



Habits of Drinking Herbal Medicine in Postpartum Mothers in the Working Area of PD 'Aisyiyah Bangkalan Regency

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Abstract

The aim of this study is to find out what factors encourage mothers to take herbal medicines and what are the effects after taking herbal medicine. This research method is qualitative descriptive with a case study approach. The research subjects in this study are postpartum mothers who drink herbal medicine with inclusion criteria who do not experience complications during puerperal and are in the postpartum period. The main informants in this study were 5 people with triangulation informants of 4 people consisting of midwives, cadres, families and shamans. The methods used in this study are interviews, FGDs, and observations. The instruments used are interview guidelines and observation sheets. The data obtained is processed, analyzed and presented textually. The results of the study showed that all informants consumed jau for postpartum mothers. All of them consume instant herbal medicine in powder form. Drinking herbal medicine begins at 7 days after giving birth until 40 days of the postpartum period. The driving factor for postpartum mothers to drink herbal medicine is orders from parents and the surrounding community. The efficacy of postpartum herbal medicine felt by the informant was that the body felt healthy, increased breast milk production, tightened muscles, while the negative impact obtained was constipation. The behavior of consuming herbal medicine for postpartum mothers is seen from a medical point of view as not harmful to the health of the postpartum mother's body.

Introduction

The postpartum period is an important period for mothers after childbirth to be monitored and pay attention to the needs of postpartum mothers, because during this period there are changes in the mother's body. The fulfillment of the needs of postpartum mothers is carried out by postpartum mothers at home with their families, so with this recovery of the postpartum period can be influenced by the social and cultural behavior of the community and surrounding families. Health behaviors are inherited in an individual that affect the process of self-care (Rahayu & Hasballah, 2017) Habits often carried out by the community such as drinking herbal medicine, using corsets, and abstaining from food Beliefs and cultural beliefs about the care of postpartum mothers are still found in many communities. They believe that the culture of maternal care after childbirth can have a positive and beneficial impact on them (Sari, 2016). Results of a preliminary study in Socah Village, Bangkalan from 7 postpartum mothers, 71% of whom said that during this postpartum period, mothers drank herbal medicine and used stagen and there were 2 postpartum mothers who, in addition to drinking herbal medicine, also had the habit of abstaining from eating fish and eggs for fear of itching Ahmed et al. (2020). The consumption behavior of postpartum mothers is seen from a medical point of view as not harmful to the health of the postpartum mother's body (Zhao & Zhang, 2020; Molgora & Accordini, 2020). The composition of the herbal medicine consumed contains several

compounds that can support the recovery of maternal health, such as from kencur and temu giring Pengelly (2020). The herbs consumed can be in the form of pills or processed herbs (Feng et al., 2021). The type of herbal medicine consumed is herbal medicine to maintain immunity, keep the body lean, and increase breast milk production (Paryono, 2014; Prastiwi, 2018). The community considers herbal medicine to be non-toxic and does not cause side effects, its benefits have been tested throughout the ages and proven in humans for hundreds of years (Husen, 2023). Traditional medicine is believed to be safer than modern medicine, because traditional medicine is not so harsh and the price is cheaper (Prastiwi, 2018) Herbal medicine is a traditional herb known as a widely known treatment therapy. Approaching the community through culture by understanding the real situation is able to overcome problems that can arise and solve them as early as possible, as well as preserve local wisdom (Zahro et al., 2023). Based on this background, the researcher is interested in seeing the factors that encourage drinking herbal medicine and the effects felt after drinking herbal medicine, so that researchers can see more deeply the influence of drinking herbal medicine on individuals and socio-cultural conditions in the research site (Nsibirwa et al., 2020).

Method

This research method is qualitative descriptive with a phenomenological study approach. Phenomenological research is a type of qualitative research that sees and hears more closely and in detail individual explanations and understandings of their experiences (Nursalam, 2020). The research in this method conducts an in-depth exploration of postpartum mothers about the habit of drinking herbal medicine by observing, collecting data, analyzing information and reporting the results.

