

# Midwifery Care for Pregnant Women In The First Trimester With Emesis Gravidarum through Empowerment with boiled Ginger and Honey at the Plered Community Health Center

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## ABSTRACT

Pregnancy in the first trimester often causes discomfort such as nausea and vomiting or Emesis Gravidarum, which can cause nutritional disorders, dehydration, weight loss, and electrolyte imbalances that can affect the well-being of the mother and fetus. Conventional maternal health services provide counseling and pregnancy classes, but many mothers still experience unresolved complaints. Therefore, an alternative approach utilizing local plants such as ginger and honey is applied as a holistic midwifery care intervention. This study used an observational approach with pre-tests and post-tests. Data were collected through interviews, nausea and vomiting frequency questionnaires, and physical examinations. The intervention consisted of making ginger and honey drinks to be consumed twice a day in the morning and at night for one week, with mothers filling out a monitoring sheet each time they consumed the drink. The results showed a decrease in the frequency of nausea and vomiting. The frequency of nausea, which was previously 3-4 times, decreased to 1-2 times on the seventh day, and the frequency of vomiting decreased from 1-2 times to never on the seventh day. In addition, there was also an improvement in the quality of sleep for mothers. In conclusion, ginger and honey decoction can be an alternative for reducing nausea and vomiting in mothers with Emesis Gravidarum and can be an innovation to increase public knowledge about the benefits of local plants that can be used by many people and empower women

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## 1. INTRODUCTION

Pregnancy is a physiological process that occurs in women, beginning with fertilization, followed by fetal development in the uterus, and ending with birth. During this period, physiological and psychological changes also occur in pregnant women. Nausea and vomiting during pregnancy are among the physiological discomforts that often occur in women in their first trimester (0-12 weeks of pregnancy) and, if not treated immediately, can progress to hyperemesis gravidarum. (Harahap, 2022)

Nausea and vomiting are generally mild and can be controlled according to each individual. Although this condition usually stops during the first trimester, the symptoms can cause nutritional disorders, dehydration, weakness, weight loss, and electrolyte imbalance. (Noviyani, 2023)

Nausea and vomiting during pregnancy, known as emesis gravidarum, is one of the early signs of pregnancy for the general public due to long menstrual cycles, so that some pregnant women only realize they are pregnant after experiencing nausea and vomiting. Emesis gravidarum causes discomfort due to dizziness, bloating, and weakness, accompanied by vomiting less than 5 times a day in pregnant women in their first trimester. (Noviyani, 2023)

If this condition becomes more severe and unmanageable, it is called hyperemesis gravidarum, which causes dehydration and electrolyte imbalance, requiring further medical treatment. As a result, oxygen and food consumption by the tissues also decreases, causing tissue damage that can endanger the health of the mother and the development of the fetus she is carrying. (Ani and Alvina, 2022)

According to the *World Health Organization* (WHO) in 2019) Emesis gravidarum occurs worldwide with an incidence rate of 12.5% of all pregnancies. Emesis gravidarum also has various effects on pregnant women, one of which is a decrease in appetite, resulting in changes in electrolyte balance, namely potassium, calcium, and sodium, thereby causing changes in the body's metabolism. Another impact of nausea and vomiting can also result in weight loss of around 5% because carbohydrate, protein, and fat reserves are used for energy, and if not treated immediately, it will worsen the condition of the mother and fetus. (Niebyl, 2010)

One pharmacological method that can be used to reduce emesis gravidarum is by consuming pyridoxine (vitamin B6). Multivitamin supplements can specifically reduce the intensity of nausea and vomiting in pregnant women. (Fazar and Uci, 2020) Vitamin B6 is a coenzyme that plays a role in the metabolism of lipids, carbohydrates, and amino acids. Vitamin B6 is a coenzyme in various protein metabolism pathways, where increased protein requirements in the first trimester are followed by increased vitamin B6 intake. In addition, emesis gravidarum can be overcome using a non-pharmacological approach by utilizing local plants. (Bahrah, 2023)

