

Effect Of Giving Katuk Leaf Decoction (*Saropus Androgynus*) On Breast Milk Production In Post Partum Mothers In Sei Renggas Village

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ABSTRACT

Background: breastfeeding needs the attention of mothers and health workers so that the breastfeeding process can be carried out correctly . Breastfeeding will foster a bond of love and affection between mother and newborn. Breast milk production can be increased by consuming katuk leaves in the form of Katuk leaf decoction because it contains alkaloids and sterols that can increase the smoothness of breast milk. Katuk leaves also contain vitamin A, B1, C, tannin, saponin alkaloid papaverine (Rahmanisyah, 2015) purpose: this study aims to determine the effect of giving decoction of katuk leaves on breast milk production in post partum mothers. Metode: Jenis penelitian ini kuantitatif dengan desain pre-experiment yang rancangannya menggunakan the one group pretest-posttest design. The population of this study were all post partum mothers in Sei Renggas village as many as 24 people. The sample in this study 21 respondents. Analysis used paired test sample t-test. Results: the results of the study post partum breast milk production before Administration of katuk leaf decoction is less breast milk production 14 respondents (66.7%) and breast milk production after administration of katuk leaf decoction is a lot of breast milk production 21 respondents (100%). Conclusion: the test results of paired t-test samples showed the value of $p = 0.000 < \alpha = 0.05$, where H_0 is accepted means that there is an effect of giving Katuk leaf decoction on breast milk production in post partum mothers in Sei Renggas village in 2021.

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1. INTRODUCTION

The puerperium or puerperium begins from 1 hour after the birth of the placenta to 6 weeks (42 days) after that. Postpartum services should be held at that time to meet the needs of mothers and babies, which includes prevention, early detection and treatment of complications and diseases that may occur, as well as the provision of immunization services to infants, nutrition for mothers and exclusive breastfeeding (Prawirohardjo, 2015). Exclusive breastfeeding is one of the global strategies to improve the growth, development, health, and survival of infants. Exclusive breastfeeding for 6 months is recommended by international guidelines based on scientific evidence about breast milk is good for babies, but breast milk can be given until the baby is 2 years old (Dewi & Sunarsih, 2011). Giving breast milk according to the needs of the baby means benefits for all, the baby will be healthier, smarter and better personality, the mother will be healthier, because in breast milk contains many substances that are important for the growth and development of the baby according to his needs. Breast milk also contains quite a lot of components needed by babies such as colostrum which is rich in antibodies because it contains proteins for endurance and is useful for killing germs in high quantities so that exclusive breastfeeding can reduce the risk of death in infants (Roesli, 2012).

The nutritional needs of the mother also need to be considered during breastfeeding, because the mother must not only provide for herself, but also produce milk for the baby. The nutrition of nursing mothers should be rich in Provitamin A, vitamin C, iron and phosphorus which are important for nursing mothers (Sutomo, 2015). In addition, the content of other phytochemicals such as polyphenols and steroids play a role in prolactin reflex or stimulate the alveoli to produce breast milk

and stimulate the hormone oxytocin to spur the production and flow of breast milk and Lactogogum which is a substance that can increase or facilitate the expenditure of milk (Ramayulis, 2015).

In practice, breastfeeding is not as easy as imagined, however, it is not as difficult as it is calculated. Breastfeeding Not only requires adequate nutrition and excellent health but also requires determination and confidence that the mother will be successful in her efforts to provide the best food for her baby (ladder et al., 2020).

