The Effectiveness Of Betel Leaf Boiled Water And Snakehead Fish Consumption Against Wound Healing Perineum In Postpartum Mothers

Ita Herawati[1*] , Dita Putri Allawiyana[2]

[1] Lecturer STIKes Abdi Nusantara, Indonesia
[2] Student STIKES Abdi Nusantara, Indonesia
*Corresponding Author:
Email:-ita_khalisa@yahoo.com

Abstract.
Childbirth often results in birth canal injuries. Perineal injuries are found in about 70% of mothers who give birth due to inability of the muscles and soft tissue of the pelvis during the baby's birth. The process of healing perineal wounds has a healing time that varies, namely 6-7 days, and is influenced by several things such as the characteristics of the mother giving birth, nutritional status, treatment and condition of the wound. One of the effects of delayed perineal wound healing is the occurrence of infection, prevention of infection can be done with pharmacological and non-pharmacological treatment. To find out how the effectiveness of betel leaf decoction and consumption of snakehead fish on the healing of perineal wounds in postpartum mothers.The research design used was a literature review (journal review). Journals used as data include systematic search studies of databases and interventions for respondents. The results of a journal review of 10 data used as references state that consumption of snakehead fish is proven to be used as a non-pharmacological treatment for postpartum wound healing. Similarly, boiled betel leaf water which is used as a treatment for birth canal injuries has been shown to accelerate the healing of perineal wounds.

Keywords: *Perineum Wound, Betel Leaf and Snakehead Fish.*

I. INTRODUCTION

Childbirth often results in the need for the birth canal. Perineal wounds occur due to the incompetence of the pelvic muscles and tissues during the process of birth of the baby, Usually perinium wounds are caused by the midline of the perineum that becomes extensive because the lowest part of the fetus is born too quickly, parity, scarring, large babies, shoulder dystocia, expansion of the episiotomy and others. The healing process of perineal wounds varies, which is about 6-7 days. This is because it is influenced by several factors, such as the characteristics of the maternity mother, nutritional status, treatment method and wound condition. According to WHO (2019) the maternal mortality rate (MMR) in the world is 303,000 people. The maternal mortality rate (MMR) in ASEAN is 235 per 100,000 live births (ASEAN Secretariat, 2020).

According to Indonesian Demographic and Health Survey (SDKI) data, the Maternal Mortality Rate (MMR) in Indonesia increased from 228 per 100,000 live births in 2002-2007 to 359 per 100,000 live births in 2007-2012. The Maternal Mortality Rate (MMR) decreased in 2012-2015 to 305 per 100,000 live births and the number of maternal deaths in Indonesia in 2019 was 4,221 cases (Ministry of Health RI, 2019). Indonesia ranks third in the causes of maternal death, with a prevalence of bleeding (1,280 cases), hypertension in pregnancy (1,066 cases), and 207 cases of infection, Ministry of Health of the Republic of Indonesia (2020). The most common causes of maternal death in Indonesia in 2019 were bleeding, hypertension in pregnancy, infections, metabolic disorders, and others (Ministry of Health RI, 2019). Approximately 25-50% of maternal deaths are due to problems related to pregnancy, childbirth, and puerperium (WHO, 2018). One of the impacts that occurs from delays in wound healing is the occurrence of infections, moist perineal conditions and incorrect wound care methods and poor nutrition can be one of the factors causing infection in perineal wounds.

II. METHODS

The research design used in this study is a Literature Review. This study was used to find out how effective betel leaf boiled water and snakehead fish consumption are against perineal wound healing in post partum mothers. Research journals used as data sources include systematic search studies of computerized

