

## RESEARCH ARTICLE

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# The Effect of Herbal Steam Bath to Increasing Breast Milk Production In Postpartum Mother

**Shinta Wurdiana Rhomadana, Dianita Primiastuti**

Department of Midwifery, STIKes William Booth Surabaya, Indonesia

Corresponding author: Shinta Wurdiana Rhomadana ([shintawurdiana24@gmail.com](mailto:shintawurdiana24@gmail.com))

**ABSTRACT** The importance of breastfeeding has strong evidence. But in reality, there are many obstacles in its implementation. Data shows that exclusive breastfeeding in Indonesia is 89.4% (2020). Physical factors due to complications or fatigue after giving birth also have an impact on breast milk production, so mothers tend to fail to exclusively breastfeeding. A non-pharmacological method that can reduce postpartum stress, increase comfort and body fitness so as to help stimulate breast milk production is the herbal steam bath. This is a culture of local wisdom that is still preserved in various parts of Indonesia as a therapy for postpartum mothers. The purpose of this study was to analyze the effect of herbal steam bath on breast milk production for postpartum mothers in Surabaya. The design of this study was a quasi-experimental (two group pre-post test design). This research was conducted on postpartum mothers in Surabaya. The study was conducted for 6 months. Determination of the sample using purposive sampling technique. The treatment group was given intervention for 1 week as much as 2x, namely Herbal Steam Bath for 5-20 minutes. Endorphin massage was performed in the control group for 1 week with a frequency of 2 times/week for 20 minutes. Each group was given a pre-test and post-test to determine the production of breast milk with indicators of increased baby weight, increased frequency of urination and defecation. Data analysis with independent T-test and Mann Whitney. The results showed that there was a significant effect of herbal steam baths on increasing breast milk production with a value of  $p = 0.012$  or  $p < 0.05$ . There was a significant difference in milk production in the treatment group compared to the control group with a value of  $p = 0.004$  or  $p < 0.05$ . Conclusion: By doing of herbal steam baths it can increase milk production.

**INDEX TERMS** herbal steam bath, milk production.

## I. INTRODUCTION

Improving the quality of life of a child is the basic capital in improving the quality of human resources of a nation. One of the efforts to optimize the quality of human resources from an early age is breastfeeding. The importance of breastfeeding has strong evidence[1]. But in reality, there are many obstacles in its implementation[2]. Based on the lasttwo Indonesia Demographic and Health Survey data, the national rate ofexclusive breastfeeding among children under 2 years has increasedfrom 32.4% in 2007 (Statistics Indonesia, National Family PlanningCoordinating Board, Ministry of Health Republic of Indonesia,2017) to 41.5% in 2012 [3], this figure is still below the national target of 80% [4]. One of the causes is that the mother's psychology plays a major role in influencing breast milk production. The stress experienced by the mother will inhibit the release of the oxytocin hormone, if there is a stress reflux oxytocin will be inhibited due to the release of adrenaline by the stress hormone that affects breast milk production[5] [6]. Physical factors due to complications or fatigue after giving birth also

have an impact on breast milk production, so mothers tend to fail to exclusively breastfeed [7][8]. A non-pharmacological method that can reduce postpartum maternal stress, increase comfort and body fitness. Previous research said that herbal steam baths have a fitness effect and faster postpartum recovery so that they can reduce the incidence of postpartum blues. Herbal steam bath is one type of therapy using warm water vapor media with natural spices[8],[9]. This is a culture of local wisdom that is still preserved in various parts of Indonesia as a therapy for postpartum mothers. Heat therapy enters the body and increases blood flow, dilates blood vessels, increases oxygen and nutrient delivery to local tissues, and reduces joint stiffness by increasing muscle elasticity, thereby increasing maternal comfort, reducing depression, improving maternal heart function so that blood circulation smoothly and can help remove toxic materials from cells and tissues, so that the body becomes healthy and the soul is calm and comfortable so that it helps stimulate the hormones oxytocin and prolactin in producing breast milk [11], [12][11],[12]. Therefore, researchers predict that the

application of herbal steam baths will more effectively affect breast milk production in postpartum mothers, so that mothers can exclusively breastfeed maximally and babies can grow optimally. In accordance with the purpose of this study, the aim of this research was to analyze the effect of herbal steam baths on the milk production of postpartum mothers in the Surabaya area.

## II. METHODOLOGY

This study uses a quasi-experimental design (two group pre-post test design). This research design aims to reveal a causal relationship between the treatment group and the control group with different treatments.

TABLE 1  
Research Design

Group	Pre-Test	Treatment	Post Test
Treat	01	X	02
Control	03	C	04

Information:

01,03 : Assessment before being given treatment.

02,04 : Assessment after being given treatment.

X : Given treatment with Herbal Steam Bath

C : Given endorphins massage treatment.

