

PEMANFAATAN SARI JINTEN HITAM UNTUK MELANCARKAN ASI

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SUMMARY

Background : Black cumin (*Nigella sativa*) is a member of the ranunculus family that has white or pale green flowers that turn black when exposed to air. *Nigella sativa* or also known as Blackseed (English) or Black Seed (Bedouin) is a species of flowering plant native to Southwest Asia (Mukhtar, 2019). This plant contains fatty oils (3638%), protein, alkaloids, saponins, and essential oils (0,% -2.5%). The main components of fatty oils will be unsaturated fatty acids, arachidic acid and eicosadieonic acid. volatile contains more thymoquinone(27.8%-57%),cymene(7.1%-15.5%),carvacrol(5.8%-11.6%),tanethole(0.25% -2, 3%), terpineol (2.0%-6.6%), and longifolin (1.0%-8.0%). This method using black cumin will be extracted into black cumin extract in capsule form to make it easier for mothers to consume it. How to consume it 1-2 times a day 1 capsule after eating. **Method:** Application of black cumin extraction to launch breast milk through poster media. **Result:** The media produced by the Final Project is in the form of posters that can be distributed directly to the public or directly to breastfeeding mothers and postpartum mothers. **Conclusion :** As a media to promote education and information for the community, especially breastfeeding mothers regarding the use of black cumin to promote breastfeeding.

Keywords: *Promote breast milk, black cumin extraction, poster*