



## Effectiveness of Torbangun Leaf Soup in Increasing Breast Milk Production in Breastfeeding Women in Dince Safrina Pratama Clinic, Pekanbaru City

**Berliana Irianti**

Program Studi S1 Kebidanan, STIKes Hang Tuah Pekanbaru, Jln Mustafa Sari No 5 Tangkerang Selatan, Pekanbaru- Riau

Email : [berlianairianti@gmail.com](mailto:berlianairianti@gmail.com)

**Abstrak** - Breast's milk (ASI) is not smooth or slightly thickened due to a number of variables, one of which is nursing and the awareness of the mother. The fewer frequently you breastfeed, the less milk you'll produce. The hormones prolactin and oxytocin aid in the production of breast milk. The less you breastfeed, the less milk you'll produce. As a result, many young mothers are concerned and fearful due to insufficient milk production. Greater secretion and production of breast milk stimulates protoplasmic activity in mammary gland secretory cells and secretory nerve endings, which results in increased milk secretion and is aided by the mechanism of action of laktagogums, or stimulates the lactagonist hormone prolactin. Lactation will be stimulated by mammary glands on alveolar epithelial cells. One of the attempts made in the problem of poor milk production is the use of galactagogum chemicals obtained from plants. Lactagogum (lactagogue) is one of the methods for increasing secretion and milk production. The goal of this study was to see how effective it was to boost breast milk production by giving people torbangun leaf soup. The study employed a one-group pretest-posttest design. This study took place in the Dince Safrina Pratama Clinic in Pekanbaru City from August 31 to October 7, 2020. The study's findings revealed that the p value for Ho was 0.008, indicating that Ho was rejected, and it was determined that Torbangun Leaf soup was helpful in increasing milk production in nursing women.

**Keywords :** Torbangun Leaf, Breast Milk, Breastfeeding Mother

### 1. Introduction

Breast milk can only be given to babies for the first six months of their lives if they are exclusively breastfed. Colostrum is the first fluid that the newborn receives after the mother gives birth. More protein, minerals, and antibodies are found in colostrum than in mature breast milk. Breast milk begins to form about the third or fourth day after the baby is born. Around 15 days after the infant is born, colostrum transforms into mature milk, which includes 10-17 times more immunological components than mature milk (Mangkuji et al, 2018).

Greater secretion and production of breast milk stimulates protoplasmic activity in mammary gland secretory cells and secretory nerve endings, which results in increased milk secretion and is aided by the mechanism of action of laktagogums, or stimulates the lactagonist hormone prolactin. Alveolar epithelial cells have mammary glands that induce breastfeeding (Muhartono, graharti, 2018).

The torbangun plant (*Coleus Amboinicus* Lour) is renowned as a medicinal herb among the Batak tribes of North Sumatra Province, according to research (Syukriani & Siregar, 2008). high fiber, particularly soluble fiber; also, this plant thrives and develops in the North Sumatra region, and has long been used as a vegetable by new mothers to boost milk supply. According to research conducted by (Hutajulu & Junaidi, 2013), this study was conducted to prove the hypothesis that the leaves of Bangun Bangun could help increase breast milk production, and that the leaves of Bangun Bangun were also commonly used as a source of nutrition for breastfeeding mothers in the area of North Sumatra.

According to Syarief et al., 2014, one of the attempts undertaken in the problem of low milk production is the use of galactagogum compounds obtained from plants. Lactagogum (lactagogue) is one method for increasing breast milk secretion and production, and laktagogum components are frequently used to overcome exclusive breastfeeding failure due to low secretion and milk products. Galaktogogum is

a pharmaceutical, dietary, or herbal supplement used to stimulate breast milk production. Galaktogogum is mostly sold in tablet form in Indonesia. Only a few galactogogum-based foods and beverages are now available.

According to the findings of interviews, 75% of postpartum moms are worried about not being able to deliver breast milk to their babies until 6 months, and that breast milk would become less and less fluent. The lack of awareness and information on exclusive breastfeeding, socio-cultural factors, lactation advice from health workers, and the heavy advertising of formula milk in modern/private health care facilities are all contributing to the low rate of exclusive breastfeeding (Ambarwati et al., 2013). The researcher is interested in performing a study titled "The Effectiveness of Giving Torbangun Leaf Soup on Breast Milk Production in Breastfeeding Mothers at the Dince Safrina Primary Clinic, Pekanbaru City" based on the above background.

