

# THE DIFFERENCES DECLINE BREAST ENGORGEMENT CONDUCTED CONVENTIONAL METHODS (BREAST MASSAGE) WITH HERB YEAST-KATU

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In the nation's development, improving the quality of human beings should be initiated as early as possible that early on that since I was a baby, one factor that plays an important role in improving the quality of human beings are breastfeeding (breast milk). Breastfeeding as possible is an important activity in the maintenance of children and the preparation of future generations in the future. It is estimated that 80% of mothers who gave birth were able to produce milk in sufficient quantities for the purposes of the baby in full without extra food during the first six months, women with poor nutrition can produce enough milk without any additional food during the first three months (Depkes, 2009)

Many studies have examined the benefits of breastfeeding exclusively in terms of lowering infant mortality, lower infant morbidity, optimize pertumbuhan baby, helping the development of children's intelligence, and help extend the distance of the pregnancy for the mother. In Indonesia, the Ministry of Health of the Republic of Indonesia through community nutrition improvement program has been targeting coverage of 6 months of exclusive breastfeeding at 80% (Depkes, 2009). However, this figure is very difficult to achieve even the prevalence of exclusive breastfeeding trends from year to year continues to decline. According to (WHO, 2002) Five out of ten women (50%) who are breastfeeding, when the late breast-feeding their babies breast milk there will be a dam, so a lot of the milk glands swollen that contain milk that has not been issued (Sarwono, 2002)

Breast swelling is the buildup of breast milk in the breast caused by breast milk is not excluded to the maximum, causing stasis breast milk. Stasis so that the mother's milk stored inside the breast (Manuaba, 2008)

Occlusion of breast milk can cause breast pain and during feeding and can increase body temperature. Handling the dam breast milk is done by conventional treatments is through

massaging the breast to remove the dam, but massage is rarely implemented due cause pain Madurese communities have a culture in the treatment of breast engorgement is to provide herb Katu and yeast. Giving herb Katu and yeast become mothers suckle choice because it serves to free breast swelling and provide comfort to the breast when compressing. It can also reduce breast pain and cold.

The content of papaverine (Soka, 2003) and the content of antipyretic and analgesic (Lee, 1996) in the leaf valve reduce pain and heat as a result of engorgement. While the yeast fermentation process heat effects. Effect of heat yeast stimulates vasodilatation of blood vessels and ducts that facilitate the ducts.

Purpose

Analyze the Difference Between Breast engorgement Decrease Breast Care massage(conventional) And The given Herb Katu-Yeast

Analyzing the differences decrease breast engorgement given conventional treatment and were given the herb Katu-Yeast

Identifying decline in women after breast swelling do massage treatments (conventional)

Identifying decrease breast engorgement in mothers after the Katu - given herb leaves Yeast

Analyzing the difference in the reduction in breast swelling performed with massage treatments (conventional) and given Herb Katu-Yeast

Benefit

Development of Science and Technology obstetric care, especially maternal and child health interventions with local culture based

Improving the quality of obstetric care, especially in the care during childbirth

Helping mothers breastfeed in addressing the breast engorgement, using local cultural wisdom

## METHOD

Research Design

Based on the research objectives, the design of the study is a Pre Experiment design (Quasi

Experiment) with methods of approach "Post Control only Design". Where researchers reveal a causal relationship by engaging a group of subjects. This means that a group of subjects was observed after the intervention

Subject	Treatment	Post-test
<b>1-10 day nursing mothers who have breastfed dam</b>	<b>X1</b>	<b>O1</b>
	<b>X2</b>	<b>O2</b>

Information :

X1 = Treatment : Treatment dam Giving milk with herb leaf Katu and yeast

X2 = Control : Nursing ASI dam by way of massage (Conventional )

O1 = Post test : Observation breast engorgement after their treatment

O2 = Post test : Observation breast engorgement in the control group

2.2 Samples

Postpartum mothers experiencing breast engorgement and willing to become respondents

2.3 Sampling Techniques

Sample selection techniques using non probability sampling (consecutive sampling) The number of samples in this study 34 people

2.4 Variables

- a. The independent variables : Giving herb Katu- yeast
- b. The dependent variables :
  - Breast engorgement after giving herb Herb Katu-Yeast
  - Breast engorgement after conventional treatment with massage ( control )

**RESULT AND DISCUSSION**

**Distribution Time There Breast Engorgement**

Table 3.1 Distribution of Time of the dam breast milk in mothers do Breast Care

Time	Treatment		%
	Massage	K-Y	
<3 day	1	6	20.6
>3 day	16	11	79.4
Jumlah	17	17	100%

Breast engorgement is due to damming of breast milk duct narrowing laktiferi or by the glands are not emptied completely. Dam breast

milk lead to the swelling of the breasts due to increased venous and lymphatic flow, causing pressure on the lactiferous ducts.

