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Effect of ginger drinks on nausea vomiting in the first trimester of pregnancy

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Abstract. The purpose of the study was to describe the effects of consumption ginger drinks to againts nausea vomiting in the first trimester of pregnancy. In the experiment methode, ginger drinks was given a dose of 250mg with hot water 250 ml and 1 tablespoon of sugar which consumed 2 times daily for 7 days and measured use Index Rhodes. The result showed that ginger drinks can reduces nausea vomiting in the first trimester of pregnancy. The main chemical contains of ginger are shogaols, gingerols, bisapolene, zingiberol, sesquiphellandrene, minyak atsiri dan resin. Content of ginger that has been researched in effect to prevent nausea vomiting. Based on the result, we conclude that the ginger drinks is reduces nausea vomiting in the first trimester of pregnancy.

1. Introduction

In the first trimester most likely women will experience nausea with or without vomiting. Nausea and vomiting often occur in younger pregnancies, starting from week 6 after the first day of last menstrual period and lasting for approximately 10 weeks. Nausea and vomiting occur in 50 - 70% of all pregnant women[1]. Sense of nausea usually begins in the first weeks of pregnancy and ends in the fourth month. Natural products such as ginger, red raspberry, and wild yam have been suggested as alternative treatments.[2] Ginger is effective to reduce nausea vomiting during pregnancy. The use of ginger to overcome nausea vomiting will not increase the risk negative to the fetus[3].

In one study, ginger was found to be superior to dimenhydrinate in reducing motion sickness. In another study, ginger was found to significantly reduce postoperative emetic sequelae[2]. Only one trial of ginger in nausea of pregnancy was identified by an online search of the National Library of Medicine's MEDLINE using the search terms "Nausea and vomiting and ginger" and "hyperemesis gravidarum and ginger". Cochrane Database of Systematic Reviews on CD-ROM (Issue 1, 2000) also was searched but no additional trials were identified[2]. A number of studies have reported several researched ginger and nausea vomiting but this study was to investigate the effect of ginger drinks in first trimester of pregnancy.

The purpose of the study was to describe the effects of consumption ginger drinks to againts nausea vomiting in the first trimester of pregnancy. In the experiment methode, ginger drinks was given a dose of 250mg with hot water 250 ml and 1 tablespoon of sugar which consumed 2 times daily for 7 days and measured use Index Rhodes. The result showed that ginger drinks can reduces nausea vomiting in the first trimester of pregnancy. The main chemical contains of ginger are shogaols,

gingerols, bisapolene, zingiberol, sesquiphellandrene, minyak atsiri dan resin. Content of ginger that has been researched in effect to prevent nausea vomiting.

2. Experimental Method

The method used in this research is Pre Experiment "One Group Pre test Post test Design" is a research design that contained pretest before being treated and posttest after being treated. The study was done at Bidan Praktik Mandiri in November 2016 until February 2017. Samples were first trimester pregnancy amounted to 31 respondents. Sampling using purposive sampling technique. The instrument used the Index Rhodes sheet. The data were analyzed by univariate and bivariate using Wilcoxon test. The first sample group measured the scale of nausea vomiting with the Rhodes Index then fed a ginger drinks, twice daily, taken for 7 days then measured again the scale of nausea vomiting using the Rhodes Index.

3. Results and Discussion

Table 1 Frequency Distribution of Nausea Event Vomiting Before Giving Ginger drinks

No	Skor Rhoides	F	Persentase (%)
1	13	2	6.5
2	14	1	3.2
3	17	1	3.2
4	20	2	6.5
5	22	5	16.1
6	23	2	6.5
7	24	3	9.7
8	25	6	19.4
9	26	2	6.5
10	29	2	6.5
11	31	3	9.7
12	32	2	6.5
Total		31	100

Mean = 23.9 Median = 24 Modus = 25 Min = 13 Max 32 SD pretest 5.1

The table 1 shows the average score of rhodes for the occurrence of nausea vomiting 23.9 with a minimum value of 13 and a maximum value of 32.