In line with (Novelia, Wowor and Amelia, 2023) research, Consuming ginger (*Zingiber Officinale*), which is rich in magnesium and vitamin B6, can block serotonin, a compound that relaxes the muscles of the digestive tract, thereby reducing nausea and vomiting. The fragrant aroma of ginger is produced by essential oils, while its oleoresin causes a spicy sensation that warms the body and induces sweating. Several studies have shown that ginger is a therapeutic ingredient for relieving and reducing nausea and vomiting. In addition, ginger is also effective in reducing emesis gravidarum in pregnant women in the first trimester of pregnancy and reducing nausea and vomiting in multigravida women. (Bahrah, 2023). Honey also contains pyridoxine, an anti-chemoreceptor that can block or stop serotonin, dopamine, astiklon, histamine, and neurokinin, which can activate the vomiting center. (Bahrah, 2023)

Based on the above description, the author is interested in providing midwifery care to pregnant women in their first trimester with Emesis gravidarum through empowerment with ginger and honey decoction in the Plered Community Health Center area.

## 2. METHODS

The data collection method used by the author was a case study through interviews, observation, and midwifery documentation studies. The design of this scientific paper is a descriptive case study to provide an overview of midwifery care using local plants as the main medium. The tools used

were posters, beverage monitoring sheets, and nausea measurement screening using the Pregnancy-Unique Quantification of Emesis and Nausea (PUQE) method adopted from research. (Wulandari, Jannah and Risqiana, 2022).

The treatment was carried out for 7 days to see whether this non-pharmacological therapy was effective in overcoming early pregnancy complaints before further medical action was required. The data collection subject was a pregnant woman in her first trimester with complaints of nausea and vomiting that interfered with her activities.(Koswara and Diniari, 2016) It was carried out in the Plered Community Health Center area for 7 days, based on research (Widowati *et al.*, 2020) Over a period of seven days, there was a decrease in the frequency of nausea and vomiting in first trimester pregnant women with emesis gravidarum through ginger and honey decoction.(Herlinadiyaningsih, Suharyo Hadisaputro, Triana Sri Hardjanti, 2015)

### 3. RESULTS AND DISCUSSIONS

**Table 1. PUQE Table**

Score	1	2	3	4	5
In the past 24 hours, how long have you felt nauseous?	No	1 hour or less	2-3 times	4-6 hour	More than 6 hour
In the past 24 hours, how many times have you felt nauseous?	No	1-2 times	3-4 times	5-6 times	More than 7 hour
In the last 24 hours, how many times have you had dry heaves without vomiting anything?	No	1-2 times	3-4 times	5-6 times	7 times or more

The results of the puqe scores are categorized as follows:

1. PUQE score below 3 : Not vomiting
2. PUQE score between 4-7 : Mild Degree
3. PUQE score between 8-11 : Moderate Degree
4. PUQE score between 12-15 : Degree of severity

Based on (Wulandari, Jannah and Risqiana, 2022) The Pregnancy Unique Quantification of Emesis and Nausea (PUQE)-24 scoring system is a scoring system for measuring the severity of nausea and vomiting during pregnancy over a 24-hour period. The PUQE score for each patient is calculated using three criteria to assess the severity of nausea and vomiting during pregnancy (number of hours of nausea, number of vomiting episodes), and number of dry heaving episodes in 24 hours.(Mastuty *et al.*, 2024) The PUQE score is calculated by adding the values from each criterion, and can range from a minimum of 1 to a maximum of 15, by adding the values from each criterion.(Niebyl, 2010)

#### **Result of application**

The following are the results of measuring the frequency of nausea and vomiting during observation:

