

THE EFFECT OF KATUK LEAF (*Sauropus androgynus*) DRINK CONSUMPTION ON BREAST MILK PRODUCTION IN EAST LAMPUNG

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ABSTRACT

Background: Breastfeeding is one of the best investments for survival and improving the health, socio-economic development of individuals and nations. Increasing the optimal practice of breastfeeding according to the recommendations can prevent more than 823,000 child deaths and 20,000 maternal deaths each year. Efforts to increase milk production can be done by doing breast care from an early age and regularly, improving breastfeeding techniques, or by consuming foods that can affect milk production. This study aimed to determine the effect of Katuk leaf drink consumption on breast milk production among breastfeeding mothers.

Subjects and Method: This was a before and after one group with no control quasi-experiment conducted at breastfeeding mother, at PMB Iva Dwi Kustianingrum Rantau Fajar, East Lampung in 2021. A total of 18 breastfeeding mothers were selected for this study. The dependent variable production in breastfeeding mothers. The independent variable souropus androgynus drink. The data were collected by using primary data observation and interview. The data were analyzed by non-parametric statistical test using the McNemar hypothesis test.

Results: Milk production is greater after drinking *Sauropus androgynus* than before ($p < 0.001$).

Conclusion: Katuk leaf drink increases milk production among breastfeeding mothers.

Keywords: *Souropus androgynus*, breastfeeding adequacy, breastfeeding mother.

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