APPLICATION OF SIMPLE AROMATHERAPY PAPPERMINT INHALATION TO REDUCE NAUSEA AND VOMITING IN TRIMESTER I PREGNANT WOMEN IN WONOREJO POLOKARDO

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ABSTRACT

Background; Nausea vomiting is a common complaint conveyed in a young pregnancy. Pregnancy causes hormonal changes in women because there is an increase in the hormone estrogen, progesterone and the release of human chorionic gonadotrophin placenta. Non pharmacological care on nauseated and vomiting during pregnancy can use aromatherapy. The aromatherapy that can be used comes from citrus type such as pappermint since it contains carminative astispasmodic impact that works in ileum of the digestion system. Objective; Describe the results of simple implementation of pappermint aromatherapy inhalation to reduce nausea and vomiting in trimester I pregnant. Method; Descriptive research method with case study research design using observation and interviews. Result; After a simple inhalation of aromatherapy pappermint for 3 days there was a decrease in nausea and vomiting in both respondents, Ny.H nausea 5x vomiting 2x becomes 2x nausea and does not vomit and Ny.R nausea 6x vomits 3x to nausea 4x vomits 2x a day. Conclusion; There was a decrease in nausea an vomiting in trimester I pregnant women after being given a simple inhalation of pappermint aromatherapy

Keywords; Nausea Vomiting, Pappermint Aromatherapy.