

The Relationship Between Giving Pilis (Rice, Turmeric, Sand Ginger, Ginger, Lime) and Postpartum Maternal Health

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ARTICLE INFORMATION

Received: 28, May, 2024

Revised: 30, May, 2024

Accepted: 31, May, 2024

KEYWORD

Giving Pilis; Health; Post Partum Mothers;
Traditional Herbs

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DOI

<https://doi.org/10.36456/embrio.v16i1.9021>

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ABSTRACT

The use of traditional herbs is intended for postpartum health care and recovery. To see the benefits of using these ingredients, it is necessary to study the relationship between the provision of traditional ingredients and the health impacts on postpartum mothers who use them. This study aims to determine the relationship between giving pilis (rice, turmeric, sand ginger, ginger, lime) and the health of post-partum mothers. This type of quantitative research uses a correlational analytical research design using a cross-sectional approach. The sample in this study was 43 postpartum mothers in the ten public health centers of the Bangkalan Madura district. The data collection technique uses an observation sheet instrument. Sampling used simple random sampling nonparametric statistical analysis with analysis tests using Chi-Square. The research results showed a relationship between giving pilis (rice, turmeric, sand ginger, ginger, lime) and the health of post-partum mothers, as evidenced by a p-value of $0.000 < 0.05$. In conclusion, giving pilis to postpartum mothers continues to be maintained because of its perceived health benefits, which are in line with the expectations of the Bangkalan community. Suggestion: The development of traditional medicine from a pharmacological perspective must be carried out so that people can use traditional medicine according to standards. After development by pharmacologists, a postpartum mother treatment policy based on local, family, and community wisdom can be formulated.

Introduction

The postpartum phase commences immediately after the expulsion of the placenta. It concludes when the uterus regains its customary pre-pregnancy condition, lasting for six weeks or 42 days (Agustin, 2021). During the recovery period, the mother will experience many physical and physiological changes and cause much discomfort at the beginning of the postpartum period, which does not rule out the possibility of becoming pathological if not followed by good care (Sunarti, 2022).

According to Sitepu, in 2024, the global maternal mortality rate (MMR) is projected to reach 303,000. The Maternal Mortality Rate (MMR) in the Association of Southeast Asian Nations (ASEAN) is 235 deaths per 100,000 live births. Based on data from the Indonesian Demographic and Health Survey (SDKI), Indonesia's Maternal Mortality Rate (MMR) rose from 228 per 100,000 live births in 2002-2007 to 359 per 100,000 live births in 2007-2012. According to Qomari (2022), they were told that in the period from 2012 to 2015, the Maternal Mortality Rate (MMR) in Indonesia declined to 305 deaths per 100,000 live births. In 2019, there were a total of 4,221 occurrences of maternal fatalities in the country (Katmini, 2018). Meanwhile, postpartum mothers in Bangkalan Regency in January –

December 2022, while data from the Sepulu Community Health Center was 654 people. Based on a preliminary study conducted in the Ten Bangkalan Community Health Center Work Area, out of 54 postpartum mothers, 43 still use pilis to relieve health symptoms that mothers may experience after giving birth, including frequent headaches, blurred vision, or even dizzy eyes.

The research results of Ningsih Safari et al. (2022) regarding giving pilis (rice, turmeric, sand ginger, ginger, lime) to the health of postpartum mothers show that there are two types of postnatal care, namely modern and traditional medicine, namely giving pilis (rice, ginger, lime, turmeric and sand ginger) and param mixed to be applied to the stomach, forehead, arms and thighs (Zumaidar, 2019). In Krueng Kluat village, it is believed that the utilization of traditional medicine postpartum can enhance blood circulation, strengthen the abdominal muscles, heal wounds in the uterus and vagina, act as a contraceptive, restore the mother's physical well-being and health after childbirth, and aid in weight reduction (Hegemur, 2023).

According to Rania (2019), efforts to provide pilis (rice, turmeric, sand ginger, ginger, lime) for the health of postpartum mothers, which are placed on the mother's forehead using traditional postpartum medicine, can facilitate the flow of postpartum blood, tighten the abdominal muscles, healing wounds in the uterus and vagina, as a contraceptive, restoring fitness and health to the mother's body after giving birth and losing weight.

