

# Lemon Aroma Therapy For Overcoming Nausea Vomiting At first Trimester Pregnancy Clinic Primary Afiyah In Pekanbaru

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**Abstract** - One of the problems that occur in pregnancy is nausea, vomiting. Nausea, vomiting experienced by almost all pregnant women can arise at any time and not only in the morning. Usually occurs in first trimester pregnant women (0-12 weeks). Treatment efforts to overcome vomiting nausea are pharmacological and non pharmacological therapies. Pregnant women still use pharmacological therapy. One of the non-pharmacological is aroma therapy. A case study method in first trimester pregnant women complaining of nausea and vomiting, and to overcome the problem the writer tried to administer lemon aroma therapy. Taking the case was carried out by visiting the Primary Afiyah Clinic. blessed on Jl. Fajar IV No. 1 Labuh Baru, Payung Sekaki District, Pekanbaru City. Obstetrics Care for first trimester pregnant women with the aroma of lemon therapy to treat nausea and vomiting in the Pratama Afiyah Clinic is carried out using the SOAP documentation approach. The results of the first visit to mothers experience nausea and vomiting with a frequency of 6 times in 24 hour. After midwifery care for 4 visits to patients, the results obtained in the last study were the mother did not experience vomiting and the frequency of nausea 3 times in 24 hours and the result of nausea vomiting can be reduced. It is recommended that the Primary Afiyah Clinic not only provide pharmacologists but also provide non-pharmacologists to treat nausea and vomiting.

**Keywords:** Pregnancy, Lemon Aroma Therapy, and vomiting Nausea

## 1. Introduction

Pregnancy is growth and development of intra-uterine fetus starting from conception to delivery. There must be a problem pregnancy physical changes hormonal changes. There are three signs and symptoms of pregnancy, certainly not a sign, a sign marks the possibility of pregnancy and pregnant. To sign uncertain is the sign of the mother perceived (subjective) arising during pregnancy such as amenorrhea, nausea and vomiting, cravings, fainting, fatigue, loss of appetite, frequent urination and so on. Signs that it is reasonable arising in pregnancy(Suryati et al., 2018),

One of the problems that occur in pregnant women that nausea and vomiting. The incidence of nausea and vomiting is about 0.5% to 2%. Nausea and vomiting treatment efforts for non-pharmacological therapy and pharmacology. Pregnant women still using pharmacological therapy. However, pregnant women better able to cope with nausea and vomiting in early pregnancy by using non farmokologi complementary therapy, because it is non instructive, inexpensive, simple, effective and without any side effects of therapy merugikan.Aroma which is a branch of science of herbal essential oils for promote physical health, emotional and psikologis.Setiap essential oil has a unique pharmacological effects such as antibacterial, antiviral, vasodilator, sedative and affects the adrenal. Essensil oil Lemon oil is the most widely used herbs in pregnancy is regarded as a safe drug in pregnancy. according to a study 40% of women have used the lemon scent to relieve nausea and vomiting(Suryati et al, 2018),

Based on a survey conducted at the Clinic Primary Afiyah 2019 in January-March, the number of ANC visits to pregnant women as many as 100 people who experience nausea and vomiting in the first trimester (0-12 weeks) of approximately 30 people. Therefore, the authors are interested in taking the title of "Midwifery Care In Pregnancy Trimester I with Lemon Aroma Therapy For Overcoming Nausea Vomiting Clinic Primary Afiyah Pekanbaru City".

The aim of this care is to perform midwifery care with lemon aroma therapy to overcome the nausea and vomiting experienced by the mother during delivery.

## 2. Method

The method used is a case study with reference to midwifery care in pregnant women. This case study illustrates midwifery care in pregnant women with lemon aroma therapy to reduce nausea and vomiting during pregnancy trimester I.

## 3. Result

### a. First visit

The first visit was conducted on Ny.R dated June 23, 2019 which is housed in the Primary Clinic Afiyah Pekanbaru. Subjective data said the mother with complaints of nausea and vomiting in the mornings and evenings since one week ago with a frequency of 6 times a day, and no appetite. As said the mother "g could eat, every eaten out continuously, nausea after eating, especially morning". The woman said "when vomiting usually 6 times a day". And at the time of the study authors ask the mother's health history no serious diseases and there is no other disease descent.

In the collection of objective data found the general state of good mother and awareness comfosmentis, blood pressure: 100/70 mm Hg, pulse: 78 x / minute, respiratory: 20 x / min, temperature: 36.8 ° C, weight before pregnancy: 53 kg BB is now 50 kg, height: 151 cm, lila: 23 cm, UK: 8 weeks, the interpretation of delivery: 02/02/2020, hair: clean, no dandruff, advance: clean, no cloasma gravidarum, not pale, no edema, eye: symmetrical, congiungtiva: pink, sclera eyes: white, mouth: clean, tongue cleaner, tooth: no caries, palpation: palpable balltoment, reflex patellar: + / +, Hb: 11 g / dl.

