

# Essential Oils for Nausea Research Guide



## Effectiveness of ginger essential oil on postoperative nausea and vomiting in abdominal surgery

1. Lee, Y. R., & Shin, H. S. (2017). effectiveness of ginger essential oil on postoperative nausea and vomiting in abdominal surgery patients. *The Journal of Alternative and Complementary Medicine*, 23(3), 196–200. <https://doi.org/10.1089/acm.2015.0328>

Summary: Effects of ginger (*Zingiber officinale*) essential oil for post-operative nausea (PONV) were investigated. Using the Korean version of the Index of Nausea, Vomiting, and Retching (INVR), 2 non-randomized groups of 30 were evaluated after abdominal surgery at 6, 12, and 24 h after aromatherapy administration. The intervention group was given a necklace with 0.3 ml of ginger immediately upon arrival in the post-anesthesia recovery unit (PACU), with instructions to inhale from the necklace while breathing deeply over the next 24 hours. The control group was given a necklace with 0.3 ml normal saline and the same instructions as the ginger group. Results showed that PONV was significantly lower in the ginger group than the control group at each time interval. Most notable was that the INVR measurements continued to decrease from 11.8 to 0.83, whereas the control group decreased from 11.57 to 7.20.

## Inhaled peppermint oil for postop nausea in patients undergoing cardiac surgery

1. Briggs, P., Hawrylack, H., & Mooney, R. (2016). Inhaled peppermint oil for postop nausea in patients undergoing cardiac surgery. *Nursing*, 46(7), 61–67. <https://doi.org/10.1097/01.NURSE.0000482882.38607.5c>

Summary: Thirty-four of 123 post-operative cardiac surgery patients included in a study to investigate effects of peppermint essential oil (no botanical name or GS-MS analysis provided) experienced nausea. These patients were given a nasal inhaler prepared with 3 drops of peppermint to keep at their bedside and use as needed when nausea was experienced. Peppermint provided relief of nausea in 2 minutes, while the average for relief with ondansetron was 44 minutes. Additionally, there was a statistically significant difference in the nausea scale before and after the first peppermint inhalation.



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## The preliminary effects of massage and inhalation aromatherapy on chemotherapy-induced acute nausea and vomiting: A quasi-randomized controlled pilot trial

1. Zorba, P., & Ozdemir, L. (2018). The preliminary effects of massage and inhalation aromatherapy on chemotherapy-induced acute nausea and vomiting: A quasi-randomized controlled pilot trial. *Cancer Nursing, 41*(5), 359–366. <https://doi.org/10.1097/NCC.0000000000000496>

Summary: An essential oils blend of English peppermint (*Mentha x piperita*; 2%), bergamot (*Citrus bergamia*; 1%), and cardamom (*Elettaria cardamomum*; 1%) in 100mL of sweet almond carrier oil was investigated for its effects on acute post-chemotherapy nausea and vomiting. Breast cancer participants were randomized into three groups of 25 each: massage, inhalation, and a control group. In addition to routine treatment, both experimental groups received the essential oil blend of prior to 3 cycles of chemotherapy treatments after an initial treatment with no essential oils. The inhalation group inhaled the essential oil blend for 3 minutes with deep breaths. The massage group received 20-minute foot massages. Nausea severity was found to be significantly lower for patients in both experimental groups than in the control group for all cycles post-18 and 24 hours after the treatment. Additionally, the massage group patients reported significantly lower nausea severity than the inhalation group patients in the final two treatments.



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