According to research by Windayanti (2017), traditional community knowledge about the properties and uses of medicinal plants can provide valuable information in selecting and obtaining raw materials for medicinal plants for postpartum mothers by providing pilis (rice, turmeric, sand ginger, ginger, lime) for health. The postpartum mother is placed on the mother's forehead, which can improve blood flow after giving birth, tighten the abdominal muscles, and heal wounds in the uterus and vagina as a contraceptive (Rahmawati., 2024). This study aims to determine the relationship between giving pilis (rice, turmeric, sand ginger, ginger, lime) and the health of post-partum mothers.

Method

The type of research used is an analytical correlation. This design uses a cross-sectional approach, the research was conducted at ten Bangkalan Madura Community Health Centers, a population of 54 people with a sample of 43 normal postpartum mothers without any complications, and according to the inclusion and exclusion criteria set by the researchers. The sampling technique uses random sampling.

The method for making pilis is 100 grams of rice, 50 grams of turmeric, 50 grams of ginger, 50 grams of sand ginger, squeeze the juice of 1 lime, mash all the ingredients (rice, turmeric, sand ginger, ginger, lime) together until combined. It becomes smooth; after it is smooth, the crushed material is doused or mixed with enough warm water, and finally, the stuff is smeared with pilis on the forehead.

The data collection technique uses primary data through checklist sheets and observations, with data collection procedures, In the first stage, the researcher carries out an ethical test with certificate number 076-KEPK/MEI-2023, in the second stage, the researcher provides an informed consent sheet or agreement sheet to be signed by the respondent, the second stage thirdly, collecting data to provide

accurate data for researchers, the fourth stage is collecting data by observing the administration of pilis to respondents and assessing the health of postpartum mothers, the final step is preparing a report.

Next, normality tests were carried out using Kolmogorov-Sminov and Shapiro-Wilk, and homogeneity was measured using one-way ANOVA. Next, statistical tests were carried out. In this study, we used the correlation test with chi-square.

Results

Table 1. Frequency Distribution of Respondent Characteristics

Characteristics	(F)	(%)
age		
<20	0	0
21-35	42	97,7%
>35	1	2,3%
Education		
Elementary/Junior High School	0	0
Senior High School	28	65,1%
Diploma/Bachelor	15	34,9%
Parity		
Primipara	25	58,1%
Multipara	18	41,9%
Grande multipara	0	0
Work		
Does not work	12	27,9%
Private	9	20,9%
Self-employed	13	30,2%
ASN	9	20,9%

Characteristic data from 43 respondents, mostly aged 21-35 years, 42 respondents (97.7%), high school education, 28 respondents (65.1%), self-employed work, 13 respondents (30.2%), parity, namely primipara 25 respondents (58.1%)

Table 2. Frequency Distribution of Respondents Based on Pilis Giving

Giving Pilis	(F)	(%)
Routine Giving	22	51,2%
Non-Routine Giving	21	48,8%

The results showed that the majority of respondents gave pilis regularly, 22 respondents (51.2%)

Table 3. Frequency Distribution of Respondents Based on Post-Partum Maternal Health

Post Partum Maternal Health	(F)	(%)
Good	25	58,1%
Enough	18	41,9%
Not enough	0	0

The results showed that the majority of respondents' health level was good, with 25 respondents (58.1%)

Table 4. Cross Tabulation: Giving Pilis to Post-Partum Maternal Health

Post Partum Maternal Health \ Giving Pilis	Good		Fair		Less		Total	
	F	%	F	%	F	%	F	%
Routine Giving	20	46,5%	2	4,6%	0	0	22	51,2%
Non-Routine Giving	5	11,6%	16	37,2%	0	0	21	48,8%
Total	25	58,1%	18	41%	0	0	43	100%

The results showed that the majority of respondents who regularly gave Pilis had good health results, namely 20 respondents (46.5%), the remaining health was fair, namely two respondents (4.6%).

The majority of respondents who gave pilis did not routinely get good health results, namely, 16 respondents (37.2%), and the rest were in good health, five respondents (11.6%)

Table 5. Respondent Data Normality Test

	<i>Kolmogorov-Smirnov^a</i>			<i>Shapiro-Wilk</i>		
	Stat	df	Sig.	Stat	df	Sig.
Post Partum Maternal Health	0.190	43	0.00	0.898	43	0.001

The results showed that the data was not normally distributed because the significant value was $0.05 >$ the significant value of giving pilis and postpartum maternal health. Significant value is $0.001 < 0.05$.

