



The Effect of Katuk Leaf Soup (*Sauropus Androgynus*) on the Amount of Breast Milk of Postpartum Mothers at PMB Ade Mila Marlina, Babakan Jawa, Majalengka in 2023

Dhiya Annisa Zain¹, Vianty Mutya Sari², Tonasih³
STIKes Muhammadiyah Cirebon, West Java, Indonesia

Abstract. Breast milk is the best liquid for newborns until the age of 6 months, because the components of breast milk are easily digested and absorbed by the baby's body. There are many ways to increase breast milk, one of them is by consuming traditional medicinal plants, namely katuk leaf. The purpose of this research is to determine the effect of katuk leaf soup on the amount of breast milk for postpartum mothers at PMB Ade Mila Marlina, SST. This research used pre-experimental design with one-group pre-post test design. The population in this research was all postpartum mothers who gave birth at PMB Ade Mila Marlina, S.ST for the period April-May 2023 as many as 20 people. Sampling in this research using total sampling technique. Data analysis includes univariate analysis using frequency distribution and bivariate analysis using the Wilcoxon test. The results of the analysis using Wilcoxon obtained a p value of 0.000 (<0.05). The conclusion of this research is that there is an effect of katuk leaf (*Sauropus Androgynus*) on the amount of breast milk for postpartum mothers at PMB Ade Mila Marlina, SST Kelurahan Babakan Jawa, Kabupaten Majalengka. This research is expected to be an input for further researchers to develop research related to the effect of katuk leaf on the amount of breast milk for postpartum mothers.

Keywords: Katuk leaf (*Sauropus Androgynus*), Postpartum, Amount of breast milk.

INTRODUCTION

Breast milk is a special fluid that is complex, unique, and produced by the glands of both breasts. Breast milk is the best liquid for newborns up to 6 months of age because the components of breast milk are easily digested and absorbed by the newborn's body and have the best nutrient content compared to formula milk (Azizah & Rosyidah, 2019).

Exclusive breastfeeding, according to the World Health Organization (WHO), is breastfeeding alone without giving other foods and drinks to babies from birth to 6 months old, except drugs and vitamins. However, that does not mean that after exclusive breastfeeding, breastfeeding is stopped, but it is still given to infants until the baby is two years old (Suyanti & Anggraeni, 2020).

The World Health Organization (WHO) and the United Nations International Children's Emergency Fund (UNICEF) recommend the gold standard of infant feeding, namely exclusively breastfeeding the baby preceded by Early Breastfeeding Initiation (EBI) immediately after birth and providing complementary foods when the baby is six months old and breastfeeding to continue until the age of 2 years or older (Afriyani et al., 2016).

According to the Indonesian Ministry of Health (2021), nationally, the coverage of babies receiving exclusive breastfeeding in 2021 is 56.9%, and this figure has exceeded the 2021 program target of 40%. Based on these data, the % of infants who get exclusive breastfeeding coverage in West Java province is 59.4%.

According to data from the Majalengka Health Office (2019), the target of exclusive breastfeeding coverage of less than six months is 51.8%, with an average achievement of coverage in the district of 76.7%, while local area monitoring data, the coverage of exclusive breastfeeding for 6-month infants based on the actual target per puskesmas in Majalengka Regency in 2019 is 61.0% with 11 puskesmas that are still below the target of 51.8%, including the Munjul Health Center which covers the working area of Babakan Jawa Village which only reaches percentage 37.7%. This proves that more than half of the infant population in the Munjul Puskesmas working area has not received exclusive breastfeeding until six months, and there still needs to be an increase in the success of exclusive breastfeeding.

So many efforts have been made to multiply breast milk, such as acupuncture, acupressure, and massage methods. In addition, the most common method used in the community is to consume traditional medicinal plants, including katuk leaves, moringa leaves, and papaya leaves (Yuliani et al., 2021).

The results of a preliminary study conducted by researchers on ten postpartum mothers at PMB Ade Mila Marlina, SST of Babakan Jawa Village, Majalengka Regency, obtained 6 (60%) postpartum mothers said that their milk production was not much so that babies were given additional formula, while 4 (40%) said they consumed leafy vegetables. The amount of breast milk was sufficient.