Perform midwifery care by giving lemon aroma therapy to reduce nausea and vomiting in pregnant women by inhaling lemon aroma therapy for 2 minutes at a time to feel sick. Inhaling the aroma therapy should be performed using a tissue or handkerchief can also use aromatherapy furnace with a drop on the stove and inhale when the mother felt sick.

### b. Second visit

The second study conducted on Ny.R on July 5, 2019 in the house of the patient. Subjective data obtained mother says vomit been reduced just still a little queasy with a frequency of 2 times a day. Mom said they were delighted with the changes because now the mother has begun to eat that much. As dikatan mother "I feel nausea vomit was gradually reduced ... sometimes alone, now vomit only two times that smell bad". Mother also said. "Now already begun to eat, and after eating does not have to remove it again". And at this time of pregnancy the mother has entered the age of 10 weeks.

In the data collection ojektif found a good general state and comfosmentis consciousness, vital signs Blood pressure: 100/60 mm Hg, pulse: 78 x / minute, respiratory: 22 x / min, temperature: 37 ° C, mouth: clean, tidsk No caries, tongue cleaner.

Perform midwifery care to keep reminding the mother to provide the best nutrition for mother and fetus so that fetal growth is good and healthy mothers. To nausea vomit if there are still mothers can inhale lemon aroma therapy back.

## 4. Discussion

There is information about Ny statement. R said that nausea, vomiting has been slightly reduced. According to (Prawihardjo 2010) nausea and vomiting are common symptoms in I. trimester of pregnancy Nausea usually occurs in the morning, but can occur at any time and in the evening, nausea vomiting occurs approximately 6 weeks after the first day of the last menstrual period and lasts approximately 10 weeks. Nausea and vomiting experienced by almost all pregnant women can arise at any time and not only in the mornings. A feeling of nausea (nausea) and sometimes followed by a sense of want to vomit will appear suddenly. This suggests the existence of a hormonal changes and decreased bowel movement that occurs during pregnancy. Generally all these symptoms will end at 12-14 weeks of gestation (Datta, 2008).

Data obtained on the examination results are found on the first visit to the last that the general state of good mother, comfosmentis consciousness and vital signs within normal limits. On physical examination, the authors did not find the gap between theory and cases. The figures are not much

different from the theory described by (Walyani, 2015) that the vital signs within normal limits, blood pressure ranges from 110 / 70-120 mmHg, pulse 60-80 x / min, respiration of 19-24 x / min. In this case hemoglobin Ny. R 11 gr / dl. Sedangkan weight on Ny.R cases decreased in accordance with the impact of nausea and vomiting.

Based on the assessment which can be enforced on midwifery care is G1PoA0 8-10 weeks gestation with complaints of nausea and vomiting palpable ballotement good general condition.

For the implementation of the action on the author provides health education about the discomfort of pregnant women in the first trimester, how to cope with the nausea and vomiting often advocate eating in small portions, giving B6 tablets and lemon aroma therapy, danger signs in pregnancy, and schedule repeat visits. According to the theory (Cholifah, 2017) when inhaling essential oils emit aromatic or biomolecules, cells in the nasal receptors to send impulses directly to the olfactory brain. This area is closely linked to the system that controls memory, emotions, hormones, sex, and heart rate. Soon to release hormones stimulate impulse capable of reassuring and induce a feeling of calm and affect a person's physical and mental changes that can reduce nausea and vomiting.

According to (Maternity, Ariska, and Sari, 2017) Aromatherapy can be used as a solution to overcome the nausea and vomiting in pregnant women the first trimester. Aromatherapy is a therapeutic action by using essential oils are beneficial for improving the physical and psychological state to be more baik. Setiap essential oil has a unique pharmacological effects, such as antibacterial, antiviral, diuretics, vasodilators, tranquilizers, and stimulate adrenal. Ketika essential oils are inhaled, molecules into the nasal cavity and stimulates the limbic system in the brain. The limbic system is the area that affects emotion and memory, and is directly related to the adrenal, pituitary gland, the hypothalamus, the part of the body that regulate heart rate, blood pressure, stress, memory, hormone balance, and breathing. The author re-schedule a visit 4 visits were carried out within 13 days, with the first visit to visit within the next 4 hari. selain directly to the patient's face, I also conduct communication via whatsapp. In kunjungan most recently on July 5, 2019 the mother said nausea, vomiting has been reduced. Because mothers undergo or perform the care that has been given.

## 5. Conclusion

After the authors obtain patient consent that checks will be performed, the author can collect subjective data and objective data. When collecting data the authors do not suffer from a patient is willing to cooperate, but not all patients like aroma therapy used. The author does not find the gap on the results of subjective data and data objektif. Sehingga all the data collected authors to conclude the analysis in accordance with the data that has been collected. Assasment on first inspection is G1PoA0 8 weeks gestational age with symptoms of nausea, vomiting palpable ballotement general condition is good.

After midwifery care during four visits to patients for 13 days with the first visit to visit within the next four days, then the result obtained on the first visit at the Clinic Primary Afiyah with the frequency of nausea and vomiting six times in 24 hours. The next visit is done while the patient's home with nothing to throw up again but with a different frequency of nausea but each visit frequency of nausea is reduced.

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