

The Influence Of Czech Herbal Medicine In Increasing Appetite On Toddlers

Malati Esti Putri^{1*}, Dian Priharja Putri²

^{1,2} Sekolah Tinggi Ilmu Kesehatan Abdi Nusantara, Indonesia

*Corresponding Author:

Email: malatiputri07@gmail.com

Abstract.

Difficulty eating in children is still a complaint from parents. Toddlers often experience a decrease in appetite which results in reduced nutritional intake resulting in decreased body weight. This can result in decreased immune system, impaired brain function which can cause disability and death. According to the World Health Organization, in 2013 there were 99 million children under five in the world suffering from malnutrition and 67% were in Asia. There are 17 thousand deaths every day due to nutritional problems and infectious diseases. In Indonesia, especially the Javanese, believe that herbal medicine has the property of increasing appetite in children. Research Objectives To determine the effect of herbal medicine in increasing appetite in toddlers 12-36 months. Pre-experimental designs with one group pretest-posttest. The sampling technique was total sampling, namely 10 toddlers or all toddlers aged 12-36 months in the Panggarangan Health Center area with decreased appetite problems in November 2022. Appetite assessment results before being given herbal medicine to 10 respondents with a minimum score of 2 and a maximum of 5, and an average of 3.70 (SD 0.949). While the appetite after being given herbal medicine with a minimum value of 7 and a maximum of 10, and an average of 8.70 (SD 1.059). So, herbal medicine has the effect of increasing appetite in toddlers aged 12-36 months in the Panggarangan Health Center (p-value <0.000). Herbal medicine has an effect on increasing appetite in toddlers 12-36 months. It is hoped that the public can be more selective in choosing ingredients and herbal medicine providers to increase toddlers' appetite.

Keywords: *Appetite, Congestive Herbs and Toddlers.*

I. INTRODUCTION

Children under the age of five often experiencing a decrease in appetite that resulting in reduced nutritional intake, so that weight loss. Appetite the declining is often associated with helminth infections in a child. Other factors that can be affecting appetite in a child is indigestion, dental and oral disorders, psychological disorders, eating habits, environment and others (Septi Dewi, 2022). Impact of malnutrition on toddlers is a decrease in body resistance, a disorder brain function, to the point that it can give rise to disability and death (Harmiyanti, 2017). According to the World Health Organization (WHO), in 2013 there were 99 million toddlers In the world suffer from malnutrition. 67% are in Asia and there are 6.34 million child deaths or 17 thousand deaths daily from infectious diseases and nutritional status (Nurul Hikmah, 2018). Nutrient Lack is one of the main nutritional problems in Toddlers in Indonesia. Nutritional Status Study Data Integrated Toddlers (SSGBI) in 2019, percentage Underweight or malnourished toddlers 16.29%, stunting or short by 27.67%, and wasting or skinny at 7.44% (Ministry of Health, 2020). Based on Basic Health Research (Riskesdas) Banten in 2019, the prevalence of children malnutrition 4.1%, stunting or short 3.9%, and wasting or skinny 1.4%. While the prevalence the nutritional status of children in Lebak Regency is as large as 5.29% of malnourished children and 3.88% of malnourished children bad (Banten Health Profile, 2020). Besides that, based on August Weigh-Month data in 2022 Lebak Regency, percentage of toddlers underweight at 4.39%, stunting at 4.62%, and wasting at 3.28%.