Based on this background, the author is interested in researching the effect of katuk leaves (*Sauropus Androgynus*) on breast milk production of breastfeeding mothers, and will be documented in the form of a thesis entitled "The Effect of Katuk Leaf Vegetables (*Sauropus Androgynus*) on the Number of Breast Milk of Postpartum Mothers in PMB Ade Mila Marlina, SST of Babakan Jawa Village, Majalengka Regency in 2023".

METHOD

This study used a pre-experimental design with a one-group pre-post-test design. The population in this study is all postpartum mothers who gave birth at PMB Ade Mila Marlina, S.ST, in the April-May 2023 period, with as many as 20 people. Sampling in this study used total sampling techniques. Data analysis included univariate analysis using frequency distribution and bivariate analysis using the Wilcoxon test. Analysis results using Wilcoxon.

DISCUSSION

Based on the research conducted, the following results were obtained:

Amount of breast milk	Mean	SD	N	P value
Pre	88	10.183	20	0,000
Post	167	11,288		

Based on the table above, it is known that the average amount of breast milk before being given katuk leaf vegetables was 88 cc. In comparison, after being given katuk leaf vegetables, the average amount of 45 breast milk became 167 cc. In this case, the amount of breast milk in postpartum mothers has increased by an average of 79 cc. The results of the analysis using Wilcoxon obtained a p-value of 0.000 (<0.05), meaning that there is an influence of katuk leaf vegetables (*Sauropus Androgynus*) on the amount of breast milk of postpartum mothers in PMB Ade MilaMarlana, SST of Babakan Jawa Village, Majalengka Regency in 2023.

Based on the study's results, it is known that the average amount of breast milk before being given katuk leaf vegetables is 88 cc. In contrast, after being given katuk leaf vegetables, the average amount of breast milk becomes 167 cc. In this case, the amount of breast milk in postpartum mothers has increased by an average of 79 cc. The results of the analysis using Wilcoxon obtained a p-value of 0.000 (<0.05), meaning that there is an influence of katuk leaf vegetables (*Sauropus androgynus*) on the amount of breast milk for postpartum mothers at PMB Ade Mila Marlina, SST of Babakan Jawa Village, Majalengka Regency in 2023.

The results of this study are by the theory of Apriyadi (2015), which states that increasing the amount of breast milk can be done by consuming katuk leaves in the form of decoction or clear vegetables or katuk leaf extract because it contains alkaloids and sterols that can increase the smoothness of breast milk.

In addition, katuk leaves contain vitamins A, B1, C, tannins, saponins, and papaverine alkaloids. Katuk leaves contain almost 7% protein and 19% crude fiber, vitamin K, pro-vitamin A (beta carotene), Vitamins B and C. Minerals are Calcium (2.8%), iron, potassium, phosphorus, and magnesium. Our ancestors have known Katuk leaves as a breast milk booster vegetable.

Giving katuk leaves by boiling is given to nursing mothers for one week (7 days), consumed by mothers in the morning and evening with a dose of 50 grams of katuk leaves boiled with 300 ml water. Mothers can consume this decoction of katuk leaves on the second or third day after giving birth due to the increase in baby weight on the fourth day and so on (Savitri, 2016).

Katuk leaves are classified as drugs or substances that are believed to be able to increase the amount of production of breast milk; katuk leaves are included in the family of flowering plants. Katuk leaves are also a type of ornamental plant; katuk leaves have many nutrients and compounds that function to increase glucose metabolism in the process of lactose synthesis, where the result is expected to be breast milk can meet the needs of babies, the content of phytosterols in katuk leaves which have an impact on estrogen hormones is also able to increase prolactin and breast milk production (Desnita et al., 2018).