databases and interventions in the provision of betel leaf boiled water and snakehead fish consumption obtained from several search accesses to the Garuda portal, Google Scholar, Google Gate, Pub Med, and National Journals in the form of research articles. Research article researched by (Debi, Titin, Morina 2020) entitled "Effectiveness of Red Betel Leaf Decoction Against Perineal Wound Healing". The research method used is a quasi-experimental method with pretest and posttest designs. The study was conducted with a total of 30 respondents as a sample. Respondents were given boiled betel leaf water for chicks for 5 consecutive days. As a result, all respondents (100%) experienced perineal wound healing. The results of data analysis obtained Z values = -4460b and p-value = 0.000 with a significance level of $p<0.05$. Research article conducted by (Siti, Candra, Maria 2015) with the title "Differences in the Use of Betel Leaves against Perineal Wound Healing". Using a true experimental research design with post test only control group design. The study was conducted by dividing the population into 2 groups and providing intervention, namely giving betel leaf boiled water to one of the groups. The results in the group given the intervention (62.5%) recovered within 5 days and the group that was not given intervention (62.5%) recovered with a longer time of 8 days. Based on the results of the Mann Whitney U-Test, it can be seen that the sig value (0.00) <□ (0.05).Research article researched by (Nuli,Yuli 2015) Effect of Perineal Care with Red Betel Leaf Water on Perineal Wound Recovery in Post Partum Mothers at 'Aisyiyah Muntilan Hospital. The study was conducted in Muntilan, Magelang using a pre-experimental design research plan with a non-randomized pretestposttest with control group with a total sample of 30 people consisting of 15 control groups and 15 treatment groups. Then it was found that the contingency coefficient value of 0.560 showed that the magnitude of the influence of perineal care with red betel leaf water on the healing of perineal wounds in post partum mothers was 0.560 or 56%.

Research article researched by (Ririn 2019) Efforts to accelerate the healing of perineal wounds in post partum mothers with betel leaf antiseptics at the wager health center in malang district using the post test only non random design research method. The total sample amounted to 20 people consisting of an intervention group and a control group. The results of observations from 19 respondents stated that the perineal suture wounds of the puerperal mother were healed and dried on days 3-4 post partum and there were no signs of infection. The results of the study were the highest kavikol levels found in boiling betel leaf boiled water with a time of 20 minutes and from the results of data collection and observation from 19 respondents obtained until November 9, data were obtained that perineal suture wounds in puerperal mothers healed and dried up on days 3-4 post partum and there were no signs of infection, Meanwhile, from the results of interviews with respondents, information was obtained that respondents stated that pain in perineal suture wounds also quickly decreased and felt more perverted. The results obtained from the T test results from this study are a signification level of 0.000 so that it can be concluded that betel leaf boiled water (Piperbetle) is effective against the speed of perineal wound healing in puerperal mothers. Research article researched by (Stefani, Vitrilina, Kristin 2020) The Effect of Green Betel Leaf Decoction on Perinium Wound Healing in Post Partum Mothers. Using the quasi-experimental research method, one group design with a total sample of 31 puerperal mothers. The statistical test results obtained by Mean Pretest are 0.48 and Posttest is 0.16 which means that the average perineal wound healing before being given a decoction of green betel leaves is 0.48 and the average perineal wound healing after being given a decoction of green betel leaves is 0.16 so it can be known that the decrease is 0.32. Based on the bivariate analysis of the results of the statistical test of p-value $0.018 < \alpha$ 0.05, Ho was rejected and Ha was accepted, which means that there is a significant influence between the administration of green betel dsun decoction on the healing of perineal wounds in post partum mothers at the Pera Simalingkar B Clinic, Medan Tuntungan District, Medan City.

Research article studied by (Tika 2019) The Effectiveness of Cork Fish on Perinium Wound Healing in Post Partum Mothers in the Working Area of the Kalongan Health Center, Semarang Regency in 2019 using the nonequivalent control group design method with a total sample of 20 people with incidental sampling techniques. The result of calculating the average value after being given snakehead fish is 4,9000 while the average value without being given snakehead fish is 8,5000. The analysis of bivariate shows that the effectiveness of snakehead fish is given against the healing of perineal wounds. The research article studied by (Sri 2020) entitled Determinants of The Duration of Perineal Wound Healing in Postpartum Mothers us-

ing analytical survey research methods with a cross-sectional approach with a total sample of 30 puerperal mothers with a data collection method using primary data, namely researchers directly take data on respondents and use questionnaires as research instruments. The results showed that the duration of healing of perinial wounds for puerperal mothers was in the ≤7-day category, which was 60%, while 40% was in the >7-day healing duration category. The research article conducted by (Yossy 2019) entitled Factors Affecting Perineal Wound Healing in Post Partum Mothers uses observational analytics with a cross sectional approach as a research method. There were 120 participants selected in the study located at the Pringsewu Lampung Health Center in Indonesia. Statistical analysis using chi square and double logistic regression. The results showed that the factors that influence the healing of significant perinium wounds are education, abstinence, type of hygiene, knowledge of perinium care, perinium treatment, prescription drugs and types of lacerations.

