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The Effect Of Giving Traditional Herbs Uyup Uyup Jamu For Smooth Breast Milk Flow To Mothers In Post-Part Pangarungan Village

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Abstract

Jamu uyup uyup or in other words (gepyokan) is a herbal medicine used to increase breast milk production in breastfeeding mothers. This study aims to determine the effect of giving traditional herbal concoctions of jamu uyup uyup on the smooth flow of breast milk to postpartum mothers. This study is quantitative using primary data obtained directly from questionnaires, the population of this study is postpartum mothers in Pangarungan II Village with a total of 25 people. The sampling technique uses a purposive sampling method. Data analysis uses univariate analysis, and bivariate analysis. From the results of the bivariate analysis study, it was shown that there was a significant influence between the frequency of breastfeeding per day, the volume of breast milk, and breast feelings with the provision of traditional herbal concoctions of uyup-uyup using the chi-square test, the value was 0.00, which means it was significant because the p-value ≤ 0.05. The conclusion of this study was that there was an influence of the provision of traditional herbal concoctions of uyup-uyup on the smoothness of breast milk to postpartum mothers in Panggarungan II Village in 2025. The results of the analysis showed a significant relationship between the influence of giving uyup-uyup herbal concoctions with the frequency of breastfeeding per day (p-value ≤ 0.00), breast milk volume (p-value ≤ 0.02), and breast feelings before and after breastfeeding (p-value ≤ 0.00).

Keywords : Uyup-uyup Herbal Medicine, Smooth Breast Milk Flow

INTRODUCTION

Uyup uyup herbal medicine, or gepyokan, is a herbal medicine used to increase breast milk production in breastfeeding mothers. The ingredients vary widely between herbal makers, but generally use herbs (galangal, ginger, bengle, galangal, turmeric, katu leaves, Javanese ginger, puyang, and Javanese ginger).[1].

Indonesians have long recognized and used medicinal plants to address various health issues. They were introduced to herbal medicine before formal medical services with modern medicines. Besides being more economical, herbal medicine

and its side effects are minimal. Proper use of natural herbal medicine is crucial to ensure people not only experience its benefits but also its safety.[2]

The postpartum period is the period a woman goes through, beginning after the delivery of the products of conception (baby and placenta) and lasting up to six weeks after delivery. The postpartum period is divided into several stages. The first stage is the immediate postpartum, which occurs within the first 24 hours after delivery. The second stage is the early postpartum, which occurs after delivery until the end of the first week postpartum. The third stage is the late postpartum, which occurs from the second to the sixth week after delivery.[3]

National data from 2020 stated that 67% of all breastfeeding mothers experienced problems with breast milk production or had irregular breast milk supply. Research [6] stated that the most common reasons for stopping exclusive breastfeeding were that the baby was dissatisfied with breastfeeding alone and insufficient breast milk production. The causes of irregular breast milk production can be due to several factors, including physical and psychological factors. According to factors that influence breast milk production include maternal factors: (nutrition and fluid intake, age, parity, and nipple shape and condition), and psychological factors: (anxiety and motivation/support). Several other factors that influence irregular breast milk production include age, parity, and breastfeeding frequency [1] the mother's psychological condition nutritional status and parity and breast care [7]. Breastfeeding is also inseparable from beliefs and trust in cultural practices within society. Breast milk production is also influenced by indirect factors, such as socio-cultural and infant factors, which will affect the mother's psychology.[4]

The World Health Organization (WHO) reports that in Indonesia, only one in two infants under 6 months old is exclusively breastfed, and only slightly more than 5% of children are still breastfed at 23 months. This means that nearly half of all Indonesian children do not receive the nutrition they need during the first two years of life. More than 40% of infants are introduced to complementary foods too early, before they reach 6 months of age.[5]

Exclusive breastfeeding targets are not achieved due to various factors, including insufficient breast milk production. Efforts to increase breast milk flow include breast care, oxytocin massage, or the use of herbal remedies.[6]

The habit of consuming herbal medicine is also often found in mothers after giving birth (postpartum period), and is also widely consumed by breastfeeding mothers. The purpose of consuming herbal medicine is to prevent disease, increase immunity, and increase physical strength after giving birth. Consuming herbal medicine is done twice a week, and some even consume it daily. The benefits of consuming herbal medicine after giving birth can reduce heartburn, abdominal pain and birth canal pain, wrinkled abdominal skin and can overcome anxiety and fear. The benefits of consuming uyup uyup herbal medicine for breastfeeding mothers can alleviate problems during breastfeeding which include

pain and swelling of the breasts, reduced and irregular milk flow.[2]