There are 10 Toddlers at Puskesmas Panggarangan with nutrition Less, stunting of 27 people, and nutrition bad as many as 2 people (Kemkes, 2022). In an effort to overcome the difficulty of eating on children are usually parents in general Provides vitamins to increase appetite eating and consulting with officers health. What the Health Office has done especially Puskesmas and Posyandu on nutritional problems in toddlers are giving food additives, vitamin A, and counseling health about nutritional benefits. Although The government has taken action to overcoming malnutrition, but still many children with the body weight being

on the yellow line or even below the red line (Marni & Ambarwati, 2015). The habit of drinking herbal medicine is familiar again for the people of Indonesia, especially the island Javanese. Common medicinal plants grown in around the yard of the house can be utilized for natural remedies or folk remedies, wrong the only czech herbal medicine. The reason people still using czech herbs is not cause side effects and cost more affordable (Wulandari et al, 2018). Cekok herbs are empirically proven to be able to improves appetite and weight gain. Types of czech herbal medicine ingredients that are efficacious for Gaining weight consists of Temulawak (*Curcuma Xanthorrhiza* Ronx), Lempuyang Emprit (*Zingiber American* L), Brotowali (*Tinospora Tuberculata* Beume), temu ireng (*curcuma aeruginaosa*) and papaya leaves (*carica papaya*). The herb is useful for suppressing orinhibits the production of stomach acid, stimulates the secretion of food, stimulates enzymatic so that the stomach feels empty and sends signals to the brain so that a sense arises hungry (Handayani & Widhiastuti, 2019). This research is to determine the influence of herbal medicine cekok in increasing appetite on Toddlers 12-36 months in the Puskesmas area Panggarangan.

II. METHODS

This research method is preexperimental designs with one group pretestposttest. The study was conducted in the month November 2022 in Puskesmas Region Panggarangan District Lebak Province Banten. The population in this study was whole Toddler 12-36 months with problems decreased appetite. Picking technique The sample used is the total sampling i.e. 10 Toddlers with the problem of decreased appetite eat. Free variables in the study is the provision of czech herbs and bound variables is appetite. Researchers give 10 ml of czech herbal medicine for 14 days in a row. Czech herbs that used contains temulawak, lempuyang emprit, temu ireng, brotowali, and papaya leaves. Cekok herbal medicine comes from one of the herbal medicine sellers the same one that exists in the Panggarangan region. The instrument used is a questionnaire to assess appetite in toddlers by (questionnaire owner). Univariate analysis for noticed an increase in appetite on any Bivariate measurement and analysis using Paired-samples t-test. To see the influence giving czech herbs in improving toddler's appetite.

III. RESEARCH RESULTS

Table 1. Distribution of symptom answers to choose food before and after administration Cekok herb

Symptom Pick and choose Food	Before giving Cekok herbs		After Given Cekok Herbs					
	Yes	No	Yes	No				
	n	%	n	%	n	%		
Love the food	8	80	2	20	9	90	1	10
Spurts right food	10	100	0	0	5	50	5	50
Spit out food	10	100	0	0	8	80	2	20
Withholding food	6	60	4	40	3	30	7	70
Finishing food	1	10	9	90	7	70	3	30
Portions of food run out	0	0	10	100	7	70	3	30
Tightening his mouth while eating	9	90	1	10	4	40	6	60

Based on table 1, it is known that The number of respondents who had symptoms of choosing food was reduced. Before given a czech herbal medicine get an answer on spouting food given as many as 10 respondents (100%) and after given czech herbs to as many as 5 respondents (50%), spit out the food given as many as 10 respondents (100.0%) and after being given herbal medicine czech becomes as much as 8 respondents (80%), withholding food that given as many as 6 respondents (60%), and after being given herbal medicine czech becomes as many as 3 respondents (30%), as well as a group his mouth when eating as many as 9 respondents (90%) and after being given czech herbs become as many as 4 respondents (40%).

Table 2. Distribution of answers to the behavior of choosing food before and after it is given Cekok herbs

Voting behavior - choose Food	Before giving Cekok herbs		Once given Cekok herbs	
	Yes	No	Yes	No
	n	%	n	%
Child brushing off mouthfuls	10	100	0	0
The child prefers eat instead of playing	9	90	1	10
Child increased appetite on preferred foods	10	100	0	0

Based on table 2, it is known that Number of respondents who have behavior picky food is reduced. Before being given czech herbal medicine is obtained the answer to the child dismisses the mouthful that given as many as 10 respondents (100%) and after being given herbal medicine czech becomes as much as 5 respondents (50%), children prefer to eat Compared to playing as many as 9 respondents (90%) and after being given the czech herbal medicine becomes as many as 1 respondent (10%), increased appetite when the food is preferred as many as 10 respondents (100%) and after given czech herbs to as many as 2 respondents (20%).

