

THE EFFECTIVENESS OF TRADITIONAL MEDICINE OF BERAS KENCUR HERBAL MEDICINE ON INCREASING BREAST MILK PRODUCTION

Rita Amelia*, Tetin Rismayanti

Bachelor in midwifery, STIKES Abdi Nusantara, Jl. Swadaya No. 7, Jatibening, Pd. Gede, Bekasi, West Java 17412,
Indonesia

*ritaamelia1408@gmail.com

ABSTRACT

Indonesian people have also long known and used medicinal plants to overcome various health problems, some traditional preparations such as *beras kencur* for breastfeeding mothers are believed to relieve disorders during breastfeeding consisting of pain and swelling of the mother, reduced breast milk and not smooth. The purpose of this study was to analyze the effectiveness of traditional herbal medicine (*beras kencur*) in postpartum and lactating mothers. This type of research is an experimental quasy one group pre post test. The intervention given was *beras kencur* herbal medicine on the quantity of breast milk production with a T-test difference test. The population and sample in this study were the number of postpartum mothers as many as 32 breastfeeding mothers. Bivariate analysis show that there is an effect of giving the extract of " *beras kencur* " for 7 days on increasing maternal breast milk and statistically the difference is considered significant, because the p-value is $0.001 < 0.05$. Traditional herbal medicine *beras kencur* extract is effective in increasing breast milk production.

Keywords: *beras kencur*; breast milk; traditional herbal medicine

INTRODUCTION

Today's lifestyle has relied a lot on natural raw materials for consumption and health. People are again using various natural ingredients, including treatment with medicinal plants (herbs). Through the World Health Assembly in 2014, the World Health Organization (WHO) recommended the use of traditional medicine (OT) in the prevention and treatment of chronic, degenerative, and cancer diseases. Traditional medicine, including herbs and herbs, will continue to be used in all countries of the world. (Baequny, 2016)(Siahaan, 2018) Indonesian people have also long known and used medicinal plants to overcome various health problems. People first knew herbal medicine before getting to know formal medical services with modern medicines. In addition to being more economical, the side effects of herbs or herbs are minimal. The proper use of natural herbs or herbs is very important so that people not only feel the benefits but also safer. (Rahayu, 2020).

Health maintenance behavior is a person's action with the aim of maintaining and maintaining health so as not to get sick and become a healing effort if experiencing illness. This behavior consists of disease prevention behaviors and health improvement and healing behaviors due to illness / disease, this is a dynamic and relative event.(Irwan, 2017) Health is a state of a person that is very important to be met and become a basic need by every individual. Health is a condition or status that is not only free from pain and discomfort, the level of productivity and well-being is also a value of health. When entering the puerperium every mother experiences concerns about her health, this begins during pregnancy.(Yustiawan, 2018) Based on research conducted said the puerperium period is a state after labor and ends when the uterus returns to its pre-pregnancy state, this period lasts for six weeks or forty days (Wahyuningsih, 2018).

The habit of consuming herbal medicine is also found in many pregnant women, during childbirth, and after childbirth (puerperium). The purpose of its use is to prevent diseases, increase endurance, increase physical strength after childbirth, and for beauty. Consumption of herbal medicine is done twice a week, every two days to every day (Rumpiati, 2022; Sugita, 2016) Consumption of herbal medicine during pregnancy is done to overcome complaints of nausea, vomiting, kemeng, aches, varicose veins and hemorrhoids. Consumption of herbs after childbirth to overcome mules, abdominal and birth canal pain, wrinkled abdominal skin, fear and anxiety. Consumption of herbal medicine for nursing mothers to relieve interference during breastfeeding consisting of pain and swelling of the mother, reduced breast milk and not smooth (Paryono, 2014) The preliminary study conducted by researchers at the research site, explained the characteristics of the ingredients for making "*beras kencur*" for postpartum mothers and explained the knowledge of the local community making kencur rice herbal medicine for postpartum mothers, to all postpartum and lactating mothers. Therefore, researchers are interested in conducting a study entitled The Effectiveness of Traditional Medicine of "*beras kencur*" in Postpartum and Lactating Mothers.

METHOD

This type of research is quantitative research and experimental quasy research design that provides intervention to one group of breastfeeding mothers or one group pre post test. In this study, researchers compared traditional herbal medicine "*beras kencur*" on the quantity of breast milk production with the T-test difference test. This research was conducted in Cipete Village, Sukajadi Village, Kragilan District, in April – May 2023. The population and sample in this study were the number of postpartum mothers as many as 32 breastfeeding mothers. Inclusion criteria: breastfeeding mothers, do not experience puerperal psychological disorders, do not experience puerperal infections, have babies who are able to breastfeed independently and healthy, willing to be research respondents. Exclusion criteria: breastfeeding mothers with pneumonia, tuberculosis, or HIV/AIDS, have puerperal infections and are on antibiotic treatment by a doctor, babies have breastfeeding disorders or congenital disorders. Breast milk measurement is done by calculating the amount of milk (in ml or measuring cup) that the mother milks or the amount of milk volume that is perceived implicitly from the results of interviews about breastfeeding frequency and breast fullness. The provision of *beras kencur* is carried out with the provision of giving 150-250ml of a mixture of rice extract and also *beras kencur* (in collaboration with traditional herbal medicine sellers).

RESULTS AND DISCUSSION

Table 1.
 Univariate analysis of breast milk volume before and after intervention

	Mean	Std Deviation	Minimum	Maximum
Volume of breast milk before giving " <i>beras kencur</i> " (in ml)	586.56	122.22	300	850
Volume of breast milk after giving " <i>beras kencur</i> " (in ml)	695.00	263.010	300	1250

Table based on the results of univariate analysis, there was an increase in the average milk production after consuming the extract of "*beras kencur*" for 7 days by 108.44 ml. In addition,

there was a significant increase in the maximum value of breast milk production after giving the extract of " *beras kencur* " reached 400 ml.