The research location is in the Independent Practice of the Lita Midwife, Surabaya. Research time for 6 months. The population is all postpartum mothers at the Independent Practice of Midwife Lita, Surabaya. Determination of the sample using purposive sampling technique. The sample size of this study was determined based on the inclusion and exclusion criteria. The target sample size for the control and treatment groups was 20 each.

Inclusion Criteria:

- 1) Physiological postpartum mother
- 2) Primipara or multipara
- 3) Postpartum mothers who breastfeed their babies exclusively

Exclusion Criteria:

- 1) Postpartum mothers who refuse to do research
- 2) Postpartum mother with baby born not alive

The study began with each group being pre-tested and post-tested to determine breast milk production based on the volume of milk released during breastfeeding with indicators of increased baby weight, increased frequency of urination and defecation. The intervention group was treated with an herbal steam bath while the control group was given endorphin massage. All interventions were given for 1 week. Herbal steam bath 2x/week for 5-20 minutes. Oxytocin massage 2x/week for 20 minutes. Measurement of the results was carried out based on the results of observations and questionnaires obtained. This research consists of independent and dependent variables. The independent variable is herbal steam bath while the dependent variable is breast milk production. Respondent data were collected using questionnaires and observation sheets by researchers.

Pre-test and post-test were conducted to determine breast milk production with indicators of increased baby weight, increased frequency of urination and baby defecation. The baby's weight gain was measured by weighing before and after treatment, then the difference was calculated. The frequency of urination and defecation of infants was assessed before and after treatment. Analysis of the description of breast milk production as follows: Enough; baby's weight increased from 0.014 to 0.028 kg/day; BAK 6-8x/day; defecate 2x/day; Not enough: Baby's weight has decreased by more than 7% of body weightborn; BAK < 3x/day; No defecation in a day[15]. Data analysis is divided into two, namely univariate and bivariate analysis. Univariate analysis to obtain descriptive characteristics of respondents, in the form of frequency distribution, percentage, mean, median, and standard deviation. Bivariate analysis is intended to determine the relationship or correlation of two variables. The statistical test used depends on the scale of the data. This study used the Wilcoxon normality test. Testing the intervention on breast milk production, namely the baby's weight with an independent T-test because the data is normally distributed and for the frequency of urination and defecation frequency using the Mann Witney test because the data is not normally distributed. The results of the significance of statistical calculations are seen with the degree of significance 0.05, if p then H0 is rejected and the hypothesis is accepted.

## III. RESULT

### A. RESPONDENT CHARACTERISTICS

The characteristics of the respondents in this study consisted of maternal age, parity, gestational age, occupation and education which can be seen in TABLE 2. Based on TABLE 2 it can be seen that of the 20 respondents in the control group the mean age was obtained was 26.5 years with vulnerable age, the youngest respondent is 21 years old and the oldest is 35 years old. Respondents' mean parity is 1.34 times with the lowest number of postpartum age is 1 – 7 days. The mean. Respondent's occupation the majority of IRTs amounted to 55%. The majority of respondents' education is high school, namely 55%. Based on TABLE 3 it can be seen that of the 20 respondents in the treatment group the mean age was obtained was 27.7 years with vulnerable age, the youngest respondent is 21 years old and the oldest is 35 years old. Respondents' mean parity is 1.8 times with the lowest number of postpartum age is 1 – 7 days. The mean. Respondent's occupation the majority of IRTs amounted to 40%. The majority of respondents' education is high school, namely 65%.

**TABLE 2**

Description of Respondent Characteristics in control Group

Characteristics		Control Group			
		Min	Max	mean	N=20 (%)
Mother's Age (years)		21	35	26.5	-
parity		1	3	1.34	-
Postpartum Age (days)		1	7	1.5	-
Profession	IRT				55 %
	Civil servant				20 %
	Private				25%
	Police / TNI				0
Education	High School				55 %
	Diploma				1 %
	Bachelor				40 %

**TABLE 3**

Description of Respondent Characteristics in Treatment Group

Characteristics		Treatment Group			
		Min	Max	mean	N(%)
Mother's Age (years)		21	35	27.7	-
parity		1	3	1.8	-
Postpartum Age (days)		1	7	2.4	-
Profession	IRT				8 (40)
	Civil servant				7 (35)
	Private				5 (25)
	Police / TNI				0
Education	High School				13(65)
	Diploma				2(10)
	Bachelor				5 (25)

TABLE 4 shows that herbal steam baths can increase milk production. This is evidenced by the increase in breast milk production in postpartum mothers, namely there are 15 mothers whose milk production is not enough then after being given treatment it decreases to only 2 people. When compared between the treatment group and the control group, there is a difference, namely where in the post-test treatment group only 10% had less milk production (2 people) while in the control group after the post-test there was an increase in the number of mothers whose milk production was less, namely from 70% to 75%.