Table 3. Distribution of appetite before and after giving cekok herbs

Nafsu Makan	N	Min	Max	Mean	Std. Deviation
Sebelum diberikan Jamu Cekok	10	2	5	3.70	0.949
Setelah diberikan Jamu Cekok	10	7	10	8.70	1.059

Result Paired-samples t-test obtained p value is $0.000 < \alpha 0.05$. Thus, H_0 rejected and H_a accepted. Then it can be concluded that there is an influence of czech herbal medicine in increased appetite in toddlers 12-36 month in the area of the Panggarangan Health Center.

IV. DISCUSSION

From the results of the study, it was found that The number of respondents who had symptoms of choosing food was reduced. Before given a czech herbal medicine get an answer on spouting food given as many as 10 respondents (100%) and after given czech herbs to as many as 5 respondents (50%), spit out food that given as many as 10 respondents (100.0%) and after being given herbal medicine czech becomes as much as 8 respondents (80%), withholding food that given as many as 6 respondents (60%), and after being given herbal medicine czech becomes as many as 3 respondents (30%), as well as a group his mouth when eating as many as 9 respondents (90%) and after being given czech herbs become as many as 4 respondents (40%). Based on the results of the research above, there are 10 respondents who experienced decreased appetite. According to Mega Ayu Ambar Ismanu (2020), external factors causing the decline appetite in children is a form that is not interesting, the mistakes of parents in presenting less varied food or because children have begun to actively play like toddlers of age year. Toddlers tend to be active, not can be still, and it is difficult to sit in that time long, so it requires more energy. In addition to other factors that affecting appetite is a picky eater or a picky attitude towards food, i.e. a conditions where a child does not want to or

refusing to eat or having difficulty in consume food and beverages. Children usually avoid certain foods based on its color, texture, or smell.

According to Judarwanto (2011) symptoms of picky eater among other things spit out or spout food, feeding with a long duration, playing food, unwilling to include food into the mouth or covering the mouth tightly, do not like the food that varied or picky about food, difficulty chewing, sucking, swallowing food or it can only be soft food or liquid, spit out or spill food, as well as brushing off food mouthfuls. Fulfilling the nutritional needs of toddlers increases with age. The menu given to children should be more varied to prevent boredom in a child because the child's appetite is often change. Selection of types of foodstuffs adapted to the conditions of toddlers. Choose easily digestible food (Ethics M, 2020). Number of respondents who have behaviors choosing food in this study become less. Before giving herbs cekok gets answer to the child of the dismissor bribes given by 10 respondents (100%) and after being given czech herbal medicine to 5 respondents (50%), children prefer to eat over play as many as 9 respondents (90%) and after given czech herbs to as many as 1 respondents (10%), as well as increased child appetite eat when the food is preferred by 10 respondents (100%) and after being given herbal medicine cekok to 2 respondents (20%). In research Scaglioni (2018) states that eating habits are applied parents shape eating behavior in a child. Parents should introduce their children to a variety of food options the appropriate. Parents should consistently able to build children's eating habits that well and creates a diet that fun in a child. The research that performed by Mega Ayu Ambar Ismanu (2020), says that toddler age is also called age food jag, that is, children only want to eat-food which is liked so that it seems too picky and it's hard to eat. In this study, before given cekok herbal medicine has a minimum value 2 and a maximum value of 5 with an average of 3.70 and defiation standard 0.949. While appetite respondents after being given cekok herbal medicine have a minimum value of 7 and a maximum value 10 with an average of 8.70 and defiation standards 1,059. Based on this, it shows there is an increase in appetite in toddlers who consumes czech herbs. This is in line with the research that performed by Handajani, SR & Whidiastuti (2019).