One of the efforts to increase breast milk, is to improve the quality of food that affects directly on milk production, namely green vegetables such as katuk leaves. Katuk leaves have been shown to have a positive effect in increasing milk production in puerperal mothers. It is possible the truth of the theory that states that the leaves katuk polyphenols and steroids that play a role in reflex prolactin or stimulate the alveoli to produce breast milk, as well as stimulate the hormone oxytocin to spur the expenditure and drainage of breast milk. Katuk leaves also contain some aliphatic compounds. The efficacy of katuk leaves as an enhancer of breast milk production, allegedly derived from the hormonal effects of estrogenic sterol compounds. Katuk leaves also contain some aliphatic compounds. Efficacy of katuk leaves as an enhancer of breast milk production, allegedly derived from the hormonal effects of estrogenic sterol chemical compounds (Triananinsi et al., 2020).

The results of Rosdianah and Irmawati's Research (2021) state that there is an effect of giving katuk leaf extract on the smoothness of breastfeeding in mothers who have babies aged 0-6 months. So that katuk leaf extract can be recommended for mothers who have problems in breastfeeding. Katuk leaf extract can facilitate and increase milk production in breastfeeding mothers coupled with consuming adequate nutrition, breastfeeding frequency according to the baby's wishes (Rosdianah & Irmawati, 2021). Nationwide coverage of exclusive breastfeeding in Indonesia in infants 0-6 months has increased from year to year, but has not been able to achieve national achievement indicators. Nationally, the coverage of babies getting exclusive breastfeeding in 2018 (68.47 %), this figure has exceeded the 2019 Strategic Plan target (47%). (Indonesian Health Profile, 2019).

As has been in maklumi, the Qur'an is a guide to life for mankind, especially Muslims, in it contained a variety of guidance for the welfare of human life both in this world and the hereafter. Both with regard to physical and spiritual. One that is related to the physical is a health problem, in this case God wants humans to live healthy, by way of bestowing various sustenance to be used as food intake from birth until the end of life. For the newborn man God gives guidance so that the mother gives her milk to the baby who was born until a certain time. This is explained through the Qur'an surah Al-Baqarah verse 233. Even in surah Al-Nisa verse 23, there is an indication to breastfeed her baby to another person known as Radha'ah Abdul's mother (Majid bin Aziz al-Zindani et al, 2013).

According to sya'roni (2014), eat a nutritious diet and drink plenty of fluids. It can be water, fruit juices, low-fat milk, dietary gravy. The food try a lot of green vegetables and seafood. Fresh katuk leaves are faster to produce than supplements such as Pro ASI or smoothly ASI. Giving Katuk leaf decoction to the group of mothers giving birth and breastfeeding their babies for 15 days from the second to the third day after giving birth can increase the production of breast milk (ASI) 50.7% more compared to mothers giving birth and breastfeeding their babies are not given Katuk leaf decoction can reduce the number of subjects less breast milk (ASI) 12.5%. The results of this study will show that there is a significant effect of giving Katuk leaf decoction on breast milk production.

According to Soraya Rahmanisa (2015), to facilitate the production of breast milk can be done by consuming katuk leaves in the form of Katuk leaf decoction because it contains alkaloids and sterols that can increase the smoothness of breast milk. Selain itu daun katuk mengandung vitamin A, B1, C, tanin, saponin alkaloid papaverin. Based on the above phenomenon, the author is interested in taking the case as outlined in a final paper entitled "The effect of giving Katuk leaf decoction (*Saropus Androgynus*) on breast milk production in Post-Partum mothers in Sei Renggas village in 2021".

2. METHOD

This research is a quantitativ type with a pre-experiment design uses the one group pretest-posttest design. The sample in this study is a post partum mother in Sei Renggas village, with the

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criteria of being willing to be a respondent to the study. In the study of the effect of giving Katuk leaf decoction on breast milk production in post partum mothers in Sei Renggas village in 2021 using paired test of SPSS t-test version 22.

