

Effectiveness Giving Ginger Drink in Reducing Emesis Gravidarum in Pregnant Women (Case Study)

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Abstract: Pregnant mothers experience changes enhancement hormones progesterone, estrogen, and Human Chorionic Gonadotropin (hCG) so give rise to complaints of mother discomfort and nauseous vomiting in the first trimester, namely emesis gravidarum. This study was to know the effectiveness of drinking ginger to overcome nauseous vomiting. The respondents of study were 2 mothers given pregnancy therapy to drink ginger and not given ginger. Pregnant mothers were given 14 days to drink ginger warm and effective reduce nauseous vomit than no given therapy drink ginger. Drinking ginger is effective in overcoming nauseous vomiting in the mother's first trimester of pregnancy.

Keywords: emesis gravidarum, ginger, pregnant women

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Introduction

Pregnancy cause change physical, psychological and hormonal in the body Mother so that cause various type complaints, one of them is nauseous vomiting that occurs at the start pregnancy and if no handled will cause stress. Incidence rate nauseous Vomiting occurs in 50%-90% of cases Mother 1st trimester (Rusman et al., 2017) of pregnancy. First trimester pregnancy happens enhancement the hormones estrogen and progesterone in body, so give rise to inconvenience Mother pregnant like nauseous vomiting, fatigue, and enlargement breast. Second trimester pregnancy used to with rate high hormones so that discomfort pregnancy Already reduce. Third trimester pregnancy happen resulting changes enlargement stomach, changes anatomy, and change the hormone that causes it complaints and discomfort pregnant mothers (Saryanti, 2019).

Emesis gravidarum i.e complaint common in the first trimester of pregnancy or pregnancy youth. Nausea

and vomiting cause fluid body decreases and occurs possible hemoconcentration slow down circulation blood so that influence grow flower fetus. Indonesia is 50% -75% mothers pregnant experience nausea and vomiting in the first trimester or early pregnancy (Harahap et al., 2020). Nauseous vomit causes a decline in lust eating and change balance electrolytes which also result in changes metabolism body. Nauseous heavy vomiting can influence emotional, stressful psychological, behavioral, and functional cognitive Mother pregnant (O'Donnell et al., 2016).

To overcome nauseous vomit during pregnancy can be done through action nonpharmacological nor pharmacology. Non -pharmacological measures are often recommended by staff health like recommend Mother pregnant for consume ginger in form tea ginger, technique relaxation, and aromatherapy (Harahap et al., 2020). Ginger is a material naturally used widespread in society as one of the herbal treatments because easy earned and owned useful content inside it. Ginger

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contains several compounds such as resin, vitamin A, flavonoids, gingerol, curcumin, and oil essentials that make stomach comfortable so that can reduce complaint nauseous vomit (Shawahna & Taha, 2017)..

Method

Research methods were used studies case descriptive with approach care midwifery and literature review. Respondent Mother first trimester of pregnancy from BPM A in the Regency area Garut experienced nauseous vomit. Number of responders: two individuals using various interventions. Respondent 1 was given a warm ginger drink as part of a 14-day regimen, and respondent 2 received no assistance at all. A powder made of already-smoothed brown sugar and ginger was provided by the researcher.

Result and Discussion

Causative factor nauseous vomiting on mother pregnant Not yet is known in a way clear, however allegedly there is involvement from several factors that is factor biological, psychological, and sociocultural. One of factor biological is factor change of hormones in the endocrine that affects it the most, especially enhancement of Human Chorionic Gonadotropin (hCG) hormone in various cases. This matter relates to an incident of nauseous increased vomiting in line with increasing Human Chorionic Gonadotropin (hCG) hormone inside blood Mother pregnant. Changing the hormone estrogen will cause enhancement secretion sour stomach overload so that creates a feeling of desire vomit. As many as 66% are women pregnant in the first trimester experience nauseous vomit. Prevalence hyperemesis in primigravida is higher, that is 60-80 % and 40-60% occur in multigravida. This matter happens Because part big primigravida mother yet adapt to enhancement the hormone estrogen and Human Chorionic Gonadotropin (hCG) (Wulandari et al., 2019).

