



The Effect of Peppermint Aromatherapy on the Degree of Nausea and Vomiting in Pregnant Women in the First Trimester at the Independent Practice of Midwife (TPMB) Yusnita Purwasari, Karawang Regency, Indonesia

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ARTICLE INFO

Keywords:

Nausea and vomiting
Peppermint aromatherapy
Pregnancy

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All authors have reviewed and approved the final version of the manuscript.

<https://doi.org/10.37275/amcr.v4i5.369>

ABSTRACT

Pregnancy is a physiological condition that can be followed by pathological processes that will threaten the condition of the mother and fetus. During pregnancy, problems can occur that a mother does not want. Nausea and vomiting are complaints that are often experienced by pregnant women in the first trimester due to an increase in HCG in the pregnant woman's body. If this situation continues, it will have an impact on the pregnancy and fetal growth process. This study aimed to identify the effect of peppermint aromatherapy on reducing nausea and vomiting in pregnant women. The design of this research is experimental research pre-test and post-test one group. Sampling technique with purposive sampling where every first trimester pregnant woman who underwent a pregnancy check-up who met the inclusion criteria was included in this study. The results showed that there was a decrease in the degree of nausea and vomiting in research subjects before and after being given the intervention (2.12 ± 0.11 Vs 1.11 ± 0.13), $p < 0.05$. In conclusion, there is influence giving aromatherapy peppermint in reducing the degree of nausea and vomiting in first trimester pregnant patients at TPMB Yusnita Purwasari, Karawang Regency, Indonesia.

1. Introduction

The existence and role of pregnant women in the life process are very important because they are vehicles for the birth of future generations. One of the challenges that most pregnant women face is nausea and vomiting during pregnancy, which is often referred to as "morning sickness," although these symptoms can occur at any time during the day. Although nausea and vomiting during pregnancy are usually normal symptoms, they can cause discomfort and negatively impact the well-being of pregnant women. Nausea and vomiting during pregnancy usually occur mainly in the morning but can actually occur at any time of the day. This can provide a more in-depth picture of the pregnant woman's experience.

Excessive nausea and vomiting can interfere with a pregnant woman's ability to eat well and maintain adequate hydration, which can influence fetal growth and development. Apart from the physical impact, nausea and vomiting can also have an emotional impact on pregnant women. This can include stress, anxiety, and feelings of pressure. It is important to remember that every pregnant woman can experience nausea and vomiting with varying levels of severity, from mild to severe. This highlights the need for solutions that can be tailored to the severity of symptoms.¹⁻³

Aromatherapy, as an increasingly popular holistic therapeutic approach, has attracted attention as a potential alternative in reducing symptoms of nausea



and vomiting during pregnancy. One essential oil that is widely known for this purpose is Peppermint essential oil. Peppermint essential oil has been used in a variety of contexts, including traditional medicine, to relieve a variety of health problems, including nausea.⁴⁻⁶ This study aimed to identify the effect of peppermint aromatherapy on reducing nausea and vomiting in first-trimester pregnant women at TPMB Yusnita Purwasari, Karawang Regency, Indonesia.

2. Methods

This study is experimental research with a one-group pre-post-test approach and uses primary data, namely measuring the degree of nausea and vomiting of research respondents. A total of 30 research subjects participated in this study, where the research subjects met the inclusion criteria. The inclusion criteria for this study were pregnant women in trimester I at TPMB Yusnita Purwasari, Karawang Regency, Indonesia. Assessment of the degree of nausea and vomiting is carried out using a scoring system. Score 0: No complaints of nausea and vomiting. Score 1: Pregnant women experience less bothersome nausea and may only occasionally vomit. Score 2: Nausea and vomiting are more frequent and can interfere with daily activities. Usually, these symptoms last for a few weeks in early pregnancy and then subside. Score 3: Severe and persistent nausea

and vomiting for months may lead to a condition referred to as hyperemesis gravidarum. This can cause dehydration, malnutrition, and other serious problems.