The results of this study are also in line with the results of research conducted by Juliastuti (2019) on breastfeeding mothers at UPTD Tarogong Health Center, Garut Regency which showed that katuk leaf decoction is effective in meeting the adequacy of breast milk, also in line with the results of research by Suwanti & Kuswati (2016) at Cibogo Health Center, Subang Regency in 2016, showing that there is a significant effect of katuk leaf consumption on breast milk adequacy ($p = 0.000$). Other studies that can support this research are research conducted by Dolang et al. (2021) to determine whether there is an effect of giving katuk leaf decoction on breast milk for postpartum mothers and pre-experimental design type research with one group pretest and posttest, resulting in findings of the effect of consumption of decoction from katuk leaves with the amount of breast milk in postpartum mothers where the results are $p = 0.000$ ($p < 0.05$).

CONCLUSION

There is an influence of giving katuk leaf vegetables with the amount of breast milk because katuk leaf vegetables contain polyphenyls and steroids that play a role in the prolactin reflex or stimulate the alveoli to produce breast milk and stimulate the hormone oxytocin to spur milk production and flow. Katuk leaves also contain some aliphatic compounds. The efficacy of katuk leaves as an enhancer of breast milk production is allegedly derived from the hormonal effects of estrogenic sterol chemical compounds. It is hoped that this study can be an input for further

researchers to develop research on the effect of katuk leaves on the amount of breast milk of postpartum mothers.

BIBLIOGRAPHY

- Afriyani, R., Halisa, S., & Rolina, H. (2016). Faktor-Faktor yang Berhubungan dengan Pemberian MP-ASI Pada Bayi Usia 0-6 Bulan Di BPM Nurtala Palembang. *Jurnal Kesehatan*, 7(2), 260–265.
- Apriadi, S. (2015). Cara Mengolah Daun Katuk Untuk Menyusui. www.hellosehat.com.
- Azizah, N., & Rosyidah, R. (2019). Buku Ajar Mata Kuliah Asuhan Kebidanan Nifas dan Menyusui. In S. B. Sartika & M. T. Multazam (Eds.), *Buku Ajar Mata Kuliah Asuhan Kebidanan Nifas dan Menyusui*. UMSIDA PRESS. <https://doi.org/10.21070/2019/978-602-5914-78-2>.
- Desnita, R., Luliana, S., & Anastasia, D. S. (2018). Antiinflammatory activity patch ethanol extract of leaf katuk (*Sauropus androgynus* L. Merr). *Jurnal Ilmu Kefarmasian Indonesia*, 16(1), 1-5.
- Dinas Kesehatan Majalengka. (2019). *Profil Kesehatan Kabupaten Majalengka Tahun 2019*
- Dolang, M. W., Wattimena, F. P. A., Kiriweno, E., Cahyawati, S., & Sillehu, S. (2021). Pengaruh Pemberian Rebusan Daun Katuk Terhadap Produksi Asi Pada Ibu Nifas. *JUMANTIK (Jurnal Ilmiah Penelitian Kesehatan)*, 6(3), 256. <https://doi.org/10.30829/jumantik.v6i3.9570>.
- Kemendes RI. (2021). *Profil Kesehatan Indonesia 2021*. In Pusdatin.Kemendes.Go.Id.
- Savitri, A. (2016). *Tanaman Ajaib! Basi Penyakit dengan TOGA (Tanaman Obat Keluarga)*. Bibit Publisher.
- Suwanti & Kuswati. (2016). Pengaruh Konsumsi Ekstra Daun Katuk Terhadap Kecukupan ASI Pada Ibu Menyusui di Klaten. *Jurnal Terpadu Ilmu Kesehatan*. 2016:5(2):132-5.
- Suyanti, & Anggraeni, K. (2020). Efektivitas Daun Katuk Terhadap Kecukupan Air Susu Ibu (ASI) Pada Ibu Menyusui di Bidan Praktek Mandiri (BPM) BD. HJ. Iin Solihah S.ST., Kabupaten Majalengka. *Journal of Midwifery Care*, 1(1), 1–10. <https://doi.org/10.34305/jmc.v1i1.190>.
- Yuliani, N. R., Larasati, N., Satiawandari, & Nurbitriana, N. C. (2021). Peningkatan Produksi ASI Ibu Menyusui dengan Tatalaksana Kebidanan Komplementer. *Seminar Nasional Hasil Riset Dan Pengabdian Ke-III*, 17–27