The subjects in this study were 5 postpartum mothers who drank herbal medicine as the main informant with physiological postpartum inclusion criteria, women are still in the postpartum period (0-42 days), drinking herbal medicine either homemade herbal medicine or madura herbal medicine or instant herbal medicine. The exclusion criteria in this study are postpartum mothers who are not willing to be respondents. Additional informants for the families of postpartum mothers and baby shamans, kader.

The focus of this case study is to explore the experience of drinking herbal medicine, in terms of time, frequency, type of herbal medicine, and willingness to drink herbal medicine. The instrument used in this study is a structured interview guideline for the main informant and additional informants. In addition to interviews, the researcher will conduct observations on informants to see the habits of drinking herbal medicine by making observations in 1 week to assess the frequency, type of herbal medicine, driving factors, effects after drinking herbal medicine, willingness to drink herbal medicine, and efficacy of drinking herbal medicine. The observation results are included in the observation sheet and daily record of the research subjects.

The data collection procedure was carried out by the researcher starting with permission with PD 'Aisyiyah Bangkalan, then continuing to the preparation stage, namely applying to the research subject, both the main informant and the triangulation. Data collection was carried out by conducting indept interviews with the main informants, and interviews with additional informants. The researcher conducted 2 interviews with an interval of 1 week. Interviews were carried out before observation. Interviews with additional informants were conducted 1 time after taking data with the main informant. The data collection process uses audio recorder and video media.

This research has received permission from the health research ethics commission of the University of Muhamadiyah Surabaya with a number certificate of ethics 018/KET/II.3/AU/F/2024.

Results and Discussion

This study was conducted to find out the habit of drinking herbal medicine in postpartum mothers in Bangkalan Madura Regency. Bangkalan Regency is one of the districts in Madura that is still thick with customs and culture about the tradition of drinking herbal medicine during the postpartum period. Postpartum mothers in the Bangkalan area have the habit of drinking herbal medicine after childbirth which is believed to improve the health condition of postpartum mothers, facilitate breast milk production, and restore reproductive organs as before pregnancy (Andanawarih et al., 2021). The habit of drinking herbal medicine after giving birth has existed for a long time and has become a hereditary tradition, this is strengthened by the statement of a false informant in Bangkalan Regency.

“Engkok ngenom jamu e sorro reng tuah male sehat bik asinnah lancer deddih bhejik eng norok sehat” (Tanggal 30 Mei 2024 R1/Ibu nifas)

Meaning: I drink herbal medicine told by my parents to be healthy and the breastfeeding is smooth and the baby is healthy.

The results of this study are in line with the research which stated that the most common reason for postpartum mothers in Sungai Kitano Village, East Martapura District, Banjar Regency to use traditional medicine is because of the customs/habits of parents (Pratiwi et al., 2024).

Traditional herbal medicine is a heritage from ancestors in the form of traditional herbs as one of the treatment efforts has been widely known and used by the community for the purpose of treating minor diseases, preventing the arrival of diseases, maintaining endurance and body health, and for beauty purposes (Alisa et al., 2023; Gracia et al., 2020).

The habit of drinking herbal medicine after giving birth to postpartum mothers in Bangkalan Regency is a hereditary tradition from the ancestors of the people there Muslichah et al. (2021). They drink herbal medicine every day after giving birth until 40 days of the postpartum period so that the body becomes healthy and facilitates breast milk.

“Engkok ngenom jamu molaen areh ke petto’ marennah laheran sampe’ empa’ polo areh” (Tanggal 30 Mei 2024 R2/Ibu nifas)

Meaning: I drink herbal medicine from the seventh to forty days after giving birth

Ahyanti et al. (2020) The informant's statement was supported by the statement of the triangulation informant who stated that herbal medicine after childbirth is taken for up to 40 days, namely to nourish the body, tighten muscles, close the genitals, smell good, and warm the body.

