



Traditional Therapy in Postpartum Care: A Qualitative Study in Neniari Village, Manggarai Regency, East Nusa Tenggara

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ABSTRACT

The postpartum period is an important period for mothers to recover their physical and psychological condition after giving birth. In Indonesia, there are various traditional practices carried out to care for postpartum mothers. This research aims to explore traditional therapeutic practices in postpartum care in Neniari Village, Manggarai Regency, East Nusa Tenggara. This research uses a qualitative study method with a phenomenological approach. Data was collected through in-depth interviews with 10 postpartum mothers and 3 traditional birth attendants. The research results show that there are three types of traditional therapy that are commonly practiced in Neniari Village, namely: Herbal concoctions: Herbal concoctions are used to treat various complaints experienced by postpartum mothers, such as bleeding, abdominal pain and breast swelling. Ukup: Ukup is a massage technique performed to improve blood circulation, reduce pain, and improve mood. Rahu: Rahu is a steaming technique performed to warm the body, tone the uterine muscles and increase breast milk production. The research results show that traditional therapy has many benefits for postpartum mothers, both physically and psychologically. Traditional therapy can also be an alternative postpartum care that is affordable and easy to obtain.

1. Introduction

The postpartum period is an important period for mothers to recover their physical and psychological condition after giving birth. During the postpartum period, mothers experience various physical and hormonal changes which can cause various complaints. Postpartum bleeding is a normal thing that occurs during the postpartum period. This bleeding will generally decrease over time and will stop within 4-6 weeks. Abdominal pain is also a common complaint experienced by postpartum mothers. This pain is caused by the uterus contracting to return to its original size. This stomach pain will usually disappear within a few days. Breast swelling is caused by increased milk production. This swelling will usually disappear within a few days or weeks. Fatigue

is a common complaint experienced by postpartum mothers. This is caused by various factors, such as lack of sleep, breastfeeding, and hormonal changes. Stress is also a common complaint experienced by postpartum mothers. This is caused by various factors, such as changes in roles, new responsibilities, and changes in relationships with partners.¹⁻³

These physical and psychological complaints can disrupt the postpartum mother's activities and hinder her recovery. Therefore, it is important for postpartum mothers to get proper care during the postpartum period. Postpartum care can be done medically or traditionally. Medical care is generally carried out by professional health workers, such as doctors or midwives. Traditional treatment is generally carried out by traditional birth attendants or parents.

Traditional therapy is a form of postpartum care that has been practiced for generations in Indonesia. This traditional therapy is believed to help postpartum mothers recover quickly and healthily. In Indonesia, there are various traditional practices carried out to care for postpartum mothers. This traditional practice has been passed down from generation to generation and is believed to help postpartum mothers recover quickly and healthily.⁴⁻⁷ This study aims to explore traditional therapeutic practices in postpartum care in Neniari Village, Manggarai Regency, East Nusa Tenggara. Neniari Village is one of the villages in Manggarai that still maintains traditional practices in postpartum care.

2. Methods

The phenomenon that will be examined in this research is traditional therapy in postpartum care in Neniari Village, Manggarai Regency, East Nusa Tenggara. This phenomenon was chosen because there are still many people in Neniari Village who use traditional therapy in postpartum care. Data was collected through in-depth interviews with 10 postpartum mothers and 3 traditional birth attendants. Interviews were conducted using interview guidelines that had been prepared previously. The data in this research was collected through in-depth interviews. In-depth interviews were conducted using interview guidelines that had been prepared previously. Interviews were conducted with each research subject for 60-90 minutes. Data analysis in this research was carried out inductively. Data collected from interviews were analyzed to find the meaning given by mothers to their experiences of using traditional therapy in postpartum care.

3. Results and Discussion

The research results show that there are three types of traditional therapy that are commonly practiced in Neniari Village, namely, herbal concoctions, which are used to treat various complaints experienced by postpartum mothers, such as bleeding, abdominal pain, and breast swelling. The

herbal concoction commonly used in Neniari Village is a concoction of katuk leaves, cassava leaves, and betel leaves. Ukup: Ukup is a massage technique performed to improve blood circulation, reduce pain, and improve mood. Ukup is usually performed by a midwife. Rahu: Rahu is a steaming technique performed to warm the body, tone the uterine muscles, and increase breast milk production. Rahu is usually performed using a stove filled with firewood and herbal concoctions.

