

EFFECT OF CUMIN–LEMON EXTRACT ON REDUCING NAUSEA AND VOMITING

DEFINITION:

Some people experience nausea or vomiting in different situations. Traditional remedies suggest using roasted cumin seeds with lemon juice to reduce nausea. This project examines whether cumin–lemon extract can help control vomiting and provide relief.

PROBLEM TO BE SOLVED:

Vomiting and nausea cause discomfort. Can a natural, homemade solution (cumin–lemon extract) prevent this effectively?

HYPOTHESIS:

If cumin–lemon extract is taken before such situations, then nausea and vomiting are reduced compared to untreated individuals.

DEPENDENT VARIABLE:

Level of nausea/vomiting relief experienced by individuals.

INDEPENDENT VARIABLE:

Cumin–lemon extract compared with plain water (control).

METHOD OF RESEARCH:

Observed family members who usually experience nausea and tested the cumin–lemon extract on them.

MATERIALS REQUIRED:

1. Roasted cumin seeds – 1 teaspoon
2. Lemon juice – 5 to 6 drops
3. Warm water – ½ cup
4. Clean container
5. Spoon for mixing

EXPERIMENTAL PROCEDURE:

1. Roast cumin seeds lightly and crush them.
2. Add 1 teaspoon of roasted cumin powder to ½ cup of warm water.
3. Add 5–6 drops of lemon juice and mix well.
4. Give this drink to the individual before nausea begins.

5. Compare relief from vomiting/nausea with control (plain water).
6. Continue testing for 3–5 occasions for consistency.

RESULTS (Expected/Observed):

Cumin–lemon extract reduced nausea within 10–15 minutes and prevented vomiting in most cases. Compared to plain water, relief was stronger and longer lasting.

CONCLUSION:

Cumin–lemon extract is an effective, cheap, and natural remedy for nausea and vomiting. Regular use before or during nausea showed noticeable relief without side effects.