

ACCEPTANCE LETTER

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## THE EFFECT OF CONSUMPTION OF GINGER STEW, HONEY, AND MINT LEAVES ON THE FREQUENCY OF HYPEREMESIS GRAVIDARUM IN FIRST TRIMESTER PREGNANT WOMEN AT ALISAH CLINIC MEDAN AREA IN 2022

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### Abstract

Hyperemesis gravidarum is excessive nausea or vomiting that can interfere with daily activities and even endanger pregnant women's lives. Ginger is a plant with a million properties that has been known for a long time. Ginger is one of the essential spices. The rhizome has many benefits, including as a cooking spice, drink, and candy, and is also used in traditional medicinal ingredients. This study aimed to determine the effect of a decoction of ginger, honey, and mint left on the frequency of hyperemesis gravidarum in first-trimester pregnant women at the Alisah Medan Clinic in 2022. The independent variable was giving ginger decoction with mint leaves and honey. The sample in this study were all pregnant women in the first trimester at the Medan Area Alisah Clinic as many as 30 respondents. The sampling method used in this study is the total sampling technique, where the entire population is sampled. The type of research used is quasi-experimental with a one-group pretest-posttest design. The study results: Before being given ginger, honey, and mint leaves, all respondents experienced severe nausea and vomiting in as many as 20 people (66.7%). In comparison, the frequency of nausea and vomiting experienced in the trial was 10 people (33.3%). After being given ginger decoction with mint leaves and honey, most pregnant women experienced moderate hyperemesis gravidarum, 28 people (93.3%), while 2 people (6.7%) had severe nausea and vomiting. The analysis results show that the probability value is p-value  $0.000 < \text{sig } \alpha = 0.05$ . It was concluded that consuming boiled ginger, honey, and mint leaves affected the frequency of hyperemesis gravidarum in first-trimester pregnant women at the Medan Alisah Clinic. It is hoped that health workers can add information to develop research on ginger against nausea and vomiting in pregnant women with different types of preparations and a more significant number of samples.

**Keywords:** Ginger Stew, Honey, Mint Leaves, and Hyperemesis

### INTRODUCTION

Pregnancy is a continuous process from ovulation, conception, nidation, implantation, and embryo development in the uterus until the term. Every process in pregnancy is a crisis condition that requires psychological and physiological adaptation to the influence of pregnancy hormones and mechanical stress due to the enlargement of the uterus and other tissues (Bobak et al., 2005).

According to the World Health Organization (WHO), the number of incidents of hyperemesis