

Viewing Mothers with Consumption of Katuk Leaf Extract (Sauropus Androgynus) on Hemoglobin Increase in Digesting Mothers at Rianti Amd.Keb Clinic Tanjung Beringin Year 2025

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| Article Info | ABSTRACT |
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| Keywords: Anemia, Breastfeeding Mother, Hemoglobin, Katuk Leaf. | Postpartum anemia often occurs due to blood loss during labor, lack of iron intake, as well as increased nutritional needs during the breastfeeding period. Recent data from the Indonesian Ministry of Health (2023) shows that 38.5% of postpartum women experience mild to moderate anemia. One of the non-pharmacological efforts to overcome anemia in nursing mothers is katuk leaves (<i>Sauropus androgynus</i>) as a breast milk facilitating plant, but also contains iron, vitamin C, and other active compounds that are beneficial for increasing hemoglobin levels (Widowati et al., 2021). The purpose of the study was to be able to carry out midwifery care in nursing mothers with consumption of katuk leaf extract (<i>sauropus androgynus</i>) to increase hemoglobin in nursing mothers at the Rianti Amd.Keb Tanjung Beringin Clinic in 2025 using the Varney 7-step midwifery approach. The research method is descriptive method. From the case study of Mrs. S evaluation by giving consumption of katuk leaf tea extract (<i>sauropus androgynus</i>) to increase hemoglobin in nursing mothers can be concluded with treatment for 2 weeks with 3 visits obtained HB 12 gr / dL and conjunctiva is no longer pale. |

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INTRODUCTION

Anemia is one of the major health problems in postpartum women, especially during the breastfeeding period. Postpartum anemia often occurs due to blood loss during labor, lack of iron intake, and increased nutritional needs during the breastfeeding period. WHO (2021) notes that the prevalence of anemia in women of childbearing age, including postpartum mothers, globally reaches 29.9% and is higher in developing countries (Alem et al., 2023).

In Indonesia, the prevalence of anemia in postpartum women is still high and is a serious concern in midwifery services. According to Riskesdas (2018), around

48.9% of pregnant women experience anemia, which has the potential to continue into the postpartum period. WHO (2021) notes that the prevalence of anemia in women of childbearing age, including postpartum mothers, globally reaches 29.9% and is higher in developing countries (Zhang, 2024).

In North Sumatra Province, the rate of anemia in postpartum women is also high. According to the North Sumatra Provincial Health Office (2022), around 35% of postpartum women experience anemia, with the highest distribution of cases in rural areas and private maternity clinics. This reflects the importance of locally-based nutrition interventions as an effort to restore the health of breastfeeding mothers (Rea and de Fatima Moura de Araujo, 2005).

One of the non-pharmacological efforts that can be done to overcome anemia in nursing mothers is to utilize local plants that are rich in iron, such as katuk leaves (*Sauropus androgynus*). Katuk leaves are widely known as a breast milk facilitator plant, but they also contain iron, vitamin C, and other active compounds that are beneficial for increasing hemoglobin levels (Puspitasari, Rahmawati and Setyarini, 2022).

Some studies suggest that consumption of katuk leaf extract can significantly increase hemoglobin levels in women with mild to moderate anemia. The study by Wahyuni et al. (2022) stated that the administration of katuk leaf extract for 14 days was able to increase hemoglobin levels by 1.2 g/dL in nursing mothers.

The iron content in katuk leaves reaches 2.7 mg per 100 grams, plus the content of vitamin C which functions to help the absorption of iron in the body (Ansharullah et al., 2019). This combination makes katuk leaves a potential natural alternative to improve the hemoglobin status of breastfeeding mothers without significant side effects.

The utilization of katuk leaf extract in practical dosage forms such as capsules or tea is also an advantage in increasing maternal compliance with nutritional therapy. Research by Lestari & Nurjanah (2023) showed that giving katuk leaf extract capsules to postpartum women for two weeks increased hemoglobin levels faster than consumption of fresh katuk leaves.

Increased hemoglobin in breastfeeding mothers not only affects the health of the mother, but also the quality of breast milk and the growth and development of the baby. According to research by Putri et al. (2023), breastfeeding mothers with normal hemoglobin levels have better breast milk volume and quality than mothers with anemia.

Anemia in breastfeeding mothers also risks causing chronic fatigue, decreased endurance, and psychological disorders such as baby blues syndrome. This reinforces

the urgency of holistic midwifery care interventions with a natural approach(Ernawati, 2024).

The purpose of this study was to be able to carry out midwifery care in breastfeeding mothers with consumption of katuk leaf extract (*sauropus androgynus*) to increase hemoglobin in breastfeeding mothers at the Rianti Amd.Keb Tanjung Beringin Clinic in 2025 using the Varney 7-step midwifery approach.

