

**THE EFFECT OF COMPLEMENTARY *AMPELOCISSUS RUBIGINOSA L*
THERAPY ON THE DECREASE IN POSTPARTUM FUNDAL HEIGHT,
PALANGKA RAYA CITY, CENTRAL KALIMANTAN**

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ABSTRACT

Background: Post partum recovery of the reproductive organs, especially the uterus, should occur immediately. The uterus should return to its pre-pregnancy size. Treatment to restore maternal health status during the post-partum period was carried out by the Dayak community using the Tawas Ut herb (*Ampelocissus rubuginosa L*). This study aimed to determine the effect of Tawas Ut herbs on reducing the fundal height in post partum mothers.

Subjects and Method: This was an experimental study using pre-post test with control group design. A total of 59 post-partum mother were enrolled in this study. The dependent variable was postpartum fundal height. The independent variable was Tawas Ut herbs. The data were collected using questionnaire and measuring the fundal height. Data were analyzed using independent t-test.

Results: There was a significant difference in mean fundal height between before and after the intervention period with a difference in fundal height of 10.45 cm or a change of 84%, and it was statistically significant ($p < 0.001$).

Conclusion: As part of traditional herbal health services, the use of Tawas Ut complementary therapy is recommended to be used as a companion to standard post partum mother service programs to support government programs to reduce maternal morbidity and mortality due to post partum problems.

Keywords: complementary therapy, tawas ut, fundal height, post partum

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