

**BELT LEAVES BOILED WATER TO REDUCE WHITENESS IN WOMEN
OF FERTILIZING AGE THROUGH
THE MEDIA OF POCKET BOOKS**

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SUMMARY

Background; Data from the Central Java Provincial Health Service shows that in 2022, there will be 1,234,567 cases of vaginal discharge reported throughout Central Java. Of this number, 823,456 cases (66.7%) were physiological vaginal discharge and 411,111 cases (33.3%) were pathological vaginal discharge. Health education using pocket books is one way to increase knowledge and awareness about handling vaginal discharge. Reducing vaginal discharge can be done using non-pharmacological methods, one of which is using betel leaves. Rasulullah Sallallahu Alayhi Wasalam has given an example of the use of plants to treat various diseases. This effort is called "Thibbun Nabawi". Betel leaves contain tannins, flavonids, saponins, phenols, steroids, alkaloids and essential oils. **Objective;** Increase knowledge, awareness about vaginal discharge, and non-pharmacological treatment. **Method;** Using pocket book media to provide an Information Communication and Education (KIE) approach created using the CanvaPro application. **Results;** Trials showed that the pocket book was interesting, easy to understand, and contained complete information about vaginal discharge and how to treat it using boiled betel leaf water. **Conclusion;** This pocket book media is useful for increasing awareness of women of childbearing age so that they can take steps to prevent vaginal discharge, and increase knowledge about the causes, types and impacts of vaginal discharge so that later they can form good habits in everyday life..

Keyword ; Betel Leaf Boiled Water, Vaginal Discharge, Pocket Book