METHODS

The method used in this case study is descriptive method. Namely a method carried out with the main purpose of describing or making a description of the situation objectively and the type of this report is a case study, which is carried out by examining a problem through a process consisting of a single unit(Sirotnik, 1980).

RESULTS AND DISCUSSION

Midwifery care for Mrs. S with consumption of katuk leaf extract (*sauropus androgynus*) to increase hemoglobin in breastfeeding mothers.

Visit 1

Mrs. S obtained subjective data, the mother said this was her first child and had never had a miscarriage, the mother said she was dizzy, weak and had blurred vision, the mother did not sleep well because of the pain and caring for the baby, the milk came out a little. Objective data obtained by the mother's general condition still looks weak, the height of the fundus uteri is 2 fingers below the center, there is a lochia sangolenta discharge, breast milk comes out a little, TTV is good, Hb 10.4 g%.

The case diagnosis was Mrs. S P1 A0 22 years old post partum day 7 with mild anemia. The diagnosis was made based on subjective and objective data obtained from the examination results, so there were no gaps between theory and practice(Harrison and Shirom, 1998).

From the case review on Mrs. S, the plan is to inform the mother about the results of the examination, explain to the mother about anemia in the puerperium, explain to the mother about the complications of anemia in the puerperium, explain to the mother that the complaints of weakness and dizziness that the mother experiences are one of the symptoms of anemia.

Explain to the mother that katuk leaves support a natural combination of iron, vitamin C, and flavonoids that can increase hemoglobin levels in the blood.

Advise mothers to consume 1 tea bag (equivalent to 2 g of dried katuk leaves) brewed with 200 ml of hot water and done 2 times a day, morning and night, Tea should be consumed after meals to avoid stomach irritation and for optimal iron absorption.

Explain to the mother about nutritional needs to overcome anemia. Increase consumption of foods that contain a lot of iron, especially animal sources that are easily absorbed such as liver, fish, and meat. Increase consumption of foods that contain lots of vitamin C and vitamin A such as broccoli, spinach, carrots, guava, and oranges. Vitamin C and vitamin A can help the absorption of iron and help the process of Hb formation in the blood (Basrowi and Dilantika, 2021).

Advise the mother to get enough rest because the mother's body needs rest in the process of recovering the energy that has been used during labor, the mother can also adjust the baby's sleeping pattern, namely the mother rests when the baby sleeps. Adequate rest will affect breast milk production. Advise the mother to do breast care to reduce the complaints of low breast milk output as an effect of the mother's anemia (Erick, 2018).

Visit 2

Mrs. S obtained subjective data, the mother said that her headache was slightly reduced and sometimes she still felt weak, the mother said that her asthma had started to come out a lot and the mother still felt tired due to lack of sleep at night. Objective data general condition: good, supporting examination HB: 11.3 gr%, physical examination of the face: The conjunctiva is slightly pale, the sclera is not icteric, the breasts have no pain, press, the milk has come out a lot. Case diagnosis is Mrs. S P1 A0 22 years old post partum day 14 with mild anemia with problems: slight dizziness and weakness (Bhojani, 2020).

Management of the case by explaining to the mother the results of the examination that has been done, the mother's vital signs are normal, uterine involution is normal, contractions are good, there are no signs of infection, normal bleeding. The mother's Hb level has risen to 10.4 gr/dl so that the mother is still classified as mild anemia.

Advise the mother to continue consuming 1 tea bag (equivalent to 2 g of dried katuk leaves) brewed with 200 ml of hot water and done 2 times a day, morning and night, Tea should be consumed after meals to avoid stomach irritation and for optimal iron absorption. Evaluate the mother regarding the fulfillment of nutritional needs to overcome anemia, and encourage the mother to continue her nutritional pattern. Evaluate the mother regarding breast care that has been taught at the initial visit (Fletcher et al., 1990).

Advise the mother to adjust her rest and eating patterns to reduce complaints of weakness and dizziness. Advise the mother to get enough sleep, at least 1 hour during the day and 6-8 hours at night. Sleep immediately when the baby is asleep. Encourage the mother to do light activities and not excessive so that the mother's energy is not quickly drained so as not to fatigue.

Visit 3

Subjective data mother said she had no complaints and felt her condition was getting better, objective data general condition is good, HB: 12.0 gr / dL, physical examination of the face conjunctiva is no longer pale, sclera is not icteric, breasts no tenderness, breast milk has been released. Case diagnosis is: Mrs. S P1 A0 22 years old post partum day 11 with no problem.