Complaint nauseous vomiting (emesis gravidarum). Complaint the is the most common and natural thing experienced by everyone Mother pregnant. But nauseous excessive vomiting can give rise to condition danger Good for Mother nor the fetus she is carrying. Efforts made to reduce complaint nauseous vomit that's one of them is with give stew lots of ginger used public as herbal medicine. Ginger contains several substances such as resin, oil essential oils, zingiberol, and vitamin A can give effect on the channel digestion and reduces nausea vomit (Fatwa Hani, 2020)

Nausea at the start pregnancy can reduced with use therapy complementary herbal plants or drug traditional with giving ginger (Defrin, 2018). Function pharmacological ginger is one of them is antiemetic (anti-vomiting). Ginger is capable material remove gas from

in stomach, p This right relieve stomach bloated. Ginger is also a powerful aromatic stimulant, besides can control vomit with increase intestinal peristaltic movements. About 6 compounds inside ginger have proven own good antiemetic (anti-vomiting) activity. Work compounds the more pointing at the wall stomach from the system nerve center (Fitria, 2013).

Ginger is plant with stem pseudo who has 30-75 cm long and ginger easy found in Indonesia because plant the of course grow in climate tropical with high humidity. Ginger has at least 115 contents substance active who has effect pharmacological for body. Therefore, ginger very Lots interested and used public for reduce related complaints with health. The content contained in ginger that is oil essential oils (bisabolene, cineol, phellandrene, citral, borneol, citronellol, geranial, linalool, limonene, zingiberol, zingiberene, camphene), oleoresins (gingerol, shogaol), phenols (gingerol, zingeron), proteolytic enzymes (zingibain), vit B6, vit C, calcium, magnesium, phosphorus, potassium, acid linoleate, gingerol (goal alcohol in oleoresin), contains oil astiri. Ginger works effective for overcome symptom nausea and vomiting arise during pregnancy even hyperemesis gravidarum, because ginger nutritious loosen and weaken muscles in the canal digestion so that reduce nauseous vomiting on mother pregnant (Larasati et al., 2022).

Research result This frequency nauseous vomit or emesis gravidarum in the mother given pregnancy drink ginger the more reduce from the previous one nauseous vomit more than 5 times a day to 1-2 times a day. This matter in accordance with Fatwa research (2020) on influence stew ginger to outburst nauseous vomit Mother pregnant. Giving intervention in groups Mother given pregnancy ginger in general experience decline nauseous vomiting morning sickness in mothers first trimester pregnancy compared group given placebo (Susanti et al., 2023) tablets. Giving drink ginger very effective in overcome nauseous vomit Mother first trimester of pregnancy after giving intervention drink ginger in the group intervention and in groups experiment there is decline nauseous vomiting and lots of it experienced by multigravida (Rufaidah et al., 2023)mothers (Alyamanayah & Mahmudah, 2014).

Study Rufidah (2019) Effectiveness of steeping ginger to decreased emesis gravidarum in the trimester First. Advise on energy health For Can give information to Mother experiencing pregnancy nauseous vomit for consume ginger with the right dose and the right way for lower nauseous suffered from vomiting Mother pregnant (Rufaridah et al., 2019). Ginger can prevent nausea and vomiting Because ginger capable become barrier serotonin, a compound chemistry that can cause stomach contract, so nausea occurs (Rusman et al.,

2017). Ginger is effective for reduce emesis gravidarum in pregnancy which can give in form wedang ginger and extract ginger (Pangesti & Naila, 2022).

Other studies compare the efficacy of ginger with other herbal medicines such as lemon and mint leaves. Giving ginger is said to be more effective compared to with lemon and mint leaves for reduce complaint nauseous vomiting in pregnancy. This matter caused Because ginger contain substance more active Lots compared to with other herbal (Parwitasari et al., 2015) (Wulandari et al., 2019) medicines. Ginger other than made drink can varied become candy, ginger candy can lower nauseous vomiting on mother pregnant. Giving candy ginger more effective compared to with giving mint candy (Ali et al., 2021; Sihombing & Fahnawal, 2021; Aruan et al., 2022; Marlina & Astina, 2016; Ratnasari et al., 2022; Yanti, 2022).

Conclusion

Pregnant women who experience nauseous vomit after given drink ginger, frequency nauseous vomit become reduce than no given intervention. Drinking ginger very effectively overcomes nauseous vomiting on mother first trimester of pregnancy.

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I say accept love to willing patient become respondents and do intervention with good.

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