Fuller breasts feel tense and painful happened on the third day or the fourth day after delivery caused by the dam venous and lymph nodes . This is a sign of breast milk secretion started many , but spending has not been smooth , because the needs of the baby is still small compared to the production of breast milk

**Respondents who experienced Breast Engorgemen complaint**

Table 3.2 Complaints Respondents who experienced Breast Engorgement

	Complaint		
	Pain	Fever	spending breast milk is not smooth
Massage	14	10	17
K-Y	17	17	17

Based on the table of complaints respondents with breast engorgement got 100 % complained of breast milk are not fluent in the group who massaged and given Katu Yeast , and most complained of pain in the breast , and fever. Breasts feel fuller tense and painful happened on the third day or the fourth day after delivery caused by the dam veins and lymph vessels , the secretion of breast milk that has accumulated so as breasts become tense and the pressure of the breast will be increased so that the mother complained of pain and fever , and the breasts feel tenderness drain was clogged and there static on mother's milk ducts ( lactiferous ducts) locally and then going on dam

**Distribution of Respondents After Complaints do Care**

Table 3.2 Respondents Complaints After Treatment

	Complaints After Treatment			
	Pain	swollen	fever	current expenditure breast milk
K	17	0	10	17
K-Y	0	0	0	17

Breast with massage treatments by (conventional )and given the herb Katu - Yeast , all have an effect on the smooth running of breast milk. Breast pain is still felt in the control group because of massage do not decimate complaints of pain and fever . While in the treatment group (

K - Y ) content of antipyretic and analgesic drugs on herb Katu anti - yeast effect of pain and fever

**Breast Engorgement to respondents after Breast Care by conventional means and performed with Herb given Katu – Yeast**

Table 4.4 Distribution of milk to the dam after the Respondent conducted by means of a massage Breast Care and conducted with Potions given Katu – Yeast

Treatment	Breast Engorgement			
	Yes	%	No	%
M	14	82.4%	3	17.6%
K-Y	0	0%	17	100%

According to the table above , shows that 17.6 % of respondents who do not happen breast care massage Breast Engorgement and 100 % of respondents who do the treatment of breast with herb leaf valve does not occur Breast engorgement.

In this study to examine differences dam decrease of breast milk in a given treatment by means of a massage and are taken care of by providing them the concoction Katu - Yeast at 5% confidence level . Performed using Chi Square . From the calculation results with SPSS version 20 obtained chi square count > chi Square tables Ha accepted which means there are differences decrease Breast engorgement on a given conventional treatment and given herb - yeast Katu.

Table 3.5 Table Felt During Treatment

Treatment	Breast Engorgement			
	Pain	%	Cold	%
M	17	100	0	0
K-Y	0	0	17	100

**Distribution Felt During Treatment**

According to the table above, showed that 100% of Respondents were given Herb Katu-Yeast and feel comfortable at the time of the treatment(Katu Yeast), but otherwise the group that massaged complained of pain during the massage.

Drug contained in the herb Katu are papaverine , ephedrine , analgesic and antipyretic

Papaverine which is relaxing and anti-spasmodic , causing the breast of its mother dam breast milk . Based on research at 100 % of respondents who experienced dam breast milk

and breast complained tense and painful , said after the Katu herb - yeast given as much as 100 % and said soft breasts .

Content of Ephedrine give constricting effect on venous lymphatic so as reduce obstruction in the ducts laktiferi have led to breast milk to be smooth , as evidenced from the mother who complained of breast milk is not smooth 100 % prior to compress , said breast milk smoothly as much as 100 % after a given herb Katu and Yeast

The content of analgesics can reduce pain in the breast that swells evident from the results of 100% of women given herb leaf-Yeast Katu says the pain goes away, once compressed with herb leaves Katu-Yeast.

The presence of yeast in the herb provides the effect of reducing heartburn , and a feeling of comfort (cold) at the time compresses . Mothers who do compress herb leaves Katu - Yeast 100 % said feel comfortable and cool on the breasts. This is due to the effect of yeast fermentation causes the release of heat , causing heat dissipation in the breast swollen and Katu leaves high water content gives a sense of cold . This shows the effectiveness of the herb leaves Katu - Yeast compared by means of a massage for the mother massaging it 100 % complain of pain at the time of massage .

Differences in breast swelling decrease in respondents who do breast massage treatment to that given herb leaves Katu - Yeast due to differences in the reaction given on each - each treatment . Herb leaves Katu - Yeast give more effect against breast swelling because of the drug content in the leaves Katu , whereas the only massage effect of milk a static solution.

**CONCLUSION**

1. Most of the 82.4 % of mothers who do breast treatment using massage methods (conventional) had breast engorgement but 100 % expenditure breast milk to be smooth.
2. Overall 100 % of women who have done breast treatment using herbs Katu - yeast do not experience breast swelling and no fever , no pain and feel comfortable (cold) when compressing
3. There are differences in the breast engorgement in women who performed treatment using massage methods (conventional) with that taken care of by Herb Katu - yeast , that administration Katu leaf herb - yeast is more effective than massage methods (conventional) because it

can reduce breast Swelling provide a sense of comfort.

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