

CONSUMPTION OF KATUKAN LEAVES EXTRACT TO INCREASE BREAST MILK PRODUCTION

Wulan Ayu Ning Septiyani
wulanayuning.17@gmail.com
Midwifery Diploma III Study Program
Faculty of Health Sciences, University of 'Aisyiyah Surakarta
Rina Sri Widayati¹ Sri Kustiyati²

SUMMARY

Introduction: *The puerperium starts from 2 hours after delivery of the placenta to 6 weeks (42 days) after that. Puerperium is a period of recovery, starting from the completion of labor until the uterus equipment returns to its original state like it was before pregnancy. Many problems that arise during the puerperium are one of which is very little milk production. Exclusive breastfeeding is a baby who is only breastfed, from the age of 30 minutes postnatally until the age of 6 months without any additional. One way to increase milk production is by consuming katuk leaf extract. Katuk leaves contain compounds that can stimulate the prolactin hormone so that breast milk increases.* **Purpose:** *To publish the results of previous research, namely the provision of katuk leaf extract to increase breast milk production.* **Method:** *The method used is to make an output in the form of a pocket book to be published to the public.* **Results:** *The administration of katuk leaf extract which was consumed by postpartum mothers on day 2 as much as 3 times a day for 15 days.* **Conclusion:** *The consumption of katuk leaf extract is proven to accelerate breast milk production in postpartum mothers.*

Keywords: *postpartum, breast milk, katuk leaves*