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The Effect Of Mint Leaf Tea And Honey Herbal Medicine On Reducing Emesis Gravidarum In Pregnant Women At The Atikah Community Health Center

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ABSTRACT

Pregnancy is the growth and development of the fetus. During pregnancy the mother experiences physiological changes, occurring in all organ systems, most of the changes that occur in the mother's body are due to the work of hormones, namely the hormones estrogen and progesterone. During the first trimester of pregnancy, mothers usually complain of nausea and vomiting. Emesis gravidarum is caused by increased levels of estrogen and HCG hormones in the blood, and is also influenced by several factors, one of which is psychosocial factors that predict some women to experience nausea and vomiting in pregnancy, worsening existing symptoms or reducing the ability to cope with normal symptoms. Research Objective: This study aims to determine whether there is an effect of brewing mint leaf tea and honey on reducing emesis gravidarum in first trimester pregnant women at Midwife Atikah, Panyabungan District, Mandailing Natal Regency. Method: The type of research used is Pre-Experimental research. The population in the study were all first trimester pregnant women with nausea and vomiting at Midwife Atikah, Panyabungan District, Mandailing Natal Regency. The sampling technique used Accidental Sampling with a sample size of 30 people. Data collection with PUQE questionnaire sheet instrument Data analysis using Wilcoxon Matched Paired Signed Test with a significant level of p <0.05). Results: The results of the analysis showed that there was an effect with a value of P = 0.001 where P = <0.05. Conclusion: It is recommended that this study can be used as information for pregnant women in TM I at Midwife Atikah, Panyabungan District, Mandailing Natal Regency and it is hoped that pregnant women can consume mint leaf tea and honey as a non-pharmacological drug to reduce emesis gravidarum in pregnant women.

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INTRODUCTION

Pregnancy is a period of fetal growth and development. During pregnancy, the mother experiences physiological changes throughout all organ systems. Most of these changes are

due to the action of hormones, particularly estrogen and progesterone. During the first trimester, mothers often complain of nausea and vomiting (Azizah et al., 2019).

Emesis gravidarum is caused by increased levels of the hormones estrogen and HCG in the blood. It is also influenced by several factors, including psychosocial factors, which predict nausea and vomiting in some women during pregnancy, worsening existing symptoms or reducing their ability to cope with normal symptoms. Another factor is parity. In primigravidas, a lack of knowledge, information, and poor communication influence women's perceptions of nausea and vomiting (Risma, 2021).

Nausea and vomiting occur in 60-80% of women in their first pregnancy (primigravida) and 40-60% of women who have previously been pregnant (multigravida). In about one in 1,000 pregnancies, these symptoms become more severe. Nausea is caused by increased levels of the hormones estrogen and human chorionic gonadotrophin (HCG) in the serum (Rukiyah, 2016).

According to World Health Organization (WHO) data, in 2018, the incidence of emesis gravidarum was approximately 124,348 pregnant women (21.5%), generally at 8 weeks gestation. Meanwhile, in 2019, the incidence increased sharply to approximately 137,731 pregnant women (22.9%). In ASEAN countries, particularly Vietnam and Thailand, the incidence was approximately 32,148 pregnant women (WHO, 2019).

Data from the Indonesian Demographic and Health Survey (SDKI) shows that the incidence of emesis gravidarum in Indonesia in 2018 was 1,864 (5.31%) out of 21,581 pregnant women, and in 2019, the number increased to 1,904 (5.42%) out of 25,234 pregnant women who sought medical care (Ministry of Health, 2019).

In Indonesia, there are 5,263,057 pregnant women. In Riau Province, the coverage of maternal health services for the first visit (K1) in 2016 met the Ministry of Health's Strategic Plan (Renstra) target of 72%. However, five provinces have not yet reached this target: Papua, West Papua, Maluku, East Nusa Tenggara, and Central Sulawesi. The K1 achievement was 91.96% and the K4 achievement was 94.89% (Ministry of Health, 2017).

Based on data from the Pekanbaru City Health Office, the results showed that the highest number of K1 pregnant women from all the Community Health Centers in Pekanbaru City in 2017 was in the Harapan Raya Community Health Center working area with the number of K1 pregnant women data as many as 2,385 people or 88.9% (Health Office, 2017).

The impact of emesis gravidarum on pregnant women includes causing the mother to experience dehydration and decreased appetite which results in changes in the electrolyte balance, namely potassium, calcium and sodium, thus causing...

