

Thibbun Nabawi Herbs for Breastfeeding Mothers

by Arum Meiranny

Submission date: 24-Feb-2021 12:17PM (UTC+0800)

Submission ID: 1516753760

File name: afita.pdf (165.29K)

Word count: 616

Character count: 2588



Thibbun Nabawi Herbs for Breastfeeding Mothers

Arum Meiranny¹, Isna Hudaya, Afita Dini Sukmana

¹Program Sarjana dan Pendidikan Profesi Bidan Fakultas Kedokteran Universitas Islam Sultan Agung
Jalan Kaligawe Raya No.KM. 4 Semarang 50112 Indonesia
Email: arummeiranny@unissula.ac.id

Abstract

The effect of herbal consumption on breastfeeding mothers frequently associated with the breast milk production and the restoration of mothers' stamina after child birth. Herbs have a composition that help the recovery process of post partum mothers and increase the breast milk production. There fore, the use of prophetic medicine can be the solution. To find out the practice of Thibbun Nabawi Herbs on breastfeeding mothers. The search of journal article electronically by using a data base in Google Scholar. Keywords that are being used are "Thibbun Nabawi/Prophetic Medicine", "Herbal/Herbs" and "Breastfeeding", until 3 article was obtained to be reviewed. The use of some Thibbun Nabawi herbs like dates, honey and black cumin/habbatussauda' can effect the breast milk production on breastfeeding mothers. The use of thibbun nabawi herbs for post partum mothers is very recommended because it can increase the production of breast milk and giving happiness to the post partum mothers and able to reduce the risk of baby blues syndrome. Thibbun Nabawi herbs can effect the production of breast milk on post partum mothers.

Keywords: breast milk; breastfeeding; thibbun nabawi

REFERENCES

1. Amalina. (2016). *Pengaruh Jintan Hitam (Nigella Sativa) dalam Peningkatan Hormon Produksi ASI (Prolaktin dan Oksitosin) Serta Jumlah Neutrofil Neonatus Pada Ibu Post Sectio Caesaria di Yogyakarta.*
2. Astutik, R. Y. (2014). *Payudara dan Laktasi* (1st ed.). Salemba Medika.
3. Cahaya, C. (2013). *Kumpulan Obat Timur Tengah.* Jakarta Timur: CV. Rama Edukasitama.
4. Depkes RI. (2010). *Laporan Hasil Riset Kesehatan Dasar Indonesia Tahun 2010.* Jakarta: Kemenkes RI.
5. Hidana, R. (2016). Pemberian Sari Kurma Pada Ibu Menyusui Efektif Meningkatkan Berat Badan Bayi Usia 0- 5 Bulan (Studi Di Kota Semarang). *Jurnal Medika Respati*, XI(3).
6. Hidayati, N. (2019). Pengaruh Ekstrak Nigella Sativa Terhadap Kelancaran Produksi Asi Pada Ibu Menyusui Di PMB Afah Fahmi Amd.,Keb Surabaya. *Jurnal Ilmiah : J-HESTECH*, 2(2).
7. Maftuchah. (2018). *Cara Alamiiah Meningkatkan Produksi Asi Pada Ibu Nifas Menggunakan Madu.* *Jurnal Kesehatan: STIKes Karya Husada Semarang.* 5(1).
8. Rostita. (2009). *Khasiat dan Keajaiban Kurma.* Yogyakarta: PT.Mizan Publika.
9. Sakka AE, Salama M, S. K. (2012). The effect of fenugreek herbal tea and palm dates on breast milk production and infant weight. *Journal of Pediatric Sciences*, 6, 2–9.
10. Saleha, S. (2009). *Asuhan Kebidanan Pada Masa Nifas.* Jakarta: EGC.
11. Wulandari, M. (2013). *Cara Menhitung Volume ASI dan Zat Gizinya.*

Thibbun Nabawi Herbs for Breastfeeding Mothers

ORIGINALITY REPORT

12%

SIMILARITY INDEX

0%

INTERNET SOURCES

0%

PUBLICATIONS

12%

STUDENT PAPERS

PRIMARY SOURCES

1

Submitted to Sultan Agung Islamic University

Student Paper

12%

Exclude quotes On

Exclude matches < 30 words

Exclude bibliography On