

# **THE EFFECT OF BINAHONG (ANREDERA CORDIFOLIA) LEAF DECOCTION ON PERINEAL WOUND HEALING IN POSTPARTUM WOMEN**

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## **ABSTRACT**

**Background:** Perineal wounds occur due to suboptimal labor, a rigid perineum, a large baby and a birth attendant. The postpartum period is a period of healing and change, or a time of returning to the original state, several things can occur during the postpartum period, one of which is infection during the postpartum period, infections that will occur, one of which is infection of the birth canal or perineal wound infection, infection of the perineum can spread to the bladder and birth canal which has an impact on the onset of infectious complications. Binahong contains active compounds that have activity as antibacterial, antiviral, antifungal, analgesic, and anti-inflammatory. The content of secondary metabolite compounds in binahong are flavonoids, triterpenoids, steroids, alkaloids, phenols, and saponins and vitamin C content for collagen formation and accelerating healing. **Objective:** This study aims to determine the effect of binahong (*Anredera Cordifolia*) leaf decoction on perineal wound healing in postpartum women. **Methods:** This research is a quantitative study with Pre-experimental design with research design using Pretest and Posttest. The sample of this study were 20 respondents. Data analysis using the Wilcoxon signed rank test to determine the effectiveness of this study. **Results:** Giving binahong leaf decoction in healing perineal wounds with a p-value of 0.000 ( $<0.05$ ) so that  $H_a$  is accepted. **Conclusion:** This study concludes that the administration of binahong leaf decoction is very effective for healing perineal wounds in postpartum women.

**Keywords:** *Perineal Wound, Binahong Leaf, Puerperium*