## B. IDENTIFICATION OF BREASTMILK PRODUCTION IN POSTPARTUM MOTHERS AT BPM LITA ANGGRAENI, SURABAYA IN THE TREATMENT GROUP AND CONTROL GROUP

**TABLE 4**

Breast milk production in postpartum mothers in the Treatment Groups

Breast milk production	Group			
	Treatment		Control	
	Pre N %	Post N %	Pre N %	Post N %
Enough	5 (25%)	18 (90%)	6 (30%)	5 (45%)
Not enough	15 (75%)	2 (10%)	14 (70%)	15 (75%)
Total	20 (100%)	20 (100%)	20 (100%)	20 (100%)

## C. THE EFFECT OF HERBAL STEAM BATH TO INCREASING BREAST MILK PRODUCTION

**TABLE 5**

Results of Analysis of the EffectOf Herbal Steam Bath to Increasing Breast Milk Production

Category	Pre	Post
Negative Rank	11	0
Ties	8	19
Positive Rank	1	1
Sign 2 Tail	0.012	0.317

Based on TABLE 5 with the Wilcoxon statistical test, it is known that there is a significant effectOf Herbal Steam Bath To Increasing Breast Milk Productionin the treatment group. This is evidenced by the value of = 0.012 or <0.05. Whereas in the control group the Wilcoxon statistical test results showed that there was no significant difference in the Breast Milk Production. This is evidenced by the value of = 0.317 or > 0.05.

## D. DIFFERENCES INBREAST MILK PRODUCTIONIN THE TREATMENT GROUP AND THE CONTROL GROUP

**TABLE 6**

Results of the Analysis ofBreast Milk Productionin the treatment group and the control group

Statistics Test	
Mann-Whitney U	52,500
Wilcoxon W.	172,500
Z	-2.878
asympt. Sig. (2-tailed)	0.004

Based on TABLE 6 with the Mann-Whitney statistical test, it is known that there is a significant difference inBreast Milk Productionin the treatment group, compared to the control group. This is evidenced by the value of = 0.004 or <0.05. It

can be concluded that the effect of Herbal Steam Bath significantly increased Breast Milk Production.

#### IV. DISCUSSION

Based on the results of the study, most of the respondents had insufficient breast milk production than those who had enough breast milk. This may occur at the beginning of the puerperium. Where breast milk production will increase gradually day by day with the principle that the more often breast milk is issued, the milk production will also increase. In this study, each group was carried out pre-test and post-test to determine milk production based on the volume of milk released during breastfeeding with indicators of increased baby weight, increased frequency of urination and defecation. The intervention group was treated with herbal steam bath while the control group was given endorphin massage. All interventions were given for 1 week. Herbal steam bath 2x/week for 5-20 minutes. Endorphin massage 2x/week for 20 minutes. Measurement of the results was carried out based on the results of observations and questionnaires obtained [16]. After that it was analyzed, the results were presented and research conclusions were made. Urine production of newborns was calculated for 24 hours after the mother received treatment. The results of the calculation showed that the average urine production of newborns between mothers who received treatment and did not get a significant difference. Exclusive breastfeeding is breast milk that is given to babies from birth for 6 months, without adding and/or Replacing with other foods or drinks, including water, other than breastfeeding (except for medicines and vitamin or mineral drops; expressed breast milk is also allowed) [17]. Signs that your baby is getting enough milk: Baby's urine output at least 6-8x/day, Pups 2x/day, Babies look satisfied, sometimes feel hungry wake up and sleep enough, Baby feeds at least 10 times in 24 hours, The baby's weight increased from 0.014 to 0.028 kg/day. The baby's urine output is normal for 24 hours, the normal volume of urine for newborns is 30-50 mg, or the baby urinates 6-8 times for 24 hours, the urine color is clear yellow, if there is enough milk after feeding the baby is asleep or calm for 2 - 3 hours. In the control group, it was found to have a little milk production, even though the milk came out but the milk came out longer, namely on day 3 [15]. In TABLE 4, it can be seen that the herbal steam bath treatment for 20 postpartum mothers had a significant effect. The results of the Wilcoxon statistical test showed that there was a significant effect of herbal steam baths in increasing breast milk production in the treatment group. This is evidenced by the value of  $p = 0.011$  or  $p < 0.05$ . Meanwhile, in the control group, the Wilcoxon statistical test results showed that there was no significant difference in breast milk production. This is evidenced by the value of  $p = 0.317$  or  $p > 0.05$ .

