


Use of herbal medicine to treat complaints during pregnancy

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Article Info	ABSTRACT
Keywords: Herbal medicine, Tradisional medicine, Pregnancy, treat.	These complaints during pregnancy usually result in pregnant women self-medicating by using over-the-counter (OTC) medications, seeking prescribed medications, or using herbs. Herbal products are preferred over prescription drugs because it is believed that herbs are safer for the fetus than modern drugs. This research is a quantitative descriptive research. The purpose of this study was to identify the use of herbal medicine in pregnant women in dealing with complaints during pregnancy. This research was conducted in Bima City in September 2023 with a sample size of 34 pregnant women. The analysis used was univariate analysis by calculating the frequency distribution. The results of the study obtained were herbal ingredients that were often used to overcome during complaints consisted of turmeric temulawak kencur ginger cloves nutmeg guava leaves bidara bark garlic bangle Javanese chili, the type of preparation that was often used was consuming concoctions / decoctions and the use of shaken parems such as betel nut by 56% and the least use of concoctions / decoctions by 3%. Based on the indication of use, most pregnant women use herbal medicine to overcome nausea and vomiting and lack of appetite, each by 41%, and based on the desired effect, most pregnant women get a relaxing or calming effect by 94%.
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INTRODUCTION

Pregnant women usually experience complaints and discomfort during pregnancy such as nausea, vomiting, lack of appetite in the first trimester, low back pain and vaginal discharge in the third trimester. Pregnant women often still use non-pharmacological therapies such as using traditional medicine and giving aromatherapy. Traditional medicine is an ingredient or concoction of ingredients in the form of plant materials, animal materials, mineral materials, medicinal preparations (galenik) or not only derived from herbal plants or medicines, but also derived from herbs or herbs sold in the market so that it is known as herbal medicine (Ahmed, dkk. 2018).

Complaints during pregnancy usually result in pregnant women self-medicating by using over-the-counter (OTC) drugs, seeking prescribed drugs, or using herbs. Herbal products are preferred over prescription drugs because it is believed that herbs are safer for the fetus than modern drugs (Ahmed, dkk. 2018). A tradition often practiced by the Bima-Dompnu tribe from ancient times until now that is believed by previous generations to have been used and proven by the experiences of previous generations utilizing traditional

medicinal plants is called sampuru. This tradition is very popular among pregnant women because it is believed to treat various diseases such as fever, flu, aches, for pregnant women who have given birth and breastfeeding mothers, as well as for children who often wet the bed. The medicinal plants used in this sampuru tradition include areca nut, betel leaf, cloves, nutmeg, pepper and ginger. The utilization of medicinal plants in the sampuru tradition is inseparable from the content of medicinal plant chemicals derived from secondary metabolism in these medicinal plants.

According to the WHO (World Health Organization), by 2021, countries in Asia, Africa, and Latin America will use herbal medicine to complement the mainstream treatment they receive. Even in Africa as much as 80%. Based on the Regulation of the Minister of Health of the Republic of Indonesia which states that as much as 40% of the Indonesian population uses traditional medicine and as much as 70% are in rural areas, around 59.12% of Indonesians have consumed herbal medicine. As many as 95.6% feel that herbal medicine is effective in improving health. The population uses traditional medicine for primary treatment (World Health Organization, 2021).

Traditional medicines that can be used by pregnant women such as aroma therapy, parem, decoction or brew from ingredients that are safe for use in pregnant women. The ingredients used include ginger to treat morning sickness, papeermit to treat nausea, chamomile to treat insomnia, betel leaf decoction to treat vaginal discharge, cloves and areca nut added to parem, temulawak to increase appetite, wake-up leaves to treat fever, garlic, celery to reduce high blood pressure, green tea as an antioxidant (Birdee et al., 2014).

METHODS

This research was conducted in Bima City, namely in the Penana'e Health Center Working Area in September 2023. This study used a quantitative descriptive method. The population in this study were all pregnant women in the Penana'e Health Center working area as many as 34 people. Determination of the sample is by total sampling technique, namely the number of samples is the same as the population. The instrument used is a questionnaire. The number of questions in the questionnaire was 4 questions containing information about the use of herbal medicine in overcoming complaints during pregnancy. Data collection was carried out by giving questionnaires to pregnant women who performed pregnancy checks. Data analysis was carried out in a univariate manner, namely looking at the frequency distribution Respondents were explained about the purpose of the study and signed informed consent if they were willing to participate in the study.

RESULTS AND DISCUSSION

Frequency distribution of respondent characteristics based on age

Age	Frekuensi(f)	Presentase (%)
<20 Years Old	7	20,6
20-35 Years Old	25	73,5
>35 Years Old	2	5,9
Total	34	100

Based on the table above, it shows that of the 34 pregnant women, most are in the age category of 20-35 years, namely 25a people (73.5%) and a small portion are in the age category >35 years, namely 2 people (5.9%).