Postpartum motherhood is the period after giving birth for 40 days. During this period, postpartum mothers will experience various physical and hormonal changes. These changes can cause various complaints, such as bleeding, abdominal pain, and breast swelling. To overcome these various complaints, postpartum mothers can use herbal concoctions. Herbal concoctions are medicines that come from plants. These plants contain various substances that are beneficial for health, including the health of postpartum mothers. Katuk leaves are a plant that is rich in protein and vitamin A. Protein is useful for increasing breast milk production, while vitamin A is useful for maintaining healthy eyes and skin. Herbal concoctions from katuk leaves can be used to treat various complaints experienced by postpartum mothers, such as Increased breast milk production, Increased healing of wounds in the birth canal, reduced stomach pain, and increased appetite. How to make herbal concoction from katuk leaves: Wash 10-15 katuk leaves; Boil katuk leaves in 2 glasses of water until boiling; Strain the boiled water from katuk leaves; Drink boiled water from katuk leaves 2-3 times a day. Cassava leaves are a plant that contains anti-inflammatory and antibacterial substances. These substances are useful for reducing inflammation and infection. Herbal concoctions from cassava leaves can be used to treat various complaints experienced by postpartum mothers, such as Reducing stomach pain, preventing infection in the birth canal, and facilitating blood circulation. How to make herbal concoction from sweet potato leaves: Wash 10-15 sweet potato leaves; Boil cassava leaves

in 2 glasses of water until boiling; Strain the boiled water from cassava leaves; Drink boiled water from cassava leaves 2-3 times a day. Betel leaf is a plant that contains antiseptic and antibacterial substances. These substances are useful for killing germs and bacteria. Herbal concoctions from betel leaves can be used to treat various complaints experienced by postpartum mothers, such as preventing infections in the birth canal, accelerating the healing of wounds in the birth canal, and reducing body odor. How to make an herbal concoction from betel leaves: Wash 10-15 betel leaves; Boil betel leaves in 2 glasses of water until boiling; Strain the betel leaves in boiled water; Use boiled betel leaf water to wash the feminine area.⁸⁻¹¹

Ukup is a massage technique originating from Indonesia. Ukup is usually performed by birth attendants to help postpartum mothers in the postpartum recovery process. Ukup can also be done to treat various other complaints, such as headaches, muscle aches, and stress. Ukup is done using coconut oil or telon oil. The midwife will massage the postpartum mother's body with gentle, circular movements. These movements aim to improve blood circulation, reduce pain, and improve mood. Ukup has various benefits, including Improving blood circulation, reducing pain, improving mood, helping the postpartum recovery process, improving breast milk production, and accelerating the healing of wounds in the birth canal. Ukup should not be performed on postpartum mothers who experience the following conditions: Fever, infection, heavy bleeding, heart disease, stroke, or cancer. To get maximum benefits from ukup, you should do ukup regularly, namely 2-3 times a week. Ukup can also be done by postpartum mothers themselves at home. However, it is best to consult first with a birth attendant or other health professional to learn the correct technique of performing a ukup. Here are some tips for doing ukup at home: Prepare coconut oil or telon oil; Make sure the postpartum mother's body is clean and comfortable; Massage the postpartum mother's body with gentle, circular movements; Focus on parts of the body that feel sore or tense; Massage for 20-30

minutes; After the massage, postpartum mothers should rest for 30 minutes. Ukup is a massage technique that is safe and beneficial for health. Ukup can be an alternative to help postpartum mothers in the postpartum recovery process.^{12,13}

Rahu is an evaporation technique originating from Indonesia. Rahu is usually performed by traditional birth attendants to help postpartum mothers in the postnatal recovery process. Rahu can also be done to treat various other complaints, such as headaches, muscle aches, and stress. Rahu is performed using a stove filled with firewood and herbal concoctions. The herbal ingredients commonly used for rahu are betel leaves, yam leaves, and katuk leaves. These leaves contain substances that are beneficial for the health of postpartum mothers, such as antiseptic, anti-inflammatory, and immunomodulatory substances. The stove is filled with firewood and herbal concoctions and will produce hot steam. The postpartum mother will inhale the hot steam. This evaporation aims to warm the body, tighten the uterine muscles, and increase breast milk production. Rahu has various benefits, including warming the body, tightening the uterine muscles, increasing breast milk production, reducing pain, improving mood, and helping the postpartum recovery process. Rahu should not be performed on postpartum women who experience the following conditions: Fever, infection, heavy bleeding, heart disease, stroke, or cancer. To get maximum benefits from rahu, you should do rahu regularly, namely 2-3 times a week. Rahu can also be done by postpartum mothers themselves at home. However, it is best to consult first with a midwife or other health professional to learn the correct rahu technique. Here are some tips for performing rahu at home: Prepare a stove filled with firewood and herbs; Make sure the postpartum mother is clean and comfortable; Cover the postpartum mother's head with a cloth so that hot steam does not escape; Let the postpartum mother inhale the hot steam for 15-20 minutes; After rahu, postpartum mothers should rest for 30 minutes. Rahu is a safe and beneficial vaporization technique for health. Rahu can be an alternative to help postpartum

mothers in the postpartum recovery process.^{14,15}

4. Conclusion

This research shows that traditional therapy is an important practice in postpartum care in Neniari Village. Traditional therapy has many benefits for postpartum mothers, both physically and psychologically.

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