Herbal medicine is believed to have benefits for stimulates the child's appetite. Useful herbs to suppress and inhibit stomach acid, stimulates the secretion of food, stimulates enzymatic to make the stomach feel empty and will send signals to the brain that will Gives rise to hunger. Natural ingredients used to increase appetite generally capable of repairing the work of bile, For example, Temulawak. Temulawak in addition to serves to improve the work of bile as well has anti-inflammatory and antioxidant effects. While other materials such as lempuyang emprit, temu ireng, brotowali, and papaya leaves contains carpaine or alkaloids that can stimulates the appetite. Research by Marni & Ambarwati (2015) found that lust the child's eating increases when given herbal medicine by his parents, the frequency of feeding and the amount of which edible becomes more so that the weight the child's body may increase. After giving cekok herbal medicine to toddlers 12-36 months for 14 consecutive days with frequency 2 times a day, changes occur appetite in toddlers 12-36 months in the region Panggarangan Health Center. On the results of the study this is on, it is known that the average appetite before being given cekok herbal medicine is 3.70 with a standard deviation of 0.949 and after given the average cekok herbal medicine to 8.70 with a standard deviation of 1.059. Result Paired-samples t-test obtained p value is $0.000 < \alpha 0.05$. Then it can be concluded that there is an influence of cekok herbal medicine in increased appetite. Results of this study in line with Handajani's research & Widhiastuti (2019). Children who consume cekok herbs regularly getting longer and longer experienced a significant increase in body weight (p value < 0.001). On similar research by Margiyati (2016) also obtained results that the same, that is, there is a relationship between giving herbal medicine Cekok with increased appetite on child (p-value = 0.004).

V. CONCLUSION

Symptoms of picky food and Behavior of choosing food in respondents becomes reduced after being given cekok herbal medicine. All respondents or 10 toddlers experienced appetite warning after being given herbal medicine cekok. There is an influence of cekok herbal medicine in increases appetite in Toddlers 12-36 month in the Panggarangan Puskesmas area (pvalue = 0.000).

