

Breast-Pren (Pain Reliever) As A Natural Compress Innovation To Reduce Breast Milk Dam In Breastfeeding Mothers

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Abstract

Based on research (Apriani, et al 2018), the most common breastfeeding problem is breast swelling due to breast milk dams that cause breast milk not to come out smoothly. Cold compresses are one solution to the problem. Indonesia is a region rich in natural resources. These natural resources are not only used for food, but can also be an alternative medicine. Red betel is a plant that has a pain-reducing effect. The content of cabbage leaves helps in increasing blood perfusion to the swelling area, dilates capillaries and acts as a counter barrier so as to reduce swelling and inflammation of the breast so that milk flows. Based on the description above, the author makes a product innovation, namely "Breast-Pren" which is a compress containing aloe vera, red betel and cabbage ingredients which are good for reducing breast swelling due to breast milk dams in nursing mothers.

Keywords: Breast; Red Betel; Cabbage; Aloevera

INTRODUCTION

In 2015 there were 95,698 (66.87%) postpartum mothers who experienced breast milk dams, and in 2016 there were 76,543 (71.10%) mothers who experienced breast milk dams with the highest rate in Indonesia (37.12%) (MOH RI, 2017). According to research by the Indonesian Health Research and Development Agency in 2018, the highest incidence of breast milk dams in Indonesia occurred in working mothers as much as 16% of breastfeeding mothers (Ministry of Health, 2019).

Breast care aims to keep the breasts healthy and prevent infection (Saryono, 2014). The handling of breast milk dams in Indonesia uses lactation massage techniques by gently kneading the mother's breasts starting from the areola to the mother's nipple and applying warm compresses to the mother's breasts that are swollen. Cabbage leaf compress is proven to reduce swelling in swollen areas of the body. This procedure is a procedure that uses the body's natural response to substances contained in cabbage which are absorbed by the skin and the cold effect of cabbage which causes a decrease in pain and swelling in the breast.

Cabbage or cabbage is also rich in sulfur content which is believed to reduce breast swelling and inflammation (Anik Maryunani, 2017).

Based on research conducted by Siti Rofi'ah, Istu Putri Rahayu and Nuril Nikmawati, statistically there is a difference in the degree of breast swelling before and after being given a red betel leaf compress. This is due to the content of flavanoids, plevanolads, tannins, and essential oils (Siti Rofi'ah, et al, 2020).

Emilda (2017) "the effect of aloe vera compresses on breast pain in the postpartum period at the BPM Mardiah & BPM Klahijah Langsa City clinic". The results showed that there was an effect of aloevera compresses affixed to the breast to reduce breast pain. Allyprokatecol and carvocrol compounds will help stretch the painful breast muscles due to too much milk release. Aloe vera has many benefits, in addition to curing various diseases, making food and for beauty. Based on the description above, the author makes a product innovation, namely "Breastpren" which is a compress containing aloe vera, red betel and cabbage which is good for reducing breast swelling due to breast milk dam.

METHOD

Includes research design, population and sample, development of research instruments, data collection techniques, and data analysis techniques, which are described briefly.

DISCUSSION

Breastpren is an innovative product that is useful for postpartum mothers who experience complaints of breast milk dams or breast swelling. Packaged in a package that has been designed as practical as possible so that it can be easily used by mothers who have just given birth or women who have problems with their breasts such as swelling. With the main ingredient of cabbage leaves which has a high sulfur content so it is believed to reduce breast swelling and inflammation. Cabbage leaves contain sinigrin (allylisothiocyanate) rapine, mustardoil, magnesium, oxylate, and sulfur and have antibiotic, anti-irritant, and anti-inflammatory properties. The cabbage leaf content helps in increasing blood perfusion to the swollen area, dilates capillaries and acts as a counter agent thereby reducing breast swelling and inflammation so that milk flows. Cabbage leaf compress and regular compress are both effective for reducing breast swelling in postpartum mothers, but it was found that cabbage compress was more effective for reducing pain in the breasts of postpartum mothers compared to regular leaf compress. Related to this, the authors added the composition of Aloe vera and red betel leaves to increase the effectiveness to relieve breast swelling. According to Marella et al (2023).