Frequency distribution of respondent characteristics based on education

Education	Frekuensi (f)	Presentase (%)
Basic (SD,SMP)	4	11,8
Midle (SMA)	19	55,9
ACADEMY (Akademi/Perguruan Tinggi)	11	32,3
Total	34	100

Based on the table above, it shows that out of 34 pregnant women, most of them are in the Secondary Education category, namely 19 people (55.9%) and a small portion are in the Primary Education category, namely 4 people (11.8%).

Frequency distribution of respondent characteristics based on occupation

Job	Frekuensi (f)	Presentase (%)
Working	15	44,1
Do Not Working (IRT)	19	55,9
Total	34	100

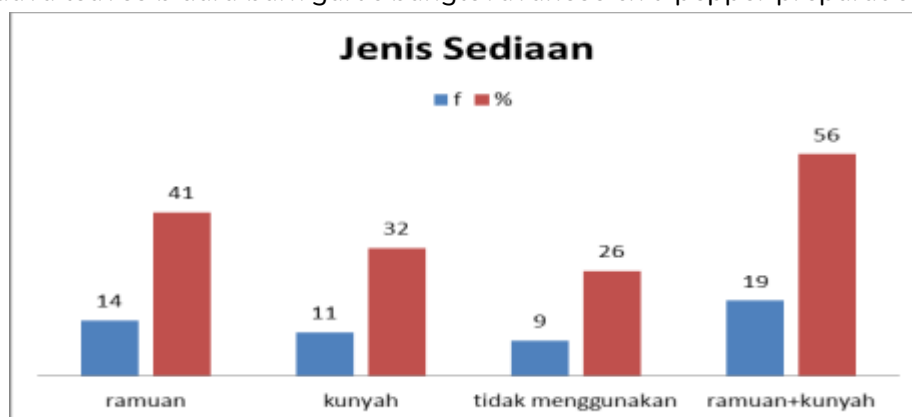
Based on the table above shows that of the 34 pregnant women, most were in the non-working category, namely 19 people (55.9%) and a small portion were in the working category, namely 15 people (44.1%).

Distribution of herbal medicine use among pregnant women during pregnancy

Use Herbal Medicine	Frekuensi (f)	Presentase (%)
Use Herbal Medicine	25	73,6
Not use herbal medicine	9	26,4
Total	34	100

Based on the table above, it shows that of the 34 pregnant women, most were in the category of using herbal medicine, namely 25 people (73.6%) and a small proportion were in the category of not using herbal medicine, namely 9 people (26.4%).

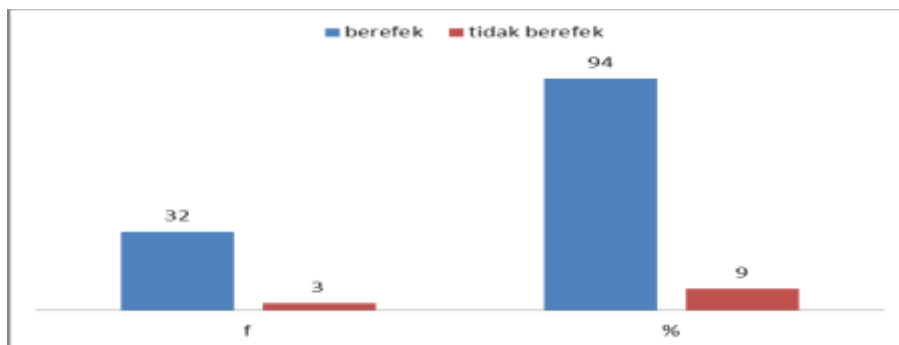
Identification of pungent ingredients in turmeric temulawak kencur ginger cloves nutmeg guava leaves bidara bark garlic bangle Javanese chili pepper preparations.



Based on the data above, it shows that the types of preparations that are widely used by pregnant women in overcoming complaints during pregnancy are herb and chewed paren preparations such as betel nut by 56%.



Based on the data above, it shows that most pregnant women use herbal medicine in overcoming complaints during pregnancy for indications of nausea and vomiting and increasing appetite by 40% each.



The data above shows that 94% of pregnant women felt the effects of herbal treatment in overcoming complaints during pregnancy.

CONCLUSION

Herbal treatments used by pregnant women in overcoming complaints during pregnancy are jamu gendong, pakombo, loi pai piri which is a preparation of herbs from several medicinal plants, and loi nata which is a preparation that is chewed and then sprayed on the forehead and waist of pregnant women to provide a sense of relaxation, and reduce hipng pain felt by pregnant women. Herbal medicine can have an effect in reducing complaints during pregnancy such as nausea, vomiting, providing a sense of relaxation, reducing back pain, and can increase appetite.

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