

**APPLICATION OF SIMPLE AROMATHERAPY PAPPERMINT
INHALATION TO REDUCE NAUSEA AND VOMITING IN
TRIMESTER I PREGNANT WOMEN IN WONOREJO
POLOKARTO**

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ABSTRACT

***Background** ; Nausea vomiting is a common complaint conveyed in a young pregnancy. Pregnancy causes hormonal changes in women because there is an increase in the hormone estrogen, progesterone and the release of human chorionic gonadotropin placenta. Non pharmacological care on nauseated and vomiting during pregnancy can use aromatherapy. The aromatherapy taht can be used comes from citrus type such as pappermint sice it contains carminative astispasmodic impact that works in ileum of the digestion system. **Objective** ; Describe the results of simple implementation of pappermint aromatherapy inhalation to reduce nausea and vomiting in trimester I pregnant. **Method** ; Descriptive research method with case study research design using observation and interviews. **Result** ; After a simple inhalation of aromatherapy pappermint for 3 days there was a decrease in nausea and vomiting in both respondents, Ny.H nausea 5x vomiting 2x becomes 2x nausea and does not vomit and Ny.R nausea 6x vomits 3x to nausea 4x vomits 2x a day. **Conclusion** ; There was a decreasw in nausea an vomiting in trimester I pregnant women after being given a simple inhalation of pappermint aromatherapy*

***Keywords** ; Nausea Vomiting, Pappermint Aromatherapy.*