The most dominant factor is abstinence. Research article researched by (Richly 2018) Analysis of the Effect of Perinium Wound Healing on Postpartum Mothers at the Pangarengan Health Center (Pangarengan District, Sampang Regency) using an analytical survey design research method with a cross-sectional approach with a population of 35 puerperal mothers and data collection with questionnaires. The results showed that the knowledge of puerperal mothers was good on average as many as 22 people (62.9%), almost half the nutritional status of normal puerperal mothers was 16 people (45.7%), most socioeconomic status (income) between Rp. 100,000-500,000 as many as 30 people (85.7%), almost half the age of puerperal mothers between 20-30 years as many as 16 people (45.7%), the average who had good personal hygiene was 24 people (68.6%). The results of the study obtained the value of knowledge (p = 0.216), nutritional status (p = 0.717), income (p = 0.376), age (p = 0.185), personal hygiene (p = 0.000). So efforts are made to heal perineal wounds by providing counseling or counseling about healing perineal wounds well. Research article conducted by (Fauziah, Fitriana, Siti 2020) entitled The Effectiveness of Steamed Cork Fish Administration on Perineal Laceration Healing in Postpartum Mothers using quasi-experimental research methods with posttest only control group design research design. The total sample was 30 respondents and used interviews and observations in data collection methods. The results of data analysis using Mann-whitney were presented with a sig (2-tiled) value of 0.000 <0.05with the average duration of healing in the experimental group was 7 days. While the average duration of healing of the control group was 10 days. So this shows that giving steamed snakehead fish is more effective against healing the postpartum mother's perineal wounds.

III. RESULTS AND DISCUSSION

Based on the results of research from 10 journals that have been presented, perineal wound healing is influenced by nutritional factors, genetics, age, type of wound, facilities and infrastructure, culture, mobilization, maternal health conditions and the influence of giving snakehead fish and betel leaf decoction can heal wounds by repairing damaged body tissues, accelerates the recovery of damaged cell tissue, forms new cells so that the wound heals with a normal limit (6-7) days and there is no puerperal infection and the mother feels comfortable. Based on the theory of compounds contained from boiled water Betel contains antiseptics. Perineal wound healing occurs with a fast process because puerperal mothers use betel leaf boiled water for 2-4x / day after bathing.

So it can be said that the treatment of birth canal needs using betel leaves by boiling and using water to clean the birth canal needs can accelerate wound healing, because betel leaves contain chavicol, and several other biochemical compounds (Handayani, 2013). This biochemical compound has the power to kill germs, fungi and bacteria 5 times that of ordinary phenols and contains antioxidants. In addition, betel leaf is also a natural antiseptic that has no side effects so it is safe to use. Snakehead fish used as research material is a type of fish that has a high protein and albumin content and has various functions for health because it can increase endurance and has a high protein and albumin content. One of the functions of protein is as a building agent that is useful for forming new tissues that always occur in the body. Just like protein, albumin as a type of sarcoplasmic protein has the function of accelerating the recovery of damaged cell tissue, the formation of new cell tissue, and maintaining fluid balance in the vascular cavity with fluid in the interstitial cavity.

IV. CONCLUSION

In accordance with the analysis that has been carried out from several journals as a data source, not all articles explain the exact same research results. However, from some of these articles can be combined and studied so that it can be concluded that the use of betel leaf boiled water and the consumption of snakehead fish have proven effective in healing perineal wounds and can be used as one of the non-pharmacological and natural treatments to heal perineal wounds.

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