

## On Mother Midwifery Care Ruling With Moringa Leaves Utilization Production To Accelerate BPM Linda Asi In Asmita, Amd.Keb Pekanbaru

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**Abstract-** Puerperal period starts after the placenta is born and ends when the tool contents back as a previous state. At postnatal breastfeeding baby breastfeeding exclusively with no specified time limit. Factors affecting milk production is less rest and nutritional status of mothers are not fulfilled, the effort to do yaitumengkonsusmsi Moringa leaf vegetable nodes and breastfeeding indefinitely in tentukan.Tujuan care to examine the use of Moringa leaf vegetable nodes to facilitate milk production in weeks The first postnatal on Ny.D P1A0H1 in BPM Linda Asmita, Amd. Keb in Pekanbaru, the test results using Moringa leaf vegetable nodes with 100 g giving a significant impact on both the mother's milk is based on the quality of breast milk. The method in this care with a case study approach, the research subject is Ny. D P1A0H1 age of 25 years, the results of care delivery Moringa leaf vegetable nodes to facilitate milk production Ny.D be smoother and increased by 50% from 70 ml before consuming Moringa leaf vegetable nodes. After midwifery care in Ny. D for 1 minggu milk production to be smooth. Hopefully this care can be made in reference to facilitate the production of breast milk in the first week post partum and health workers can improve the guidance, especially in postpartum mothers primigravida.

**Keywords:** Ruling, Moringa Leaves, breastfeeding is not smoothly

### 1. Introduction

Postpartum or puerperal period starts after the placenta is born and ends when the means of content back as a state before pregnancy (Anggriani, 2010). The care given to the mother postpartum bleeding during childbirth that prevent, detect and treat the cause of bleeding, refer if bleeding continues, exclusive breastfeeding, ensuring breastfeeding well, explain to the mother of the benefits of breastfeeding for babies and mothers (Maritalia, 2012).

Factors affecting the nutritional status of mothers milk production which may adversely affect the quantity and quality of breast milk, family support, lack of rest and stress (Asih & Risneni, 2016). Lactating mothers food intake also determines the quality and kualitasASInya, efforts to do increasing breastfeeding is feeding the baby every two hours, day and night with the duration of breastfeeding between 10-15 minutes on each breast, increasing the break and drinking, breast care, eating nutritious foods and consume Moringa leaves can also be increasing breastfeeding in mothers (Nurmiati & Besral 2010). Kelor (moringa oleifera) is one kind of medicinal plants multiguna.Daunnya often consumed as a vegetable, the research declare Moringa leaves dapatmeningkatkan milk production, Moringa leaves contain phytosterols which can be improved its excretion of breast milk for women who are breastfeeding. Moringa leaf extract contains Fe of 5.49 mg / 100 g, sitosterol 1:15% / 100 g and stigmasetol 1.52% / 100 g, the test results using Moringa leaf vegetable nodes with 100 grams of Moringa leaves provide a significant impact on both the mother's milk based the quantity and quality of breast milk.

### 2. Case method

The case method is a method of decision-making for an alternative set of alternatives based on some particular number, or standard used in decision making.

### 3. Case Study Results

**a. Management of Maternal postpartum day 3**

- 1) Subjective data
  - Main complaints: ASI not fluently postpartum day 3
  - New despite fussy baby in breast-fed, BAK  $\leq$  6 times per day, baby break  $\leq$  1 hour
  - Mother rest patterns night 7 hours and 1 hour during the day, sleep disturbances baby cries
- 2) Objective Data
  - General appearance: anxious, compomentis consciousness. Blood pressure 120/60 mm Hg, respiratory 22 x / m, Nadi 60 x / m.
  - Breast examination, there colostrum, protruding nipples, breastfeeding technique is correct, spending 70 ml of breast milk, after the pump.
- 3) Assesment  
Ao P1 H1 3 days post partum breast milk is not smooth
- 4) Management
  - Establish good relationships with clients
  - Tell the mother the results of the examination, uterine contractions and fundus
  - Mother ensure sufficient rest
  - Tell the mother to consume foods that are nutritious
  - Ensuring breastfeeding correctly
  - Tell the mother how the handling of milk production is not smooth use of Moringa leaf vegetable nodes.

**b. Management on postpartum mothers day 8**

- 1) Subjective data
  - Puerperal day 8
  - After the mother taking Moringa leaf vegetable nodes in the early morning dive 6 days
- 2) Objective Data
  - General state, blood pressure 110/80 mmHg, Nadi 60 x / m
  - Examination of the mammary clean, spending a total of 140 ml of breast milk
  - Baby feeding with a strong
- 3) Assasment  
Ao P1 H1 8 days post partum
- 4) Implementing stylists
  - Establish a good relationship with the mother
  - Tell mom examination results
  - Tell the mother to breastfeed the baby always indefinitely
  - Tell the mother to clean breast before feeding her baby
  - Tell the mother to drink water before feeding the baby
  - Giving praise to the mother

**4. Discussion**

Based on test results using Moringa leaf vegetable nodes with 100 grams of Moringa leaf is the mother increased the quantity and quality of breast milk was measured prior to consuming Moringa leaf vegetable nodes, and after consuming Moringa leaf vegetable nodes for 6 days. Mrs. mengkonsusmsi vegetable nodes 1 a day in the morning. Gauges increased milk after consuming Moringa leaf vegetable nodes using milk pump. The first day before the mother consumes vegetable nodes Moringa leaves her milk 70 ml, after the mother consumes vegetable nodes Moringa leaves on day two of their breast milk into a 78 ml increase in breast milk on day three as much as 91 ml, an increase on the fourth day to consume vegetable nodes Moringa leaves 110 ml, and on day five is not increased from the previous day as much as 110 ml, the increase occurred on the sixth day to 140 ml, an increase of 50% during the 6 days of 70 ml. Provision of Moringa leaf vegetable nodes can increase the volume of milk and the baby is not fussy after feeding on breast milk compared with the previous day is not smooth.

Factors affecting the production of non-current in the natural mother is because the pattern breaks the mother during the day and night disturbed soundly in because the baby continues to cry, other than that the food consumed by the mother is not fulfilled substance calories, nursing mothers membutuhkan 2500 calories, consisting of carbohydrates, fat protein, vegetables and fruits, therefore the nutritional status of mothers that could adversely affect the quantity and quality of breast milk (Asih & Risneni, 2016).

## 5. Conclusion

After midwifery care by using vegetable nodes Moringa leaves for 1 week, which is the first day prior to the consumption of vegetable nodes ASI 70ml, by using a breast pump, the first day mengkonsumsi vegetable nodes Duan Moringa their breast milk 78ml, the second day consume vegetable nodes Moringa leaves no experience enhancement, breast milk is still 78ml, increased terjai on the third day ie to 91 ml, on the fourth day the milk is increasing becoming 116ml, the fifth day the milk is not increased, the milk 110ml, the increase occurred on the sixth day, the milk to 140 ml, or increased milk production by 50% from 70 ml before consuming Moringa leaf vegetable nodes.

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