One complementary therapy traditionally applied to breastfeeding mothers is consuming gepyokan herbal medicine. Gepyokan herbal medicine is a combination of various traditional Indonesian herbal plants combined in specific amounts for consumption by breastfeeding mothers. To this day, gepyokan/uyup uyup herbal medicine is still believed to be a complementary therapy that can be utilized by breastfeeding mothers to ensure the smooth production of their breast milk. The use of herbal medicine as a complementary therapy is regulated in the Regulation of the Minister of Health of the Republic of Indonesia Number 007 of 2012 concerning the Registration of Traditional Medicines and several other regulations. In Law Number 36 of 2009 concerning Health, it is stated that traditional medicine is a material or mixture of materials in the form of plant materials, animal materials, mineral materials, essence preparations (galenic), or a mixture of these materials that have been traditionally used for treatment, and can be applied in accordance with prevailing norms in society.[7]

RESEARCH METHODS

This study used a quantitative method with a quasi-experimental design using a pretest-posttest approach with a control group. This study was conducted in Pangarungan Village, Torgamba District, South Labuhanbatu Regency in 2025. This study began from June to August 2025. The population in this study were all postpartum mothers on days 1 to 10 in Pangarungan II Village, Torgamba District, South Labuhanbatu Regency. All postpartum mothers on days 1 to 10 who met the inclusion and exclusion criteria. The sampling technique for postpartum mothers in this study used a purposive sampling technique. The number of samples was determined based on the sample calculation formula for two groups, with each group (intervention and control) consisting of (1 group: 15 people). This research instrument used an observation sheet for the frequency of breastfeeding per day and a breast milk scale (if available) to measure the volume of breast milk before and after breastfeeding. Data were analyzed using the *Paired T Test* to see the relationship before and after the administration of herbal medicine.

in one group. An independent t-test was used to examine differences between the intervention and control groups. Data analysis was performed using the *Paired T Test* to examine differences before and after herbal medicine administration within one group, and using the independent t-test to examine differences between the intervention and control groups.

RESEARCH RESULT

1. Univariate Analysis

Table 1

Category	Frequency n=25	Percentage %
A little	8	32%
Enough	8	32%
Lots	9	36%
Total	**25**	**100%**

It can be seen that of the 25 respondents, based on age, the most respondents were 20-25 years old (12 respondents) and 48% were primiparous (13 respondents) and primiparous (52%). Based on education, the most respondents were high school graduates (18 respondents) and 72% were senior high school graduates.

1.1.1 giving herbal medicine

Table 4.1.2
Distribution of frequency of herbal medicine administration

Category	Frequency n=25	Percentage %
Still feels full	8	32%
Quite empty	6	24%
Empty	11	44%
Total	**25**	**100%**

It can be seen that of the 25 respondents who were given herbal medicine, there were 13 respondents (52%) and those who were not given herbal medicine were 12 respondents (48%).

Distribution of breastfeeding frequency per day

Category	Frequency n=25	Percentage %
<8 times	12	48%
≥8 times	13	52%
Total	**25**	**100%**

From table 4.1.3 it can be seen that of the 25 respondents whose frequency of breastfeeding was <8 times, there were 12 respondents (48%) and whose frequency was ≥8 times, there were 13 respondents (52%).

Frequency distribution of breast milk volume

Category	Frequency n=25	Percentage %
A little	8	32%
Enough	8	32%
Lots	9	36%
Total	**25**	**100%**

It can be seen that of the 25 respondents whose breast milk volume was small, there were 8 respondents (32%), those whose breast milk volume was sufficient were 8 respondents (32%), and those whose breast milk volume was large were 9 respondents (36%).

Frequency distribution of breast sensations

Category	Frequency n=25	Percentage %
Still feels full	8	32%
Quite empty	6	24%
Empty	11	44%
Total	**25**	**100%**

It can be seen from the results that the breasts still feel full, 6 respondents (32%) feel that the breasts are quite empty, 6 respondents (24%) feel that the breasts feel empty, 11 respondents (44%).

Bivariate Analysis

The provision of herbal medicine to the frequency of breastfeeding per day in Pangarungan II Village 2025

Breastfeeding frequency	Not Given	Given	total		p-value
<8 times	0	13	13	52%	0,000
≥8 times	12	0	12	48%	
Total	**12**	**13**	**25**	**100%**	

That of the 25 postpartum mothers who were given herbal medicine for the frequency of breastfeeding <8 times, there were 13 respondents (52%) and 0 were not given, and 12 respondents (48%) were not given the breastfeeding frequency ≥8 times and 0 were given.

Based on the chi-square results above, it was obtained that there were results from the relationship between giving herbal medicine and the frequency of breastfeeding. The p-value was 0.000, which means there is a relationship because the value is <0.005.