Table 2 Distribution of Frequency of Nausea Event Vomiting After Giving Ginger Drinks

No	Skor Rhoides	F	Persentase (%)
1	8	1	3.2
2	9	2	6.5
3	10	4	12.9
4	11	3	9.7
5	12	3	9.7
6	13	6	19.4
7	14	1	3.2
8	15	1	3.2
9	16	4	12.9
10	17	2	6.5
11	18	1	3.2
12	19	2	6.5
13	20	1	3.2
Total		31	100

Mean = 13.4 Median = 13 Modus= 13 Min = 8 Max=20 SD Posttest 3.3

The table 2 shows the average score of the Rhodes index for the occurrence of nausea vomiting 13.4 with a minimum value of 8 and a maximum value of 20.

The effect of ginger drinks on the decrease of nausea of vomiting is shown by Wilcoxon test results in table 3.

Table 3 Wilcoxon test results

Test Statistics ^b	
mual Post Test –	Kategori
mual pre	Kategori
Z	-4.869 ^a
Asymp.Sig. (2-tailed)	0.000
a.	Based on positive ranks
b.	Wilcoxon Signed Ranks Test

² Based on Wilcoxon test with significance level $\alpha = 0.05$ obtained value $p = 0.000$ ($p < 0.05$) then H1 accepted and H0 rejected means there is influence ginger drinks to reduce nausea vomiting in pregnancy. This study looked at the effect of ginger drinks on nausea vomiting in the first trimester of pregnancy. In research about ginger drinks for nausea vomiting in first trimester pregnancy in measure (pre test) to scale nausea vomiting by using index Rhodes then pregnancy given 2x ginger drinks daily for 7 days. After all ginger drinks exhausted in 7 days pregnancy measured again scale of nausea vomiting (post test) by using index of Rhodes. A total of 31 pregnancy who include inclusion criteria. Giving ginger drinks done the patient is a drinking ginger drink 2x a day for 7 days in the first trimester of pregnancy who have nausea vomiting.

Based on the results obtained, the average score of nausea vomiting before being given ginger drinks in the prevention of nausea vomiting showed a score of 23.9 and the average score of nausea vomiting after being given ginger drinks 13.4. Nausea and vomiting is a common disorder that will occur in the first trimester of pregnancy but not closed the possibility of these symptoms will remain experienced by pregnancy women in the next trimester[4]. Nausea and vomiting of pregnancy can reduce the ability and stamina of pregnancy in large portions. According to Smit et al (2004) as many as 25% of pregnant women who experience problems nausea and vomiting.

The mean decrease of nausea of vomiting in pregnancy after being given ginger beverages showed score 4.9 and Wilcoxon test result $p < 0.005$ this means ginger beverages significantly effective decrease nausea vomiting. This research is in line with Zumrotul Choiriyah (2013) research on the effectiveness of ginger extract consumption with frequency of nausea vomiting in pregnancy showed that the incidence of nausea vomiting in pregnancy after consuming ginger extract in the intervention group on average 2 times / day with standard deviation 1,237[5]. This shows that there is a significant decrease in the intervention group after being given ginger extract as one of alternative treatment to the incidence of nausea vomiting on pregnancy.

As many as 80% of pregnant women who experience nausea vomiting occur in the first trimester of pregnancy and 2% of pregnant women in the first trimester have severe problems of nausea and vomiting, so medical care is required. Nausea in early pregnancy can be reduced by using complementary therapies, among others, with herbs or traditional plants that can be done and easily obtained such as ginger, peppermint leaves, lemon etc. Natural products such as ginger, red raspberry, and wild tubers have been suggested as an alternative to prevention[6].

4. Conclusion

Average Rhoides Index score before given ginger beverages 23.9 and after being given ginger beverages the average score of Rhodes index decreased to 13.4. There is effect of ginger drinks to reduce nausea vomiting in the first trimester of pregnancy.

5. Acknowledgements

We acknowledge all pregnancy as a responden.

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