3. RESULTS AND DISCUSSION

Univariate Analysis

Characteristics Of Respondents

Table 4.1 Frequency Distribution Of Respondents

No.	Frequency characteristics (n=21)	Total n
1. Age		
	< 20 years	old 6 28.6
	20-35 years	old 12 57.1
	>35 years	3 14.3
2. Education		
	SD	SD2 9.5 9,5
	Junior	2 14,3
	SMA	10 47.6
	College	6 28.6
3. Jobs		
	PNS	3 14.3
	P.Private	5 23,8
	IRT	13 61.9
4. Number Of Children		
	1	6 28,6
	2	10 47,6
	> 3	5 23,8
	Total	21 100

Based on Table 4.1 above, it can be seen that from 21 respondents in Sei Renggas Village, demographic data with the age of majority is 20-35 years as many as 12 respondents (57.1%). The majority of education demographic Data is high school / equivalent as many as 10 respondents (47.6%). The majority of working demographic Data are housewives as many as 13 respondents (61.9%). data on the number of children the majority is 2 children as much as 47.6 %.

Bivariate Analysis

Breast milk production in Post-Partum mothers before giving Katuk leaf decoction in Sei Renggas village in 2021

Table 4.2 breast milk production in Post-Partum mothers before giving Katuk leaf decoction in Sei Renggas village in 2021

No exclusive breastfeeding	frequency (n=21)	percentage (%)
1. ASI less	14	66.7
2. Breast milk enough	7	33.3
3. Breast milk a lot	-	-38763
Total	21	100

Based on the results of table 4.2 above, it can be seen that the production of breast milk in post-partum mothers before giving Katuk leaf decoction in Sei Renggas village in 2021, the most milk production is less, namely 14 respondents (66.7%).

Breast milk production in Post-Partum se mothershas been given Katuk leaf decoction in Sei Renggas village in 2021

Table 4.33 breast milk production in Post Partum se mothershas been given Katuk leaf decoction in Sei Renggas village in 2021

No exclusive breastfeeding	frequency (n=21)	percentage (%)
1. ASI less	-	-
2. Breast milk enough	-	-
3. Breast milk Lot	21	100
Total	21	100

Based on the results of table 4.33 above, it can be seen that breast milk production in post-partum se mothershas been given Katuk leaf stew in Sei Renggas village in 2021, the majority of breast milk production nya is large, namely 21 respondents (100.0%).

The relationship of giving Katuk leaf decoction to breast milk production in Post Partum mothers in Sei Renggas village in 2021

Bivariate analysis was conducted to analyze the effect of giving Katuk leaf decoction on breast milk production in post partum mothers in Sei Renggas village in 2021 using *paired t-test samples*.

Table 4.44 Paired test results of breast milk production t-Test samples in Post-Partum mothers in Sei Renggas village in 2020 (n=21)

Paired Samples Statistic				
No.	Mean	N	Std.Deviation	Std.Error Mean
1. PRETEST	1.33	21	0.483	0.105
2. POSTEST	3.00	21	0.000	0.000

Based on Table 4.44, it can be explained that the results of katuk leaf extract before being given treatment in the intervention group obtained an average pretest value of 1.33 to an average posttest value of katuk leaf extract on breast milk production of 3.00 after being given Katuk leaf decoction to 21 respondents.

Discussion

Research on the effect of giving Katuk leaf decoction on breast milk production in Post-Partum mothers in Sei Renggas village in 2021 has been carried out from November 01 to December 05, 2021. The respondents in this study are post partum mothers in Purbatua village as many as 21 respondents with a pre-experiment design whose design uses the one group pretest-posttest design. In this chapter will be explained the discussion of research results which include the characteristics of respondents and the effect of giving Katuk leaf decoction on breast milk production in post partum mothers in Sei Renggas Village.

Univariate Analysis

Characteristics Of Respondents

Based on the results obtained more than 50% of respondents age of this study is 20-35 years as many as 12 respondents (57.1%). According to BKKBN, this vulnerable age is included in the category of productive age that is ideal for pregnancy and childbirth for a woman. Based on the results of this study the most dominant respondents are high school/equivalent as many as 10 respondents (47.6%). Educational history of a respondent can also be an indicator of the level of knowledge of respondents to 41 a problem, especially the problem of breast milk production in post partum mothers and how the selection of solutions for each problem faced breast milk production. The majority of respondents are housewives as many as 13 respondents (61.9%). The number of respondents ' children is the majority of their children are 2 people (48.6%).