Management of the case Explaining to the mother the results of the examination that has been done, the mother's vital signs are normal. Her conjunctiva is no longer pale. Her Hb level has increased to 11 g/dl today. Advise the mother to continue consuming 1 tea bag (equivalent to 2 g of dried katuk leaves) brewed with 200 ml of hot water and done 2 times a day, morning and night, Tea should be consumed after meals to avoid stomach irritation and for optimal iron absorption but not necessarily as often as before Advise the mother to re-increase consumption of foods that contain lots of iron, especially animal sources that are easily absorbed such as liver, fish, and meat. Increase consumption of foods that contain lots of vitamin C and vitamin A. vitamin C and vitamin A can help iron absorption and help the process of Hb formation in the blood. Tell the mother to do regular postpartum check-ups and if there are complaints please come to the health facility(Rudman and Waldenström, 2007).

DISCUSSION

Assessment

From the review of the case in Mrs. S, the subjective data obtained by the mother said that this was her first child and had never miscarried, the mother said that she was dizzy, weak and had blurred vision. the symptoms of anemia in postpartum women are generally extreme fatigue and weakness, dizziness or headache, skin, conjunctiva, and lips appear pale, shortness of breath during light activity, tachycardia or rapid heart rate, difficulty concentrating, decreased milk production.

Data Interpretation

From the review of Mrs. S's case, the diagnosis is Mrs. S P1 A0 22 years old post partum day 7 with mild anemia. Anemia is a condition in which hemoglobin (Hb) levels in the blood are below normal limits, thus reducing the capacity of the blood to transport oxygen to all body tissues(Dugdale, 2001). defines anemia as hemoglobin levels <12 g/dL for adult women, including mothers in the postpartum period. In the postpartum period, anemia is very vulnerable due to blood loss during childbirth and increased iron requirements for recovery and breast milk production. According to WHO (2021), the classification of anemia based on hemoglobin levels is considered mild anemia if Hb is 10-11.9 g/dL.

Potential Diagnoses

From the case review on Mrs. S, the potential diagnosis that may occur is postpartum hemorrhage. The effect of anemia in the puerperium is the occurrence of uterine subinvolution which can cause postpartum hemorrhage. In the postpartum period anemia can cause the uterus to contract ineffectively, this is because there is not enough blood to provide oxygen to the uterus (Obeagu, Altraide and Obeagu, 2025).

Anticipate Immediate Action and Collaboration

From the review of Mrs. S's case, the immediate action in the case of postpartum women with mild anemia is the administration of Fe tablet therapy 40 tablets 1 x 1 / day.

Planning

From the case review on Mrs. S, the planning is to inform the mother about the results of the examination, explain to the mother about anemia in the puerperium, explain to the mother about the complications of anemia in the puerperium, explain to the mother that the complaints of weakness and dizziness that the mother experiences are one of the symptoms of anemia, explain to the mother the benefits of katuk leaves, encourage the mother to consume the katuk leaves 2 times a day and explain how to consume them (Nirmalayanti and Wintarsih, 2023). Management of postpartum anemia involves pharmacological and non-pharmacological approaches, including: oral iron supplementation, the standard dose is 60-120 mg of elemental iron per day for 3 months, intravenous iron administration is used in moderate-severe anemia or when the mother is intolerant to oral iron, blood transfusion is performed if the hb level is <7 g/dl accompanied by severe clinical symptoms, increased intake of iron-rich foods.

Implementation

In Mrs. S's case review, the implementation was carried out according to what was planned to achieve specific goals. Consumption of katuk leaf tea extract (*Sauropus androgynus*) can increase hemoglobin in breastfeeding mothers because the iron content in katuk leaves contributes to increasing hemoglobin levels, especially in postpartum mothers who are prone to anemia. Hb increase occurs due to a combination of iron, vitamin C, and flavonoids in katuk leaves that support erythrocyte synthesis naturally (Siswanto, 2021).

Evaluation

From the case review of Mrs. E, the evaluation obtained that the mother said there were no complaints and felt that her condition was getting better, the mother's general condition was good, HB: 12 gr/dL and conjunctiva is no longer pale. All

patient needs are met so that diagnoses and problems can be handled so that diagnoses and potential problems do not occur (Zola, 1963).

CONCLUSION

After administering katuk leaf tea extract (*Sauropus androgynus*) for 2 weeks with 3 visits, the mother said there were no complaints and felt that her condition was getting better, the mother's general condition was good, HB 12 gr/dL and conjunctiva was no longer pale. Based on the conclusions in the case of Mrs. S, it is recommended for postpartum women to follow all explanations and recommendations given by health workers to overcome the mild anemia experienced, and it is hoped that health workers will apply the consumption of katuk leaf tea extract (*Sauropus androgynus*) to increase hemoglobin in nursing mothers.

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