The topical peppermint aromatherapy used in this study was aromatherapy peppermint by commercial products that have been circulating on the market and have received BPOM permission. Use of aromatherapy peppermint the topical is used regularly at least 4 times a day for 5 days. Data analysis was carried out using SPSS version 25 software. Univariate and bivariate analyses were carried out in this study. Univariate analysis was carried out to present the frequency distribution of each test variable, and bivariate analysis was carried out to determine the relationship between the test variables, with a p-value <0.05.

3. Results and Discussion

Table 1 presents the effectiveness of the pre and post-test interventions. This study shows that the intervention of giving aromatherapy peppermint is effective in reducing the degree of nausea and vomiting in first-trimester pregnant women. There was a decrease in the degree of nausea and vomiting after giving aromatherapy peppermint, and it was stated to be statistically different, p<0.05.

Table 1. Comparison of the degree of nausea and vomiting before and after intervention.

Variable	Pre-test	Post-test	P-value*
Scoring the degree of nausea	2,12±0,11	1,13±0,11	0,001

*T-test dependent, p<0,05.

Menthol is the compound that gives peppermint its cooling taste and has a calming effect on the digestive tract. This can help relieve feelings of nausea and make your stomach feel calmer. Menthol can work by relaxing the muscles of the digestive tract and stimulating receptors in the stomach and throat, which can help reduce the sensation of nausea. The

calming influence and cooling sensation provided by menthol can provide comfortable relief to individuals experiencing nausea. Menthol can help relax the muscles of the digestive tract, including the lower esophageal sphincter and pyloric sphincter (which connects the stomach and small intestine). This helps food and liquids digest more smoothly through the



digestive system, reducing the chance of nausea. Menthol can also stimulate certain receptors in the stomach and throat that play a role in responding to changes in temperature and sensation. It can distract from feelings of nausea and provide a refreshing cooling sensation. Apart from using menthol in the form of peppermint essential oil, aromatherapy with the aroma of peppermint can also provide benefits in relieving nausea. The aromas spread by aromatherapy can stimulate olfactory receptors and influence the limbic system in the brain, which can relieve feelings of nausea and stress.^{7,8}

Menthone can work by relaxing the muscles in the digestive tract, especially the muscles involved in the movement of food and fluids through the digestive system. This helps reduce tension that can trigger nausea. Peristalsis is the wave movement of muscles that pushes food and fluids through the digestive tract. Menthone can reduce spasms or excessive contractions of the peristaltic muscles, which can often cause nausea and vomiting. For centuries, the menthol in peppermint has been used in traditional medicine to relieve digestive disorders, including nausea. The use of menthone in herbal medicine and medicinal decoctions reflects the recognition of its nausea-relieving effects.⁹⁻¹¹

Terpenes such as limonene are found in peppermint essential oil and have been found to have powerful anti-nausea properties. They can help relieve feelings of nausea and prevent vomiting. Terpenes can interact with certain receptors in the brain that are involved in regulating feelings of nausea and vomiting. This can help regulate the body's response to stimuli that trigger nausea. Terpenes can also provide benefits through aromatherapy. The aroma of peppermint, which contains terpenes, can stimulate olfactory receptors, which can send signals to the brain to relieve nausea. Peppermint as a whole, with its various secondary metabolites, including terpenes, works holistically to provide a nausea-relieving effect. This is an example of how an herbal plant like peppermint can

have multiple compounds that collaborate to provide health benefits.^{12,13}

Peppermint contains a variety of flavonoids, including quercetin, hesperidin, and kaempferol, which have been studied for their antiemetic potential. The flavonoids in peppermint can help regulate the digestive system in various ways. This includes slowing excessive peristalsis and relaxing the muscles of the digestive tract, which can help prevent nausea. Some flavonoids can also affect the balance of chemicals in the brain that are involved in regulating feelings of nausea. This can help stabilize the body's response to stimuli that trigger nausea. Like the terpenes and other compounds in peppermint, flavonoids contribute to this plant's holistic properties in relieving nausea and vomiting.^{14,15}

4. Conclusion

There is an influence of giving aromatherapy peppermint in reducing the degree of nausea and vomiting in first-trimester pregnant patients at TPMB Yusnita Purwasari, Karawang Regency, Indonesia.

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