Bivariate Analysis

Breast milk production in Post-Partum mothers before giving Katuk leaf decoction in Sei Renggas village in 2021

Based on the results of the study, it is known that breast milk production in post-partum mothers before giving Katuk leaf decoction in Sei Renggas village in 2021 has the most milk production, which is 14 respondents (66.7%). According to the researchers, the number of respondents who have less breast milk is caused because post-partum mothers do not directly give their milk after the baby is born because the mother's condition is not possible to be given breast milk directly due to fatigue, which affects subsequent milk production and the mother's ignorance of how important the first breast milk/ colostrum is. Based on the results of this study the most dominant respondents are high school/equivalent as many as 10 respondents (47.6%). The educational history of a respondent can also be an indicator of the respondent's level of knowledge about first breastfeeding so that the problem of breast milk production in post-partum mothers is better resolved if the education is high.

This is in accordance with Soetningsih (2012) where the success in breastfeeding as follows: breastfeeding within one hour after birth breastfeeding exclusively, only breast-feeding. That is, no other food or drink is added, Not even water. Breastfeed whenever the baby asks (*on-demand*), as

often as the baby wants, Day and night. On the right and left breast. Do not schedule. Milk production follows the law of demand, the more often it is sucked, the more milk is produced. Breast pump after feeding. Empty breasts will further accelerate milk production.

Express milk by pumping or expressing by hand, when not with the child. If the baby still looks less satisfied too, pump breast milk and put it in a bottle to give to the baby. But actually the use of pacifiers is not recommended at least until the age of 6 months because it can interfere with the development of the nervous system and bone structure of the head. Do not too quickly move the feeding position from the left breast to the right, and vice versa. Breast milk that comes out after the first 15 minutes actually contains a lot of fat that can fill the baby. Do not do the position of breastfeeding to sleep until you fall asleep if you have a habit of sleeping, because the baby can be crushed and can not breathe.

Eat a nutritious diet and drink plenty of fluids. It can be water, fruit juices, low-fat milk, dietary gravy. The food try a lot of green vegetables and seafood. Fresh katuk leaves are faster to produce than supplements such as Pro ASI or smoothly ASI. Don't think about diet just yet. Slimming the body can be done anytime while breastfeeding time is just a minute, good benefits for the baby is for intelligence and endurance. Controlling emotions and thoughts to calm down. Mom should get enough rest and not stress! Stress makes breast milk suddenly dry. The most important thing is confidence that we are able to provide the best for our baby is breast milk.

Breast milk production in Post Partum mothers after giving Katuk leaf decoction in Sei Renggas village in 2021

Based on the results of the study, it is known that breast milk production in post-partum mothers after giving Katuk leaf decoction in Sei Renggas village in 2021, the majority of breast milk production is large, namely 21 respondents (100%). Many respondents have a lot of breast milk after giving Katuk leaf decoction because katuk leaves have a lot of vitamins and iron in katuk leaves are higher than papaya leaves and cassava leaves. Katuk leaves are also rich in vitamins (A, B1, and C), proteins, fats and minerals. In addition, the leaves and roots of katuk contain *saponins*, *flavonoids*, and *tannins*.

According to Harsodjo (2013) that plants katuk (*Sauropus Androgynus (L.) Merr.*) has long been used by the people of Indonesia and some neighboring countries, either as a traditional medicine, as a vegetable or dye. It is reported that this plant is often used for the treatment of fever, ulcers, ulcers, yaws, as a diuretic, facilitating breastfeeding and external medicine. But it is also mentioned that excessive consumption of katuk leaves can cause dizziness, drowsiness and constipation.