In addition to cabbage leaves, according to Palaniappan, Sengottiyan and Saravanan (2012) betel leaves can overcome inflamed breasts in nursing mothers. Betel leaves contain flavanoids, poleanolads, tannins, and essential oils (Hermiati et al., 2013). Empirically, these substances have the effect of disappearing pain and swelling. Similar research was also conducted by Tonahi, Nuryanti and Suherman (2014) which states that red betel leaf extract (*Piper crocatum*) has an IC50 value of 47.45 ppm and is included in a very strong antioxidant group. Aloe vera compress has aloe vera leaf content there are two types of liquid on aloe vera leaves. The first liquid is a clear liquid like jelly (mucus), this liquid contains anti-bacterial and anti-fungal substances, as well as salicylates that can stimulate fibroblasts (skin cells that function to heal wounds). Therefore, aloe vera can heal wounds, soak pain, and is efficacious as an anti-swelling (Yuza, et al., 2014). Aloe vera compresses applied to painful breasts are useful for reducing breast pain. Allyprokatecol and carvocrol compounds will help stretch the painful breast muscles due to too much milk release (Emilda, 2017).



Figure 1. Beastpren Innovation Product

DISCUSSION

According to research conducted by Hermiati (2013) red betel leaves contain flavanoids, poleanolad, tannins, and essential oil 4.2%. Empirically these substances have an effect on reducing and even eliminating the incidence of pain and swelling in the breast. 70% ethanol extract of red betel leaf has antidiabetogenic activity (Alfarabi, 2010). Tannins and saponins in red betel can function as antimicrobials for bacteria and viruses (Mardiana, 2012). 100 grams of betel leaf contains the following nutrients: - Vitamin A: 1.9-2.9 mg - Vitamin B1: 13-70 mcg - Vitamin B2: 1.9-30 mcg - Nicotinic acid: 0.63-0.89 mg - Protein: 3% - Iodine: 3.4 mcg - Sodium: 1,1-4,6%. Cabbage contains vitamin A, iron, vitamin B6, and folate. These nutrients are essential for many important processes in the body. For example,

energy metabolism and the normal functioning of the nervous system. The antioxidants in it protect the body from damage caused by free radicals. The content of aloe vera, namely anthraquinone which functions as an anti-inflammatory, tends to help in pain reduction. (Mardiana, 2012).

How to use this compress initially there are 2 ways, namely by slipping the compress into the bra worn by the mother. The second way is by using a waterproof plaster (Non Woven) and then glued to the mother's breast, this adhesive sticks to one part of the compress where the other part of the compress is attached to the mother's breast. After experimenting with these two methods for postpartum women, both have their own weaknesses and advantages, the author concludes that the second method is more effective than the first method, because it does not make the mother's bra dirty and minimizes making the bra wet, and makes it easier for the mother to move because the compressant is perfectly attached to the breast. While the first method is less effective because it will make the mother's bra dirty and seep a little but make it easier for the mother because it directly slips the compressant into the bra.

The main basic ingredients of breastpren itself are red betel and cabbage, to process it is not too difficult because it only mixes 3 ingredients that have been processed before, but for the storage method of this product is a little difficult because this product must be placed in a cold place. Another drawback is that when using it is also less effective because there is no support when the compress is attached to the breast, so that the mother is a little difficult to move, and it must also be used immediately because this product cannot last long at room temperature. This compressant also seeps a little so that it produces a color that is not good and a little pale. In addition, many people do not really know about the efficacy of cabbage leaves so that people think that cabbage is not suitable for overcoming the problem of breast swelling.

CONCLUSION

Based on the results of this innovation project, it can be concluded that making compresses from red betel leaves and cabbage is very helpful for women, especially postpartum mothers who experience problems with their breasts such as swelling, pain, burning, and when held it feels hard and painful. This compress is a new innovation to help women, especially postpartum women as the main target. By doing the process of making this compress ourselves, we are sure that the compress we made is very good and has many benefits because it is made with natural ingredients that contain many benefits, therefore this

compress is highly recommended for women who experience problems with their breasts, especially in postpartum mothers.

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