## 2. Tables

The study employed a one-group pretest-posttest design. This study took place in the Dince Safrina Pratama Clinic in Pekanbaru City from August 31 to October 7, 2020. The participants in this study were breastfeeding moms who gave birth in September 2020 at the Dince Safrina Primary Clinic in Pekanbaru City. This study used a non-random sampling technique that included selective sampling of up to 28 people.

Editing, coding, entry, and tabulating processes are used to process data. Univariate analysis is used to explain or characterize the properties of each variable under investigation (Notoadmojo, 2013). The goal of this study was to see how much milk was produced before and after eating Torbangun Leaf Soup. At the Dince Safrina Primary Clinic in Pekanbaru City, the effectiveness of giving Torbangun Leaf Soup on breast milk production was tested. Torbangun Leaf Soup Consumption was the independent variable in this study, whereas breast milk production was the dependent variable.

### 2.1 Hasil Univariat

#### a. Analysis of Univariate Data

**Table 1.**  
Respondent Characteristics

Characteristics	Frequency (N)	Percentage (%)
<b>Education</b>		
Elementary School	3	11
Junior High School	6	21
Senior High School	14	50
University	5	18
<b>Pekerjaan</b>		
Housewife	16	57
Working	12	43
<b>Age of Mother</b>		
< 20 Years old	2	7
20 – 35 Years old	19	68
>35 Years Old	7	25

**Table 2.**

The amount of pre and post-breast milk produced after Torbangun Leaf Soup was consumed.

Frekuensi	Min	Max	Mean	Std Deviation
Pre	30	100	70	23,1
Post	110	320	189,6	50,6

#### b. Analysis of Bivariate Data

**Table 3.**

The Effects of Torbangun Leaf Soup on Breast Milk Production

	p-value
Pre	0,008
Post	

It is decided that there is a significant difference in breast milk production before and after

administration of torbangun leaf soup based on the statistical test, which yielded a p value of 0.008 and so  $H_0$  is rejected.

### 3. Analysis

The average milk production in breastfeeding mothers in the first measurement was 70 ml, while the average milk production in breastfeeding mothers in the second measurement was 189, 6 ml, according to an analysis of differences in breast milk production before (Pre-Test) and after (Post-Test) being given Torbangun Leaf Soup. It is decided that the administration of Torbangun Leaf Soup is effective for breastfeeding moms based on the statistical test, which yielded a p value of 0.008 and so  $H_0$  is rejected.

Torbangun leaves, also known as laktagogum, include saponins, flavonoids, and polyphenols that can boost breastfeeding hormones like prolactin and oxytocin, as well as vitamin C, vitamin B1, vitamin B12, beta carotene, niacin, carvakrol, calcium, fatty acids, oxalic acid, and fiber. Antioxidant, diuretic, analgesic, antitumor, antivertigo, immunostimulant, anti-inflammatory, antiinfertility, hypocholesterolemic, hypotensive, antioxidant, diuretic, analgesic, antitumor, antivertigo, immunostimulant, anti-inflammatory, antiinfertility, hypocholesterolemic, hypotensive Consuming the leaves has a meaningful effect on increasing the amounts of numerous minerals in breast milk, including as iron, potassium, zinc, and magnesium, as well as helping the infant gain weight (Warsiki in Arischa, 2018). There have been no reported negative effects from the leaves of the wake, which have been researched by a number of researchers. As a result, the wake leaves can now be utilized on all types of adults (Mangkuji et al, 2018; Syarief et al, 2014).

Torbangun Plants are relatively easy to grow anyplace, however they are rarely found in metropolitan areas and are more commonly found in Batak people's homes. These plants can be utilized as garden fences or land by those who live in rural locations. Plant wake-up plants if the community still has land that can be used for family medicinal plants (TOGA), so that alternative medicine can be employed at any time.

According to the findings of Pane, E (2020), there was a significant difference between milk production in the control group and milk production in the intervention group. The administration of Bangun-bangun leaves is effective on the milk production of post-partum mothers at the autonomous clinic of midwife Renilda Sembiring, it can be inferred. According to Damanik et al. (2006), 200 grams of leaf soup contains 2.4 grams of protein, 5.3 grams of carbs, 4.6 grams of fat, and 14.7 grams of water. The leaves have a high nutritional content and a diverse composition, particularly in terms of iron, carotene, and polyphenols.