Changes in the body's metabolism. Meanwhile, the impact on the fetus is that it will lack the nutrients and fluids the body needs, disrupting its growth and development and even causing the baby to be born with a low birth weight (Manuaba, 2017).

Management of emesis gravidarum can be addressed pharmacologically and non-pharmacologically. Pharmacological therapy is carried out by administering antihistamines, steroids, and administering fluids and electrolytes. And if non-pharmacologically, herbal concoctions can be given, one of which is mint leaves. (Tiran, D., 2019). Mint leaves are known to be a safe and effective remedy for treating nausea and vomiting in pregnant women

because mint leaves contain essential oils, namely menthol, which has the potential to facilitate the digestive system and relieve stomach cramps or cramps because it has a mild anesthetic effect and contains carminative and antispasmodic effects that work in the small intestine in the gastrointestinal tract, thus being able to treat and eliminate nausea and vomiting. Mint leaves are also eaten like mint candy and brewed like mint leaf tea (Risma, 2021). Another non-pharmacological therapy that can reduce nausea and vomiting in pregnant women in the first trimester is using honey, as it contains pyridoxine, a receptor antagonist that can block serotonin, thus preventing nausea and vomiting (Risma, 2021). Honey can also boost the immune system.body, increasing energy and stamina during pregnancy. The benefits of honey for the fetus in the womb include preventing various

METHODS

This research uses a quantitative approach, which relies on numerical data as an analytical tool for measuring variables and drawing conclusions from the phenomena under study. This research is a pre-experimental study with a pretest-posttest design without a control group. This method includes a pretest before the intervention, ensuring more accurate results because it compares the results with the pre-intervention situation. The population in this study was 5-30 pregnant women in their first trimester who experienced hyperemesis gravidarum.

RESULTS AND DISCUSSION

This chapter describes the results of research and discussion regarding the effect of giving mint leaf tea and honey infusion on reducing Emesis Gravidarum Trimester I in Midwife Atikah, Panyabungan District, Mandailing Natal Regency in 2025 before and after the intervention of giving mint leaf tea and honey infusion. This research began on January 22 to February 5, 2025 at Midwife Atikah, Panyabungan District, Mandailing Natal Regency in 2025.

1. Univariate Analysis

This study involved 30 pregnant women in their first trimester who experienced emesis gravidarum. Characteristics included age, education, and gestational age.

Age

Respondent characteristics based on age can be seen in the following table:

Table 1. Distribution of Respondents by Age at Midwife Atikah, Panyabungan District, Mandailing Natal Regency in 2025

No	Age	N	%
1	< 20 Years	9	30.0
2	20-35 Years	12	40.0
3	>35 Years	9	30.0
Amount		**30**	**100.0**

BerdBased on table 1 above, it can be seen that the majority of respondents were aged 20-35 years, namely 12 people (40.0%) and the fewest respondents were aged <20 years, namely 9 people (30.0%).

Education

Respondent characteristics based on education are categorized into junior high school, high school, and college, which can be seen in the following table.:

Table 2. Distribution of Respondents Based on Education at Midwife Atikah, Panyabungan District, Mandailing Natal Regency in 2025

No	Education	N	%
1	JUNIOR HIGH SCHOOL	3	10.0
2	SENIOR HIGH SCHOOL	19	63.3
3	College	8	26.7
	Amount	**30**	**100.0**

Based on table. 2 above, it can be seen that the most respondents had a high school education, namely 19 people (63.3%), and the fewest respondents had a junior high school education, namely 3 people (10.0%).

Gestational Age

Respondent characteristics based on education are categorized into2 months and 3 months which can be seen in the following table.

Table 3. Distribution of Respondents Based on Gestational Age at Midwife Atikah, Panyabungan District, Mandailing Natal Regency in 2025

No	Gestational Age	N	%
1	2 months	17	56.7
2	3 months	13	43.3
	Amount	**30**	**100.0**

Based on table 3 above, it can be seen that the most respondents were 2 months pregnant, namely 17 people (56.7%), and the fewest respondents were 3 months pregnant, namely 13 people (43.3%).

Nausea and Vomiting for 24 Hours

Respondent characteristics based on24-hour nausea and vomiting are categorized into moderate nausea and vomiting and severe nausea and vomiting, which can be seen in the following table.

