

GIVING LEMON AROMATHERAPY FOR REDUCE Nausea, Vomiting TRIMESTER PREGNANT MOTHER I

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SUMMARY

Introduction: Nausea, vomiting is a condition often experienced by pregnant. About 70-80% of pregnant women experience nausea and vomiting. Nausea and vomiting in pregnancy usually begins at weeks 9-10, peaks at weeks 11-13, and ends at weeks 12-14. Nausea and vomiting in pregnant women can be treated in a non-pharmacological way, namely using lemon aromatherapy by inhaling. Purpose: to publish the results of research that has been conducted by previous researchers, namely the effect of lemon aromatherapy (*Citrus Lemon*) on nausea and vomiting in pregnant women in the 1st trimester. **Methods:** The method used is to make an output in the form of a pocket book to be published and to attract public reading interest. Results: Lemon aromatherapy to reduce nausea and vomiting in the first trimester of pregnant women was done by inhalation or inhalation for 7 consecutive days. **Conclusion:** Lemon aromatherapy by inhaling has been proven effective in reducing nausea and vomiting in 1st trimester pregnant women.

Keywords: *Pregnancy, Nausea, vomiting, Aromatherapy*