“Manfaat ngingum jemu sampek 40 are mare laher bisa manyaman ka beden, otot deddi kenceng, kemaluan bisa rapet, beden deddi ro'om ben beden deddi anak” (Tanggal 30 Mei 2024 IT 2/Keluarga)

Meaning: The benefits of drinking herbal medicine up to 40 days after giving birth can nourish the body, tighten muscles, close the genitals, make body odor fragrant, and warm the body.

From the results of interviews and observations, consuming herbal medicine every day after giving birth to 40 days of the postpartum period is believed to be able to nourish the body, promote breast milk, restore the reproductive organs as before pregnancy and childbirth, and eliminate body odor Aldwihi et al. (2021). Therefore, the tradition of the ancestors of the Bangkalan Regency community recommends drinking herbal medicine for postpartum mothers to improve the quality of health for mothers and babies (Andanawarih et al., 2021).

The postpartum period is a period where the process of recovery of reproductive organs such as the uterus, birth canal, and perineal wound recovery occurs Zhelavskiy et al. (2020). To help the recovery process during the postpartum period and to increase breast milk production, many people still use traditional medicine/herbal medicine (Pratiwi, 2018).

The habit of drinking herbal medicine has been practiced for a long time and has become a tradition in the Madura community, where many women in Madura consume herbal medicine both during pregnancy and after childbirth with the aim of facilitating the delivery process and keeping the uterus healthy after childbirth (Purba et al., 2021). Not only to maintain the condition of the uterus so that it remains healthy, postpartum mothers also consume herbal medicine to increase their breast milk production (Wardhina et al., 2019). Likewise with people in Bangkalan Regency who consume herbal medicine on the advice of their parents which is believed to increase breast milk production, nourish the body, nourish babies and tighten muscles (Wardani et al., 2023).

“Ebok se mare lahir kodu nginum jemu makle beden tetep sehat, aeng soso deddi lancar ben otot deddi kenceng” (Tanggal 30 Mei 2024 IT 3/Dukun)

Meaning: Mothers who have finished giving birth must drink herbal medicine so that their bodies are healthy, the milk is smooth, and the muscles are tight again.

This is also supported by the statement of a triangulation informant who works as a midwife who said that the efficacy of herbal medicine after childbirth is to promote breast milk and can prevent the fishy smell of puerperal blood.

“Ibu nifas e bengkalan madure sebagian raje nginum jemu mare lahir, deddi nginum jemu ria olle aing sosona deddi lancar ben makle tak beu amis dere nifas” (Tanggal 30 Mei 2024 IT 4/Bidan).

Meaning: Postpartum mothers in Bangkalan Madura mostly drink herbal medicine after giving birth. By drinking herbal medicine, it can promote breast milk and prevent the fishy smell of puerperal blood.

The habit of drinking herbal medicine after giving birth has existed for a long time and has become a hereditary tradition, this is strengthened by the statement of one of the cadres in Bangkalan Regency, that is:

“Kebiasaan ngenom jamu reng bengkalan madure re biase run temurun sakeng rong tue dolo” (Tanggal 30 Mei 2024 IT 5/Kader)

Meaning: The ability to drink herbal medicine in the Bangkalan community has become a hereditary habit from previous parents.

The consumption behavior of postpartum mothers is seen from a medical point of view as not harmful to the health of the postpartum mother's body Amann et al. (2020). The composition of the herbal medicine consumed contains several compounds that can support the recovery of maternal health, such as from kencur and temu giring. Other components build and stimulate the hormone prolactin in increasing breast milk production so that it can reduce maternal anxiety about lack of breast milk production (Dariyah & Sugiatini, 2024).

The habit of drinking herbal medicine after childbirth in postpartum mothers in Bangkalan Madura Regency is taken every day from 7 days after giving birth to 40 days of the postpartum period with a frequency of 1-2 times a day (Muslichah et al., 2021). Some drink herbal medicine once a day, some twice a day in the morning and evening. All postpartum mothers consume herbal medicine waiting for 7 days, namely after the medicine from the midwife or doctor runs out. There is no specific dosage in consuming herbal medicine. Postpartum mothers only follow the order of drinking according to the order listed on the herbal medicine packaging.