The relationship between the provision of herbal medicine and the volume of breast milk in Pangarungan II Village 2025

Breast milk volume	Not given	Given	Total		p-value
A little	8	0	8	32%	0.002
Enough	2	6	8	32%	
Lots	2	7	9	36%	
Total	**12**	**13**	**25**	**100%**	

Based on the results of the Chi-square statistical test, the value of giving herbal medicine with breast milk volume obtained a p-value of 0.002, which means there is a relationship because the value is <0.005.

The relationship between giving herbal medicine and the feeling of empty/full breasts in Pangarungan II Village 2025

Breast sensation	Not given	Given	Total		p-value
Still feels full	8	0	8	32%	0,000
Quite empty	2	4	6	24%	
Empty	11	0	11	44%	
Total	**21**	**4**	**25**	**100%**	

Based on the results, there is a relationship between giving herbal medicine and the feeling of empty/full breasts, there is a p-value of 0.000, which means there is a relationship because the value is <0.005.

DISCUSSION

5.1 Univariate analysis

a. Age

Of the 25 respondents, there were 12 respondents aged 20-25 (48%), 7 respondents aged 26-30 (28%), and 6 respondents aged 31-35 (52%). The mother's age determines maternal health because it is related to the condition of pregnancy, childbirth and postpartum, as well as how to care for and breastfeed her baby. Mothers who are less than 20 years old are still not mature and have not yet absorbed physically and socially in facing pregnancy, childbirth and in raising a baby in birth while mothers aged 20-35 years, according to (Arini H, 2012) are called "adulthood" and are also called the reproductive period, where at this time it is expected that people have been able to solve the problems faced calmly emotionally, especially in facing pregnancy, childbirth, postpartum and caring for their babies later.[8]

b. Parity

The majority of respondents were primiparous, 13 respondents (52%) and multiparous respondents were 12 respondents (48%).The first trimester of pregnancy starts from 0 to 14 weeks, the second trimester of pregnancy starts from 14 to 28 weeks, and the third trimester of pregnancy starts from 28 to 42 weeks. From the pregnancy event, the terms Primigravida, multigravida and grandemultigravida are also known.[9]

c. Education

Based on education, there were 3 respondents (12%) with elementary school education, 18 respondents (72%) with high school education, and 4 respondents (16%) with college

education. Education broadens a person's general knowledge (Notoadmodjo, 2016). People with higher education will respond rationally to incoming information and will consider the extent of the benefits they will gain. A person with higher education will be more receptive to new things, making information more readily accepted, especially regarding exclusive breastfeeding.[1]

It can be seen that out of 25 respondents who were given herbal medicine, there were 13 respondents (52%) and those who were not given herbal medicine were 12 respondents (48%). From table 4.1.3, it can be seen that out of 25 respondents whose frequency of breastfeeding was <8 times, there were 12 respondents (48%) and those whose frequency was ≥8 times were 13 respondents (52%).

Of the 25 respondents whose breast milk volume was low, 8 respondents (32%) had sufficient breast milk volume, 8 respondents (32%) and 9 respondents (36%) had a large breast milk volume. 6 respondents (24%) felt their breasts were quite empty, and 11 respondents (44%) felt their breasts were empty.

A breastfeeding mother typically requires more calories to maximize milk production and flow. Therefore, she should consume nutritious foods containing sufficient carbohydrates, protein, fat, vitamins, and minerals.[1]

Bivariate analysis

The relationship between the influence of breastfeeding and the frequency of breastfeeding per day, breast milk volume, and the feeling of full/empty breasts

The effect of giving uyup uyup herbal medicine on the frequency of breastfeeding per day in Pangarungan II Village in 2025

The results of the chi-square test have been obtained with a P-value of 0.000 indicating that the P-value <0.05, which means there is a relationship between the influence of giving herbal medicine and the frequency of breastfeeding per day and the relationship between the influence of giving herbal medicine and the volume of breast milk has been obtained. The results of the Chi-square test have been obtained with a p-value of 0.002, which means there is a relationship because the p-value <0.005. The relationship between the influence of giving herbal medicine and the feeling of full/empty breasts has been obtained using the Chi-square test, the p-value is 0.000, so there is a relationship because the p-value <0.005.

According to research that has been conducted by previous researchers, namely by Kumalasari[1]with the title "Provision of uyup uyup herbal medicine on the smoothness of breast milk (ASI) in postpartum mothers at the Kemangkon Community Health Center, Purbalingga Regency" the results of the study showed that there was a relationship between the influence of uyup uyup herbal medicine on the smoothness of breast milk with a P-value of 0.00.

CONCLUSION AND SUGGESTIONS

There is a significant relationship between the administration of uyup-uyup herbal medicine with the

frequency of breastfeeding per day, breast milk volume, and breast sensation before and after breastfeeding. There is a chi-square value of 0.00, which means there is a significant value ($p < 0.05$). The results of this study are expected to increase knowledge and information for mothers about the effect of consuming herbal medicine on the smooth flow of their breast milk.

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