

**GIVING BLACK SEED TO LAUNCH MILK PRODUCTION IN NURSING  
MOTHER**

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**ABSTRACT**

**Background:** *The labor process can affect milk production because it tends to experience lactogenesis more slowly. This is one of the factors that breast milk is not smooth at the beginning of labor. One of the treatments that can be done to smooth breast milk production is the consumption of black seed'. Because black seed contains lagtgonum which serves to launch milk production. **Objective:** Knowing the effect of giving black seed on the smooth production of breast milk in breastfeeding mothers at PMB Midwife Ning Tawangmangu District. **This research method** uses the quasy experimental method with a Post test control group design, the research sample uses accidental sampling totaling 30 breastfeeding mothers on days 3-14 postpartum which are divided into 2 groups, namely 15 control groups and 15 experimental groups. **Results:** The results of bivariate analysis using the Mann-Whitney test obtained results after the black seed experimental group and the control group  $p = 0.000$ . **Conclusion:** There is a significant difference in the smoothness of breast milk between those who are given black seed and those who are not given black seed in PMB Midwife Ning, Tawangmangu District.*

**Keywords:** *Smooth breastfeeding, black seed'*