Ariescha (2018) found a high association between the provision of wake leaves and the production of breast milk, with a R value of 0.590. Rizal (2011) did another trial in which the leaves were given to moms from the moment they gave birth for 30 days, and it was demonstrated that the leaves increased milk production by up to 65 percent every day.

The findings of this study are also supported by the findings of Bekkty, et al (2018), who investigated the effect of steeping the leaves of Bangun-bangun tea on breast milk production in breastfeeding mothers. The study's findings revealed p value = 0.000 (p value 0.05), indicating that  $H_0$  is rejected. It means that the leaves have an effect on milk production in Selayang village, the Puskesmas Completed Work Area, the Completed District, Langkat Regency in 2018. (Betty et al. 2018)

### 4. Conclusion

Based on the results of the study, it was concluded that giving Waking Leaf Soup was effective in increasing breast milk production in breastfeeding mothers at the DInce Safrina Pratama Clinic. The average result of breast milk production before giving Waking Leaf Soup was 70 ml to 189.6 ml after consuming Waking Leaf Soup. Wake up. The frequency of breastfeeding the baby also has an effect on increasing milk production, so further research needs to be done.

### 5. References

- Ai Yeyeh Rukiyah, Lia Yulianti, M. L. (2014). Asuhan Kebidanan III (Nifas). In *Narratives of Therapists' Lives*. <https://doi.org/10.1055/s-2008-1040325>
- Ariescha P, Tryaningsih U. 2019. Pengaruh Pemberian Daun Bangun-bangun (*Coleus Amboenicus* Lour) Terhadap Produksi ASI Di Desa Candirejo Kecamatan Biru-Biru Kab. Deli Serdang Tahun 2018.
- Doloksaribu, tetty herta. (2013). *Coleus amboenicus*. 1–11.

- Hutajulu, T., & Junaidi, L. (2013). MANFAAT EKSTRAK DAUN BANGUN-BANGUN (*Coleus emboenicus* L.) UNTUK MENINGKATKAN PRODUKSI AIR SUSU INDUK TIKUS. In *Indonesian Journal of Industrial Research* (Vol. 7, Nomor 1, hal. 15–24).
- Jajuli., mimi yuliani nazir. achmad. (2018). *profil kesehatan dinas kesehatan provinsi riau tahun 2018*. 3(2), 245. <http://repositorio.unan.edu.ni/2986/1/5624.pdf>
- Manguji, B., Siregar, Y., & Lovita, B. (2018). *Pengaruh Seduhan Teh Daun Bangun-bangun Terhadap Produksi ASI di Desa Selayang Wilayah Kerja Puskesmas Selesai Kecamatan Kabupaten Langkat*. 17–19.
- Muhartono, risti graharti, heidy putri gumandang. (2018). Pengaruh Pemberian Buah Pepaya ( *Carica Papaya* L .) terhadap Kelancaran Produksi Air Susu Ibu ( ASI ) pada Ibu Menyusui The Effect of Papaya ( *Carica Papaya* L .) Towards Breast Milk Production in Breastfeeding Mothers. *Medula*, 8(April), 39–43.
- Pane, E. 2020. Efektivitas Intervensi Daun Bangun-Bangun terhadap Produksi Asi Ibu Post-Partum. Fakultas Keperawatan Universitas Sumatera Utara.
- Syarief, H., Damanik, R. M., Sinaga, T., & Doloksaribu, T. H. (2014). Pemanfaatan Daun Bangun-Bangun Dalam Pengembangan Produk Makanan Tambahan Fungsional Untuk Ibu Menyusui. *Jurnal Ilmu Pertanian Indonesia*, 19(1), 38–42.
- Yusari asih, R. (2016). *buku ajar asuhan kebidanan nifas dan menyusui*. CV.Transa Info Media. [https://drive.google.com/file/d-QP-FiJDNMok4yc\\_Dw-kIFoWgRfvQKK8/view?usp=drivesdk](https://drive.google.com/file/d-QP-FiJDNMok4yc_Dw-kIFoWgRfvQKK8/view?usp=drivesdk)