Table 4. Distribution of Respondents Based on 24-Hour Nausea and Vomiting at Midwife Atikah, Panyabungan District, Mandailing Natal Regency in 2025

No	Nausea and vomiting	N	%
1	Currently	2	6.7

2	Heavy	28	93.3
	Amount	**30**	**100.0**

Based on table 4. above, it can be seen that the most respondents had severe nausea and vomiting, namely 28 people (93.3%) and the fewest respondents had moderate nausea and vomiting, namely 2 people (6.7%).

Nausea and vomiting for 24 hours but nothing comes out

Respondent characteristics based onNausea and vomiting for 24 hours but nothing is expelled is categorized as moderate nausea and vomiting and severe nausea and vomiting which can be seen in the following table.

Table 5. Distribution of Respondents Based on 24-Hour Nausea and Vomiting, However, None Were Discharged at Midwife Atikah, Panyabungan District, Mandailing Natal Regency in 2025

No	Nausea and vomiting	N	%
1	Currently	14	46.7
2	Heavy	16	53.3
	Amount	**30**	**100.0**

Based on table. 5 above, it can be seen that the most respondents had severe nausea and vomiting, namely 16 people (53.3%) and the fewest respondents had moderate nausea and vomiting, namely 14 people (46.7%).

Nausea and vomiting for 24 hours, but some stool is expelled

Respondent characteristics based onnausea and vomiting for 24 hours, but some of the discharge is categorized as moderate nausea and vomiting and severe nausea and vomiting, which can be seen in the following table.

Table 6. Distribution of Respondents Based on 24-Hour Nausea and Vomiting, However, Some Were Discharged by Midwife Atikah, Panyabungan District, Mandailing Natal Regency in 2025

No	Nausea and vomiting	N	%
1	Currently	30	100.0
2	Heavy	-	-
	Amount	**30**	**100.0**

Based on table. 6 above, it can be seen that the most respondents had moderate nausea and vomiting, namely 30 people (100.0%), and the fewest respondents had severe nausea and vomiting.

Frequency of Respondents Before Giving Mint Leaf Tea and Honey Brew

The reduction in Emesis Gravidarum Trimester I before administering Mint Leaf Tea and Honey is as follows:

Table 7. TableFrequency of Respondents Before Giving Mint Leaf Tea and Honey to Midwife Atikah, Panyabungan District, Mandailing Natal Regency in 2025

No	Nausea and vomiting	N	%
1	Currently	24	80.0
2	Heavy	6	20.0
	Amount	**30**	**100**

Based on table. 7 above, it can be seen that the most respondents experienced moderate nausea and vomiting, namely 24 people (80.0%) and the least experienced severe nausea and vomiting, namely 6 people (20.0%).

Frequency of Respondents after Giving Mint Leaf Tea and Honey

The reduction in Emesis Gravidarum Trimester I after administering Mint Leaf Tea and Honey is as follows:

Table 8. TableFrequency of Respondents After Giving Mint Leaf Tea and Honey to Midwife Atikah, Panyabungan District, Mandailing Natal Regency in 2025

No	Nausea and vomiting	N	%
1	Light	2	6.7
2	Currently	28	93.3
	Amount	**30**	**100**

Based on table. 8 above, it can be seen that the most respondents experienced moderate nausea and vomiting, namely 28 people (93.3%) and the least experienced mild nausea and vomiting, namely 2 people (6.7%).

Bivariate Analysis

The Effect of Mint Leaf Tea and Honey on Reducing Emesis Gravidarum in the First TrimesterMidwife Atikah, Panyabungan District, Mandailing Natal Regency, 2025

Measurements were carried out on pregnant women in the first trimester, then measuring the respondents' emesis gravidarum before being given an intervention of giving mint leaf tea and honey after getting respondents who fit the predetermined sample criteria then given an intervention, giving mint leaf tea and honey for 3 days then after the intervention was completed, the emesis gravidarum value felt by the respondents was observed again. From these results, changes in the respondents' emesis gravidarum can be seen using an observation sheet. After all respondent data were collected, data analysis was carried out using a computer statistical program. Analysis using the Wilcoxon test. The results obtained were not normally distributed with a total of 30 respondents. This is shown in the following table:

Table 9. The Effect of Giving Mint Leaf Tea and Honey Brew on Reducing Emesis Gravidarum in the First Trimester inMidwife Atikah, Panyabungan District, Mandailing Natal Regency, 2025