REFERENCES

- [1] Afriliana Nurrahimah. (2019). Overview Knowledge and Attitudes of Society to the Use of Traditional Medicine in Melati Subdistrict. <https://dspace.uui.ac.id/handle/123456789/15699>
- [2] Handajani, S. R., & Widhiastuti, E. (2018). The Effect of Czech Herbal Medicine on the Ascension Weight Loss and Number of Foods Consumption of mice. *Obstetrics And Traditional Health*, 3(2), 57–106. <http://jurnal.poltekkes-solo.ac.id/index.php/JKK/article/view/434>
- [3] Handajani, Sih Rini, & Widhiastuti, K. Endah. (2019). Czech Herbal Medicine Culture Against Increased Average Weight Loss Toddlers in the Surakarta City area. *Ibi.or.Id*, IV(1), 1–8. <https://ibi.or.id/journal/index.php/jib/article/download/73/66>
- [4] Harmiyanti, R. (2017). Risk Factors for Occurrence Malnutrition in Toddlers Aged 24-59 Months In Taipa Village, Palu City. *Journal Scientific Medicine*. 4(3), 29–59.
- [5] Ismanu, Mega Ayu. (2020). Overview Self-Education on Utilization Herbal Plants as Lust Enhancers Eating Kids on Housewives in Trayeman Village, Slawi District (KTI). https://perpustakaan.poltektegal.ac.id/index.php?p=show_detail&id=4209639
- [6] Isnawati, D. L., & Sumarno. (2021). Drinks Traditional Herbal Medicine as Local Wisdom People in Majapahit Kingdom 14th century AD. *Journal of Education History*, 11(2), 1–10. <https://www.google.com/amp/s/www.goodnewsfromindonesia.id/2017/0>
- [7] Judarwanto W. (2011). Children's Feeding Behavior School. (Directorate of Nutrition Development, Ministry of Nutrition Health Republic of Indonesia (Ed.)).
- [8] MOH, R. (2020). Provincial Report Banten RISKESDAS 2018. <https://drive.google.com/file/d/1VRnJj141scGw9BmT4tFQM6UgOZYUggi/view>
- [9] Kemkes, R. (2022). Integrated Sigizi. https://sigiziterpadu.kemkes.go.id/login_sis/Fo/
- [10] Margiyati. (2016). The Relationship of Herbal Medicine Czechk with increased lust. 79–88.
- [11] Marni & Ambarwati, R. (2014). Benefits of Herbal Medicine Cekok Against Healing Diarrhea On Child. *Journal of Public Health*. <https://journal.unnes.ac.id/nju/index.php/kemas/article/view/3522>
- [12] Marni & Ambarwati, R. (2015). Benefits of Herbal Medicine Cekok Against Weight Gain in Children. *Journal of Public Health (J-KESMAS)*, 11(1), 102–111. <https://journal.unnes.ac.id/nju/index.php/kemas/article/view/3522>
- [13] Mulyani, H., W, S. H., & E, V. I. (2017). Javanese Traditional Medicine in Manuscripts. *Litera*, 16(1), 139–151.
- [14] Nimas Mita Ethics M. (2020). Practical Guidelines Food For Children Aged 1-3 years. Site Hello Healthy. <https://hellosehat.com/parenting/anak-1-to-5-years/development/food-child-1-3-years/>
- [15] Nurfieni. (2017). The effect of cekok herbal medicine on weight gain of toddlers aged 12-36 moon in Kedawung village subdistrict Kedawung Sragen Regency. *Journal Scientific Health Ar-Rum Salatiga.*, 2(1), 36–40. <http://e-journal.arrum.ac.id/index.php/JIKA/article/view/8>
- [16] Nurtina, wa ode. (2017). Risk factors for events malnutrition in toddlers in work areas Benu-Benua Health Center Kendari City. 5(4), 778–787. <http://ojs.uho.ac.id/index.php/ampibi/article/view/5053>
- [17] Nurul Hikmah, A. (2018). The Factors Relating To Events Malnutrition And Malnutrition In Toddlers In Uptd Work Area Puskesmas Kebong Kabupaten Sintang [Muhammadiyah University Pontianak]. http://repository.unmuhpnk.ac.id/707/1/SKRIPSI_NURUL_141510760.pdf
- [18] Health Profile of Banten Province. (2020). <https://dinkes.bantenprov.go.id/id/archive/profil-kesehatan-provinsi-bant/1.html>
- [19] Rinda Dian Pratiwi, N. K. M. (2021). Motherhood in Nutritious Feeding on Toddlers of Good Nutritional Status who Are Struggling Eat. *Journal of Health*, 14 (2), 119–125.
- [20] Scaglioni. (2018). Factors Influencing Children's Eating Behaviours. *Nutrients*. 10(6), 706. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6024598/>
- [21] Septi Dewi, A. (2022). Temulawak Effectiveness in Increasing Appetite on Toddler Age Children in Posyandu CemaraPatianrowo Village Kec.Patianrowo East Tawa Nganjuk District. http://repository.unpkediri.ac.id/8458/1/RAMA_14401_19205010007.pdf
- [22] Setyawati, VAV, H. (2018). Basic Textbooks Public Health Nutrition Sciences / author, Vilda Ana Veria Setyawati, Eko Hartini. 159–161. <http://balaiyanpus.jogjaprov.go.id/opac/detail-opac?id=310673>
- [23] Wulandari, A. et al. (2018). Influence Giving Turmeric Extract (*Curcuma longa linn*) in Overcoming Dysmenorrhoea. 7(2), 193–197. <http://ejournalmalahayati.ac.id/index.php/kemidwife/article/view/1785>.