Relationship of giving Katuk leaf decoction to breast milk production in Post Partum mothers in Sei Renggas Village year 2021

Hasil uji *The paired test results of the t-test sample* showed a value of $p = 0.000 < \textcircled{3} = 0.05$, this means that H_0 was rejected, H_a was accepted, meaning that there was an effect of giving Katuk leaf decoction on breast milk production in post-partum mothers in Sei Renggas village in 2020. According to the assumption of researchers contained in the content of katuk leaf decoction can facilitate the production of breast milk by drinking Katuk leaf decoction in 1 Week. In addition, the factors of the appropriate mother's diet, the frequency of breastfeeding according to the wishes of the baby, peace of mind and the use of contraceptives that do not contain hormones.

The effect of Katuk leaf decoction on breast milk production in line with the research of Lusiana Darsono (2014) on the effect of a combination of katuk leaf extract and domperidone on the development of alveoli of lactating mice there was a significant difference between the intervention group and the control group ($p=0.000<0.05$) with a sample of 30 mice that had given birth. According to syaroni (2014) giving Katuk leaf decoction to a group of mothers giving birth and breastfeeding their babies for 15 days from the second to the third day after giving birth can increase the production of breast milk (ASI) 50.7% more compared to mothers giving birth and breastfeeding their babies are not given Katuk leaf decoction can reduce the number of subjects mother (breast milk) by 12.5%. The results of this study will show that there is a significant effect of giving Katuk leaf decoction on breast milk production.

According to Rimonta F (2015) research, about the effectiveness of katuk leaf extract in breast milk production for breastfeeding success that did not differ between the intervention group and the

control group given katuk leaf extract. In this study did not measure the volume of breast milk but the success of breastfeeding seen from exclusive breastfeeding during the study period without the provision of additional beverages such as formula or tajin water.

Soraya Rahmanisa (2016) explained that there are several breastfeeding mothers experiencing disruption to milk production. The content of alkaloids and sterol contained in katuk leaves can increase milk production. So that the milk needs that will be given to the baby in the breastfeeding period can be met. According to Sartono (2014) katuk leaves are widely used as a fortifying agent in food products intended for nursing mothers. Consumption of katuk vegetable by nursing mothers can significantly lengthen the time of breastfeeding babies and for male babies only increase the frequency and duration of breastfeeding. The content contained in katuk leaves for nursing mothers is amino acids, saponins, and tannins and other compounds that can trigger milk production.

According to the assumption of researchers health problems is one important aspect that must be considered, one of which is exclusive breastfeeding in infants. By giving exclusive breastfeeding to babies can provide a strong body defense compared to those who do not get breast milk, besides breast milk also forms brain tissue because it contains omega 3 for the maturation of brain cells.

The factors affecting the production of breast milk are the mother's diet. Food the food eaten by a nursing mother does not directly affect the quality or amount of milk produced. The nutritional elements in 1 liter of breast milk are equivalent to the nutritional elements contained in 2 rice dishes plus 1 egg. Thus, it takes energy equal to the amount of energy that 1 plate of rice gives to make 1 liter. If mothers who are breastfeeding their babies do not get additional food, there will be a decline in milk production (Khasanah, 2013).

4. CONCLUSION

Based on the results of the study and the description of the discussion, the following conclusions can be drawn; Based on the results of the study, it is known that breast milk production in post-partum mothers before giving Katuk leaf decoction in Sei Renggas village in 2021 has the most milk production, which is 14 respondents (66.7%). Breast milk production in post-partum mothers after giving Katuk leaf stew in Sei Renggas village in 2021, the majority of breast milk production is large, namely 21 respondents (100%). test results *The paired test results of the t-test sample* showed a value of $p = 0.000 < \textcircled{3} = 0.05$, this means that H_0 was rejected H_a was accepted, which means that there is an effect of giving Katuk leaf decoction on breast milk production in post-partum mothers in Sei Renggas village in 2021.

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