No	Treatment	N	Mean	Min-Max	P-Value	Z

1	Pretest	30	4.50	36.00	0.00	-2,828
2	Posttest	30	0.00	0.00		

From Table. 9 the results of the Wilcoxon test show that the mean value of emesis gravidarum pretest (before the treatment of giving mint leaf tea and honey infusion is 4.50 the mean value of emesis gravidarum posttest (after the treatment of giving mint leaf tea and honey infusion) is 0.00. This means that there is a decrease in emesis gravidarum after the treatment of giving mint leaf tea and honey infusion. Furthermore, based on the significant value (p-value) of 0.00, less than 0.05. This means that the treatment of giving mint leaf tea and honey infusion has a significant effect on reducing emesis gravidarum in the first trimester. Thus, it can be concluded that the treatment of giving mint leaf tea and honey infusion has a significant effect on reducing emesis gravidarum in the first trimester in pregnant women.

Discussion

Reduction of Emesis Gravidarum in the First Trimester Before Administering Mint Leaf Tea and Honey

Reduction of emesis gravidarum in the first trimester before giving mint leaf tea and honey infusion inMidwife Atikah, Panyabungan District, Mandailing Natal Regency , obtained the most respondentsmoderate nausea and vomiting, namely 24 people (80.0%) and at least severe nausea and vomiting, namely 6 people (20.0%).

Mint leaves are an herb that can reduce nausea and vomiting in pregnant women because they contain essential oils, or menthol, which can relieve bloating, cramps, nausea, and vomiting. Mint leaves also have a strong aromatic stimulant, in addition to controlling vomiting by increasing intestinal peristalsis (Ira, P., 2017).

Honey is a natural liquid produced by bees and offers health benefits, including relieving nausea and vomiting during pregnancy. Honey also contains pyridoxine, which can help maintain stamina, increase energy, and support high nutritional intake for fetal growth (Soa, 2018).

The results of this study are in line with Ursula's 2018 study entitled "Comparison of the Effectiveness of Giving Boiled Red Ginger and Mint Leaves with Lime and Honey on Nausea and Vomiting in Pregnant Women in the First Trimester at the Waepana Community Health Center". Based on the results of the Mann Whitney test, it showed a significant difference after giving boiled red ginger and mint leaves with a p-value of 0.005 <0.05, meaning there was a significant difference between the treatment groups, so it was concluded that there was a significant difference after giving boiled red ginger and mint leaves with lime and honey (Soa, 2018).

Based on the researcher's assumptions in the field, all respondents who had not been given treatment did not know the benefits of mint leaves which can reduce nausea and vomiting, especially during pregnancy, on the grounds that mint leaves were difficult to find and had never been used in the respondents' residential environment.

Reduction of Emesis Gravidarum in the First Trimester after Giving Mint Leaf Tea and Honey

Reduction of emesis gravidarum in the first trimester after administration of mint leaf tea and honey infusionMidwife Atikah, Panyabungan District, Mandailing Natal Regency, 2025, obtained the most respondentsModerate nausea and vomiting were experienced by 28 people (93.3%) and at least mild nausea and vomiting were experienced by 2 people (6.7%).

This research is in line with research (Sumarni, 2022)After conducting the Paired t.Test, it can be seen that the average intensity of nausea and vomiting in pregnant women before drinking ginger decoction was 5.66 times with SD 3.394, after drinking Ginger Juice it decreased by an average of 3.00 times with SD 1.253. Meanwhile, the average nausea and vomiting in pregnant women before being given mint leaves was 6.53 times with SD 3.440 and after drinking mint leaves it decreased by an average of 4.33 with SD 3.440.

Based on the results of the analysis, it was stated that mint leaves are effective in reducing the frequency of nausea and vomiting in pregnant women in the first trimester. This is in accordance with research conducted by (Wulandari.S.2020) with the title "The effect of giving boiled mint leaves on reducing the intensity of nausea and vomiting in pregnant women." The results showed that there was an effect of giving boiled mint leaves on reducing the intensity of nausea and vomiting in pregnant women (1). This research is in line with research conducted by (Oktaviani.2021) with research results showing that mint leaves can reduce the frequency of nausea and vomiting in pregnant women in the first trimester.

The researcher's assumption on the administration of mint leaf infusion obtained results showing that there was a change in the intensity of nausea and vomiting in pregnant women in the first trimester after being given mint infusion treatment. This is in accordance with the theory which states that mint leaves have a mild anesthetic effect that works on the gastrointestinal tract which is able to overcome or even eliminate nausea and vomiting which is in accordance with research conducted by Wulandari (2020), Parwitasari et al. (2014) and Istiqomah et al. (2017) which states that mint leaves can have an effect on reducing nausea and vomiting.

