

**APPLICATION OF INHALATIONS OF LEMON AROMATHERAPY ON
VOMITING NAUSEA IN THE 1ST TRIMESTER OF PREGNANT WOMEN
IN THE VILLAGE OF PUCANGAN KARTASURA SUKOHARJO**

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ABSTRAK

Background; *Nausea and vomiting in pregnancy mostly called morning sickness, experienced by about 70-80% of pregnant women and a phenomenon that is often occurs at gestational age 5-12 weeks (1st trimester) and the earliest symptom in pregnancy. Nausea and vomiting in pregnancy are usually mild and a conditions that can be controlled according to the conditions of each individual. If nausea and vomiting are more severe and cannot be overcome it is called hyperemesis gravidarum. Inhalation of lemon aromatherapy is expected to reduce nausea and vomiting in 1st trimester pregnant women.* **Purpose;** *Describe the results of the application of lemon aromatherapy inhalation to nausea vomiting in 1st trimester pregnant women in the working area of Kartasura Health Center, Sukoharjo Regency.* **Research methods;** *This study uses a descriptive method with research instruments using the rhodes index formula.* **Results;** *Research shows that after the application of aromatherapy lemon inhalation, there was a decrease in nausea and vomiting in both respondents.* **Conclusion;** *The application of lemon aromatherapy inhalation can reduce nausea and vomiting in 1st trimester pregnant women.*

Keywords: *Lemon Aromatherapy, Vomiting Nausea.*