

GIVING GINGER IN PREGNANT WOMEN FIRST TRIMESTER WITH EMESIS GRAVIDARUM IN TANON VILLAGE

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ABSTRACT

Background: Emesis gravidarum in Indonesia is 50-90%. The cause of pregnancy vomiting is influenced by progesterone levels, corticosteroid deficiency, thyroid disorders, infections, psychosocial factors, culture and psychogenic causes. Emesis gravidarum can be overcome by non-pharmacological therapy, one of which uses ginger, in ginger containing gingerol, oleoresin, and essential oils that can block the gag reflex. **Objective:** To describe the results of ginger extract in first trimester pregnant women with emesis gravidarum in Tanon Village. **Method:** Case study research uses descriptive research. Case studies were conducted on 2 respondents of first trimester pregnant women with emesis gravidarum. The type of ginger used is ginger emprit 2.5 grams digeprek then brewed with 250 ml hot water plus 10 gram palm sugar taken 2x1 for 4 consecutive days. Data collection uses observation and interview methods. **Results:** The results of the study on the frequency of nausea vomiting in 2 respondents experienced a decrease after the administration of ginger from the weight level category to a mild level. **Conclusion:** Gedang ginger can reduce the frequency of nausea vomiting in pregnant women with emesis gravidarum.

Keywords: *Emesis gravidarum, first trimester pregnant woman, ginger.*