The Effect of Mint Leaf Tea and Honey on Reducing Emesis Gravidarum in the First Trimester at the Atikah Midwife Clinic, Panyabungan District, Mandailing Natal Regency, 2025

The effect of giving mint leaf tea andhoney on reducing emesis gravidarum in the first trimester at Midwife Atikah, Panyabungan District, Mandailing Natal Regency, the Wilcoxon test results showed that the mean value of emesis gravidarum pretest (before the treatment of giving mint leaf tea and honey infusion was 4.50, the mean value of emesis gravidarum posttest (after the treatment of giving mint leaf tea and honey infusion) was 0.00. This means that there was a decrease in emesis gravidarum after the treatment of giving mint leaf tea and honey infusion. Furthermore, based on the significant value (p-value) of 0.00, less than 0.05. This means that the treatment of giving mint leaf tea and honey infusion had a significant effect on reducing emesis gravidarum in the first trimester. Thus, it can be concluded

that the treatment of giving mint leaf tea and honey infusion had a significant effect on reducing emesis gravidarum in the first trimester in pregnant women.

This research is in line with research (Putri, 2021)It was found that out of 15 respondents before being given mint infusion, 4 respondents (26.7%) experienced mild nausea and vomiting, 8 respondents (53.3%) with moderate nausea and vomiting and 3 respondents (30%) with severe nausea and vomiting. After being given treatment in the form of mint infusion, there was a change to 8 respondents (53.3%) with mild nausea and vomiting, 5 respondents (33.3) with moderate nausea and vomiting, 1 respondent (6.7%) who experienced severe nausea and vomiting and as many as 1 respondent (6.7%) said they did not experience nausea and vomiting.

In theory, mint leaves have a mild anesthetic effect and contain carminative and antispasmodic effects that work in the small intestine in the gastrointestinal tract which can overcome or even eliminate nausea and vomiting (Tiran, 2008 in Afriyanti, 2017).

The study's findings indicate that mint infusions can reduce nausea and vomiting in pregnant women in the first trimester. This finding aligns with research by Wulandari (2020) that found that drinking mint water could reduce the frequency of nausea and vomiting. This finding is also consistent with research by Parwitasari et al. (2014) that showed that mint infusions can help pregnant women with nausea and vomiting. This finding is also consistent with research by Istiqomah et al. (2017) that demonstrated that peppermint infusions can reduce the frequency of emesis gravidarum.

According to researchers, a brew of mint tea and honey can reduce nausea and vomiting in pregnant women, as mint is highly effective in treating nausea and vomiting. Furthermore, mint also has other health benefits, particularly due to its essential oil content, menthol, which relieves bloating, nausea, vomiting, and cramps. It also has a carminative effect that works in the small intestine and gastrointestinal tract, thus helping to alleviate nausea and vomiting in pregnant women. Honey, on the other hand, is also beneficial for nausea and vomiting in pregnant women because it contains pyridoxine, a receptor. Another benefit of honey is that it can boost energy in pregnant women.Mint leaves contain essential oils, including menthol, which provides a cooling sensation in the mouth and stomach, preventing oral irritation or digestive problems. Furthermore, honey is also effective in reducing emesis gravidarum in pregnant women in the first trimester and can increase energy and stamina during pregnancy.

CONCLUSION

The effect of giving mint leaf tea and honey infusion on reducing first trimester emesis gravidarum in Midwife Atikah, Panyabungan District, Mandailing Natal Regency before being given mint leaf tea and honey infusion 30 people with a reduction in emesis gravidarum, namely as many as moderate nausea and vomiting, namely 24 people (80.0%) and at least severe nausea and vomiting as many as 6 people (20.0%). The effect of giving mint leaf tea and honey infusion on reducing first trimester emesis gravidarum in Midwife Atikah, Panyabungan District, Mandailing Natal Regency after being given mint leaf tea and honey infusion 30 people with a reduction in emesis gravidarum, namely as many as moderate nausea and vomiting as many as 28 people (93.3%) and at least mild nausea and vomiting

as many as 2 people (6.7%). There is an effect of giving mint leaf tea and honey to reduce first trimester emesis gravidarum in Midwife Atikah, Panyabungan District, Mandailing Natal Regency with a P value of 0.00 where P = <0.05.

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