typically occurs less than five times a day. One safe and natural way to alleviate these symptoms is through non-pharmacological therapy, such as using lemon aromatherapy. Lemon essential oil contains flavonoids, which have antibacterial, antifungal properties, neutralize unpleasant odors, and help relieve stress, anxiety, and improve concentration. **Objective:** To increase pregnant women's knowledge about the importance of using lemon aromatherapy in reducing nausea and vomiting (Emesis gravidarum). **Method:** This education is presented in the form of a booklet titled "The Benefits of Lemon Aromatherapy in Reducing Emesis Gravidarum Through a Booklet Media", designed using the Canva application and printed on A5 art paper (14.8 x 21 cm). **Results:** This booklet is easy to understand and can be used by pregnant women as well as midwifery students as a practical and informative educational tool. **Conclusion:** This booklet serves as an effective communication and educational tool to improve public understanding, particularly for pregnant women in the first trimester, about using lemon aromatherapy to reduce nausea and vomiting during pregnancy.

**Keywords:**

*Emesis Gravidarum, Lemon Aromatherapy, Booklet*