“Engkok ngenom jamu molaen areh ke petto’ marennah laheran sampe’ empa’ polo areh. Engkok menomma dukaleh seareh, gulagguh bik re sore.” (Tanggal 30 Mei 2024 R5/ Ibu Nifas)

Meaning: I drink herbal medicine from the seventh to forty days after giving birth. I drink herbal medicine twice a day, morning and evening

Although there is a difference in frequency in the habit of drinking herbal medicine to increase breast milk production in postpartum mothers, the benefits felt are the same, namely milk production in postpartum mothers increases after drinking herbal medicine Pejje / Breast Milk Booster and the mother's body feels fresh Rocha et al. (2020). From the results of the research conducted using interviews and observations to 5 postpartum mothers who drank herbal medicine during their postpartum period in Bangkalan Madura Regency, the following results were obtained: those who drank herbal medicine after giving birth, including jamu pejje to promote breast milk in powder form, they bought it at stores that already provided jamu pejje in powder form

“Macemmah jamu se eyenom langsung dedhhih melleh neng toko jamu pecinan nya putri e beddhei plastic klip ropannah bubuk essannah lok taoh. Engkok ngenom jamu e sorro reng tuah male sehat bik asinnah lancer” (Tanggal 30 Mei 2024 R3/ Ibu Nifas)

Meaning: Postpartum mothers drink herbal medicine after giving birth, there are many herbal medicines, there are also herbal medicine pejjeh so that the breastfeeding goes smoothly, buy it at the herbal medicine store.

This research is in line with the research where the most widely used traditional medicine is in the form of jamu as 37 (77.08%). The people of Jimus Village themselves use more preparations in the form of herbal medicine because herbal medicine is easy to get, namely by using plants around or buying from sellers of herbal medicine (Zumaidar et al., 2019).

The results of this study are also in line with the research where the results are that the form of traditional medicine widely used by postpartum mothers in Sungai Kitano Village, East Martapura District, Banjar Regency is *rajang*. Meanwhile, the way to use traditional medicines that are widely used is by drinking (Paryono, 2014).

From the results of the interviews conducted in addition to the mother, she felt that the body was healthy. However, there are some postpartum mothers (2 people) who experience constipation when consuming herbal medicine after giving birth.

“Khasiat dheh lebbi nyaman neng bedhen, asinnah deddhih lancar, bheden lebbi seggher. Tapeh kadang lok bisa ataeh, mon ataeh gerre”. (Tanggal 30 Mei 2024 R4/ Ibu Nifas)

Meaning: The benefits that I feel after drinking healthy herbal medicine in the body, my breast milk becomes smoother, and the body becomes fresher. But sometimes after drinking herbal medicine I sometimes experience constipation, my baby also sometimes constipated.

The side effects of hard bowel movements felt by 1 respondent can be caused by a lack of intake of vegetables and fruits during puerperium because respondents said they rarely ate vegetables and fruits during puerperium (Prastiwi, 2018; Ria et al., 2022). Behavior according to tradition is a form of belief that is formed from generation to generation that is accepted without questioning the truth Handriana et al. (2021). One of the impacts of violating traditions in a society is the existence of social tension (Kasim, 2015; Kurniati & Azizah, 2021). The people of Bangkalan Madura Regency follow the tradition of consuming herbal medicine as a habit that can improve the quality of health for mothers and babies.

Conclusion

The consumption behavior of postpartum mothers is seen from a medical point of view as not harmful to the health of the postpartum mother's body. The composition of the herbal medicine consumed contains several compounds that can support the recovery of maternal health. Other ingredients build and stimulate the hormone prolactin in increasing breast milk production so that it can reduce maternal anxiety about lack of breast milk production. Consumption of herbal medicine in postpartum mothers does not have the same reaction for all individuals. Sometimes negative impacts will arise if the mother's physical condition is declining or there is a mother's psychological condition

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