

# PEPPERMINT AROMATHERAPY TO LOWER FREQUENCY OF NAUSEA AND VOMITING IN PREGNANT WOMEN FIRST TRIMESTER WITH BOOKLET MEDIA

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## SUMMARY

**Background:** Nausea and vomiting are normal symptoms that occur in pregnant women in the first trimester usually occur in the morning but can occur at any time even at night Nausea and vomiting in pregnancy are caused by hormonal changes in the body during pregnancy increased hormones estrogen and HCG produced by the placenta during pregnancy Nausea occurs continuously and is not handled properly, it will causing symptoms of severe nausea and vomiting into hyperemetic gravidarum. Nausea and vomiting in pregnant women in the first trimester can be treated, one of which is safe with non-pharmacological therapy, namely Peppermint Aromatherapy. Peppermint aromatherapy contains menthol and menthone so that it can be beneficial as a carminative and antispasmodic on the gastrointestinal tract of the small intestine to relieve the intestines by inhibiting muscle contractions caused by serotonin and other substances so that it can reduce nausea and vomiting. **Objective:** To provide KIE with a way to reduce the frequency of nausea and vomiting in pregnant women in the first trimester by using peppermint *aromatherapy* and is expected to increase knowledge and be used as a guide for pregnant women to apply peppermint *aromatherapy* independently at home. **Methods:** The description of the output of the booklet entitled "Peppermint *Aromatherapy* to Reduce the Frequency of Nausea and Vomiting in Hamli Mothers in the First Trimester I" was created using a 3.5 x 8.5 inch canva software application. **Results:** Booklet entitled "Peppermint Aromatherapy to Reduce the Frequency of Nausea and Vomiting in Hamli Mothers in the First Trimester". **Conclusion:** The booklet made by the author was able to increase public knowledge, especially pregnant women in the first trimester to reduce nausea and vomiting by using Peppermint Aromatherapy.

Keywords: Nausea and Vomiting, Peppermint Aromatherapy.