Table 2.

Bivariate analysis of the effectiveness of " <i>beras kencur</i> " extract and breastmilk production				
	Mean	P value	95% CI	
Volume of breast milk before (ml)	586.56			
Volume of breast milk after (ml)	695.00	0.001	-210.92	-5.95

Table 2 it can be seen that the results of bivariate analysis show that there is an effect of giving the extract of " *beras kencur* " for 7 days on increasing maternal breast milk and statistically the difference is considered significant, because the *p-value* is $0.001 < 0.05$. *Beras kencur* herbs, with the main composition in the form of rice and kencur rhizomes contain phenolic compounds that are known to function as antioxidants. Antioxidants and polyphenolic compound components have the ability to reduce the state of damaged cells, because they can capture free radical compounds, reduce oxidative stress, and reduce the expression of TNF- α that cause damage to cells. Scientific literature reveals turmeric found in *beras kencur* can accelerate drying in wounds and has anti-microbial, antiviral, and stimulating breast milk activity (Jalil, 2019; Saptaningrum, 2022).

Cekuh/kencur (*Kaemferia galanga* L.), its rhizome was used by 27.7% of respondents, used as a single ingredient or mixed with rice to make herbal medicine to facilitate breast milk production. The function of kencur in traditional Javanese herbal medicine is not only to facilitate the production of breast milk, but also as a body warmer and reduce pain. Ethyl Cinnamate compounds 65.98%, Ethyl p-methoxycinnamate 23.65%, (+)-3-Carene 3.42%, Beta-Pinene 2.09%, Camphene 1.67%, Hexadecane 1.61%, Alpha-Pinene 0.71%, Myrcene 0.50%, 1-Limonene 0.37% in kencur rhizomes have antifungal, anti-inflammatory, and antibacterial activity (Kriswiyanti, 2021; Hidayah, 2018).

CONCLUSION

Traditional herbal medicine *beras kencur* extract is effective in increasing breast milk production.

REFERENCES

- Baequn, A. & H. S., 2016. Efektivitas Minum Jamu (Ramuan Daun Katuk, Kunyit, Lempuyangan, Asem jawa) terhadap Produksi ASI pada Ibu Nifas. *Pena Jurnal Ilmu Pengetahuan dan Teknologi*, 30(1), pp. 51-58.
- Siahaan, S. & A. N. K., 2018. Studi kebijakan pengembangan tanaman obat di Indonesia. *Media Penelitian dan Pengembangan Kesehatan*, 28(3), pp. 157-166.
- Rahayu, Y. Y. S. A. T. & R. D., 2020. Factors affecting the use of herbal medicines in the universal health coverage system in Indonesia. *Journal of ethnopharmacology*, Volume 260, p. 112974.
- Irwan, S. K. M. & S. M., 2017. Kearifan Lokal dalam Pencegahan HIV/AIDS pada Remaja. *Gorontalo: Ideas Publisher*.

- Yustiawan, T. & N. N., 2018. Literasi informasi kesehatan nifas ibu hamil berstatus sosial menengah ke bawah. *Jurnal Administrasi Kesehatan Indonesia*, 6(2), pp. 122-128.
- Wahyuningsih, H. P., 2018. Asuhan Kebidanan Nifas & Menyusui. *Repository stikes bcm*.
- Paryono, P. & K. A., 2014. Kebiasaan konsumsi jamu untuk menjaga kesehatan tubuh pada saat hamil dan setelah melahirkan di desa Kajoran Klaten Selatan. *Interest: Jurnal Ilmu Kesehatan*, 3(1).
- Rumpiati, R., 2022. Faktor Budaya (Adat Jawa) Dengan Pengetahuan, Sikap, Dan Perilaku Ibu Dalam Perawatan Pada Masa Nifas. *Jurnal Maternitas Aisyah (Jaman Aisyah)*, 3(1), pp. 67-77.
- Jalil, M., 2019. *Pemanfaatan Curcuma longa dan Kaempferia galanga sebagai Bahan Pembuatan Jamu “ Beras Kencur ” bagi Ibu Pasca Melahirkan*. s.l., Prosiding SNPBS (Seminar Nasional Pendidikan Biologi dan Saintek) Ke-4, pp. 167–173..
- Kriswiyanti, E. e. a., 2021. Keanekaragaman Jenis Tumbuhan Bahan Ramuan “Boreh Basanbuat” Untuk Memperlancar Produksi Air Susu Ibu (ASI) di Bali. *Metamorfosa: Journal of Biological Sciences*, 8(2), p. 304. Available at: <https://doi.org/10.24843/metamorfosa.2021.v08.i02.p15..>
- Hidayah, N., 2018. Kajian Formulasi, Karakteristik Fitokimia dan Sensori Es Krim Jamu Tradisional Beras Kencur. *Profesi (Profesional Islam): Media Publikasi Penelitian*, 15(2), p. 67.
- Saptaningrum, E. C. C. & N. A. T., 2022. Analysis of the Results of Ginger and Beras kencur for increasing Breast Milk Production. *Jurnal Studi Keperawatan*, 3(2), pp. 52-61.
- Sugita, S. & W. N. H., 2016. Budaya Jawa Ibu Postpartum Di Desa Candirejo Kecamatan Ngawen Kabupaten Klaten. *Jurnal Kebidanan dan Kesehatan Tradisional*, 1(1).