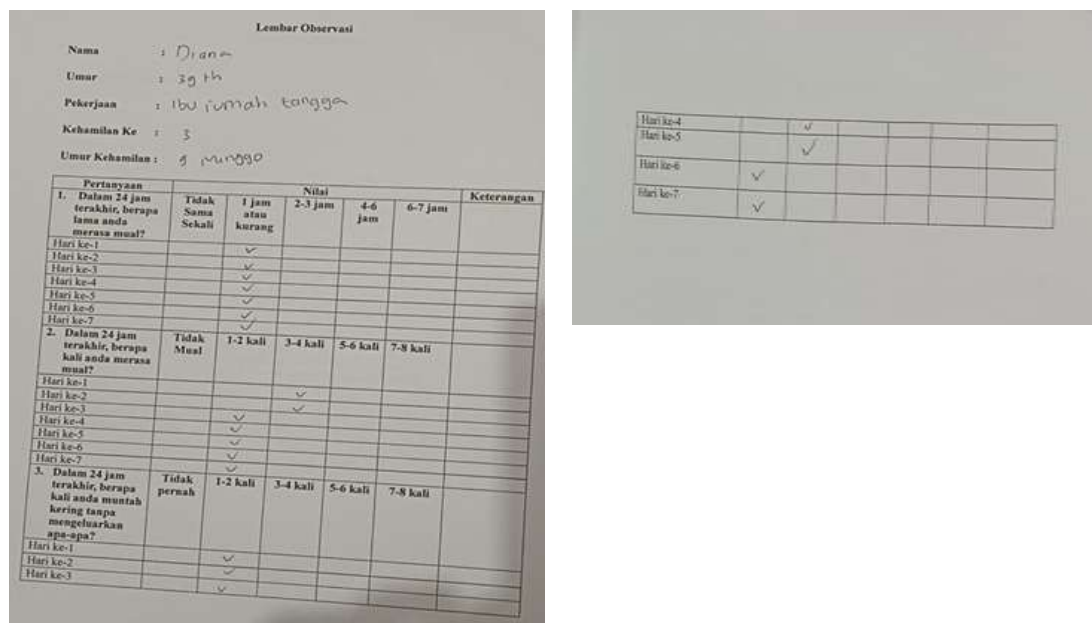


Fig. 1 Observation Sheet

Based on the PUQE sheet in the table above, observations of Mrs. D over 7 days showed a significant decrease in the frequency of nausea and vomiting, as can be seen in the table. On the first day, Mrs. D complained of nausea 3-4 times for 1 hour or less and vomiting 1-2 times in 24 hours, resulting in a PUQE score of 7, which is classified as mild. (Purba, Sharfina Haslin and Siregar, 2023)

Midwifery care through ginger and honey decoction was provided on May 19, 2025 at the Plered health center and continued through home visits until May 20, 2025, with the last visit on May 26, 2025. Mrs. D said that during her pregnancy she often experienced nausea and vomiting that interfered with her activities. (Marlin Diane, 2021)

Mrs. D's complaint is one of the symptoms commonly found in the first trimester of pregnancy, according to noviyani dkk, (2023) Nausea and vomiting during pregnancy, known as emesis gravidarum, is one of the early signs of pregnancy for the general public due to long menstrual cycles, so that some pregnant women only realize they are pregnant after experiencing nausea and vomiting. Emesis gravidarum causes discomfort due to dizziness, bloating, and weakness, accompanied by vomiting less than 5 times a day in pregnant women in their first trimester. (Noviyani, 2023)

The results obtained from consuming ginger and honey decoction were a decrease in the frequency of nausea and vomiting in pregnant women with emesis gravidarum and an increase in comfort for the mothers. Through the alternative of ginger and honey decoction, the author introduced ginger and honey decoction to Mrs. D using a poster. (Herlinadiyaningsih, Suharyo Hadisaputro, Triana Sri Hardjanti, 2015) This is because non-pharmacological complementary therapy is non-instructional, non-invasive, inexpensive, simple, effective, and has no harmful side effects, in accordance with the theory. Widowati dkk, (2020).

Honey and ginger tea has benefits for reducing nausea and vomiting during pregnancy because ginger contains essential oils, namely gingerol, and honey also contains pyridoxine. Both substances act as anti-chemoreceptors that can block or stop serotonin, dopamine, astiklon, histamine, and neurokinin, which can activate the vomiting center.(Hernugroho *et al.*, 2024) Ginger has no side effects during pregnancy, and honey is rich in nutrients and enzymes that meet the nutritional needs of pregnant women and their fetuses. Widowati dkk, (2020)

Based on Widowati *dkk*, (2020) When ginger and honey are consumed together, ginger takes effect more quickly because honey contains the enzymes diastase, invertase, glucose oxidase, and peroxidase, which aid metabolism and allow it to be absorbed more quickly by the body. Therefore, the combination of ginger and honey is used as one of the best treatments for nausea and vomiting in pregnant women. (Rahmawati, 2018)

#### 4. CONCLUSION

Based on observations conducted on pregnant women in their first trimester with Emesis gravidarum in the Plered community health center area, ginger and honey decoction was found to reduce the frequency of nausea and vomiting and also provide readers with insight into inexpensive and relatively easy non-pharmacological therapies.

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