Data shows that exclusive breastfeeding in Indonesia is 89.4% (2020). While in East Java it was 61.0% (2020), this figure is still below the national target of 80%. One of the causes is that the mother's psychology plays a major role in

influencing breast milk production. The stress experienced by the mother will inhibit the release of the oxytocin hormone, if there is a stress reflex oxytocin will be inhibited due to the release of adrenaline by the stress hormone that affects breast milk production [6]. Physical factors due to complications or fatigue after giving birth also have an impact on breast milk production, so mothers tend to fail to exclusively breastfeed. Many things can be done by mothers to increase breast milk, namely by increasing the frequency of breastfeeding, mothers must be in a relaxed state or avoid stress in this case there is psychological support from husbands, families and also midwives, breastfeeding as early as possible immediately after giving birth and consuming nutritious food with nutrients. complete, sufficient calories and sufficient water and can be assisted with the pharmacology of breast milk facilitating vitamins circulating in the community.

A non-pharmacological method that can reduce postpartum maternal stress, increase comfort and body fitness so as to help stimulate breast milk production is the herbal steam bath. Herbal steam bath is one type of therapy using warm water vapor media with natural spices. This is a culture of local wisdom that is still preserved in various parts of Indonesia as a therapy for postpartum mothers. Heat therapy enters the body and increases blood flow, dilates blood vessels, increases oxygen and nutrient delivery to local tissues, and reduces joint stiffness by increasing muscle elasticity, thereby increasing maternal comfort, reducing depression, improving maternal heart function so that blood circulation smoothly and can help remove toxic materials from cells and tissues, so that the body becomes healthy and the soul is calm and comfortable so that it helps stimulate the hormones oxytocin and prolactin in producing breast milk [11], [12]. In Maluku this tradition is known as *ba'ukup*. In the Muna Tribe, Kendari City, Southeast Sulawesi, this tradition is known as *Tomboro* therapy, in the Karo tribe, Berastagi knows this tradition as *oukup*, while in Minahasa it is known as *bakera*. *Steam bath* almost the same as bathing in a sauna but there is still humidity in the surrounding air, the principle is the same as modern health behavior, namely the process of taking a steam bath and aromatherapy from the leaf spices used. The herbs commonly used in this process are lemongrass and kaffir lime leaves, these ingredients contain bioactive compounds, especially essential oils, alkaloids that function as aromatherapy with the effect of increasing physical relaxation and refreshing for health [18], [19], [20]. In many cultures, women who have just given birth are considered to be in cold conditions, in contrast to the time when she was pregnant, which is considered to be in hot conditions [21], [22], [23]. So in cold conditions after giving birth, the mother and baby are considered to need heating. In the Karo community, for example, women who have just given birth are required to sleep with their babies near the waiting kitchen for about 10 days while being heated by hard wood which is burned continuously to warm their bodies.



In a study entitled "Warm Steam Therapy to Increase Breast Milk Production of Post-Partum Mothers" conducted by Rosnani, Jawiyah, Mediarti, Devi, 2019 at the Puskesmas in the Palembang area who examined around 64 samples which were divided into 32 treatment groups given steam bath therapy and 32 control groups showed that the average milk production increased after treatment[6]. So it can be concluded that treatment with warm steam therapy is very beneficial for the health of postpartum mothers and can be used as an alternative to non-pharmacological treatment. Many health benefits obtained from herbal steam baths include: make the postpartum mother's body stronger, not weak, and even 3-4 days after giving birth the mother is able to carry out daily activities on her own; Muscle relaxation, reduce stress; Cleans toxins from the body. In the process of taking a steam bath, it will help remove dirty blood because it is usually in the form of patches or blood clots that are dark red in color, while the poison itself is excreted through sweat; Promotes blood circulation, Lowers blood pressure; Increased blood flow throughout the mother's body has an impact on the LDR (let down reflex) in the process of expulsion of breast milk so that it can accelerate milk production ; Warm mother. After giving birth, mothers usually experience cold, this is due to the birth process which releases a lot of blood and blood circulation is not normal so that the body feels cold, because one of the functions of blood is to warm the body. So that through the process of evaporation that produces heat, it can launch blood circulation again and provoke appetite, so that through the process the body can warm again[24][25][6], [18]. Therefore, according to researchers, giving *herbal steam bath* can be considered as an alternative way to increase breast milk production in postpartum mothers that is safe and easy than the use of pharmacological drugs. After giving behavior to respondents said that they felt relaxed and comfortable. benefits either directly felt by their bodies or their minds. Steam baths and massages given can create a relaxation response, increase metabolic processes, improve lymphatic tissue function, accelerate muscle healing and relaxation, reduce muscle tension and stress levels.

#### IV. CONCLUSION

The purpose of this study was to determine the effect of herbal steam bath on the production of postpartum mother's milk. Of the 40 samples which were divided into 20 treatment groups who were given steam bath therapy and 20 control groups showed that the average milk production increased after treatment. So it can be concluded that herbal steam bath is very beneficial for the health of postpartum mothers and can be used as an alternative to non-pharmacological treatment.

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