

# APPLICATION OF LEMON AROMATHERAPY TO REDUCE NAUSEA AND VOMITING IN PREGNANT WOMEN TRIMESTER 1

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## SUMMARY

The incidence of nausea and vomiting or emesis gravidarum in pregnant women in Indonesia reaches 50/90%. This problem can have negative effects for pregnant women such as dehydration, electrolyte imbalance, bleeding and furthermore they will experience severe dehydration. Therefore, appropriate treatment is needed to overcome this problem. The right way of handling without causing side effects is by non-pharmacological methods, such as lemon inhalation aromatherapy.

The goal is to provide lemon aromatherapy to reduce nausea and vomiting in first trimester pregnant women.

The method I use is to use poster media and describe the content, how to make and use it.

The conclusion of the poster that is made is expected to help educate, especially pregnant women and can be used as an alternative for handling complaints of nausea and vomiting experienced by pregnant women with non-pharmacological therapy in the form of lemon aromatherapy.

**keywords :** *Nausea vomiting, and lemon aromatherapy.*