Table 6. Respondent Data Homogeneity Test Results

Levene Statistic	df1	df2	Sig.
.008	1	41	.930

The significance value (Sig.) is 0.930. Because of the Sig value. $0.930 > 0.05$, then as is the basis for decision-making in the homogeneity test above, it can be concluded that the variance of the data above is the same or homogeneous

Table 7. Statistical Analysis Test Results *Chi-Square*

<i>Chi-Square</i>	19.414
df	1
<i>Asymp. Sig.</i>	.000

Asymp. The sig value is $0.000 < 0.05$. Thus, it can be interpreted that H_0 is rejected and H_1 is accepted, which means a relationship exists between giving pilis (rice, turmeric, galangal, ginger, lime) and post-partum maternal health.

Discussion

Pilis is a concoction made from natural ingredients, namely turmeric, and lime, but some also add sand ginger, mint leaves, and ylang-ylang to make pilis. People believe pilis has the property of preventing white blood from rising upwards and preventing blurred vision. Pilis is placed on the forehead 0-40 days after giving birth. Pilis is still safe because it uses natural ingredients (Supandi, 2017).

In line with research by Ningsih Safari et al. (2022) on giving pilis (rice, turmeric, ground ginger, ginger, lime) to the health of postpartum mothers, it shows that there are two postpartum treatments, namely modern and traditional medicine, namely giving pilis (rice, ginger, lime, turmeric, sand ginger), and param, mixed and rubbed on the stomach, forehead, arms, and thighs. The people of Krueng Klaut village believe that using traditional medicine after giving birth can improve blood flow after giving birth, tighten the abdominal muscles, heal wounds in the uterus and vagina, as a contraceptive, restore fitness and health to the mother's body after giving birth, and reduce weight (Inayatul Milah, 2021).

According to Septianingrum (2019), traditional community knowledge about the properties and uses of medicinal plants can provide valuable information in selecting and obtaining raw materials for medicinal plants for postpartum mothers by providing pilis (rice, turmeric, sand ginger, ginger, lime) for health postpartum mothers, which is placed on the mother's forehead, which can improve postpartum blood flow, tighten abdominal muscles, and heal wounds in the uterus and vagina, as a contraceptive.

According to research, Purba (2021) shows that the types of traditional medicinal ingredients commonly used by mothers during the postpartum period are uyup-uyup (97.3%), pilis (27%), gastric tapel (24.3%), turmeric acid. (18.9%), walikan (16.2%), sand ginger rice (5.4%), param (5.4%), and galing singset (2.7%). From this herb, respondents stated that they could feel the benefits of the herb in the form of increasing breast milk production with the uyup-uyup herb (88.8%), maintaining eye health, and eliminating dizziness with the pilis herb (70%), tightening and slimming the stomach with the tapel herb. stomach (100%) and stamp extraction (100%), restore the position of the stomach with Walkman concoction (100%), and relieve pain with tamarind turmeric concoction (85.7%), and sand ginger rice (100%) and param (100%). According to respondents, the side effects of this concoction are stomach ulcers (22.2%) in the form of itching around the stomach and pilis (20%), which can make the eyes sting.

According to research by Fuadi (2017) entitled Ethnobotany and Identification of Medicinal Plants for Postpartum Women in Krueng Kluet Village, North Kluet District, South Aceh, it is stated that the use of traditional medicine after giving birth can facilitate the flow of postpartum blood, tightens the abdominal muscles, heals wounds in the uterus and vagina, as a contraceptive, restores fitness and health to the mother's body after giving birth, and reduces weight (Windayanti, 2017).

According to research by Zumaidar et al. (2019) entitled Plants as Traditional Post-Birth Medicine by the Acehnese in Pidie Regency, it is said that the Pilis concoction has been mixed and then formed into a round shape like a cake which is dried in the sun then melted with water and then rubbed all over the body. Its benefits include warming the body, brightening skin color, eliminating black spots during pregnancy, reducing wrinkles, refreshing the body, eliminating pain and fatigue in the body's muscles, providing a fresh aroma, and functioning to eliminate body odor.

Conclusions

Giving pilis by postpartum mothers in the work area of the Sepuluh Bangkalan District Health Center, Madura, beliefs and culture, as well as family support, are very dominant. On average, postpartum mothers who undergo pilis always feel the benefits for their body health after being given pilis regularly. Apart from the cost being not too expensive, postpartum mothers also do not need to go to a health facility or look for other alternatives in postpartum care. The development of traditional medicine from a pharmacological perspective must be carried out so that people can use traditional medicine according to standards. After development by pharmacologists, a postpartum mother treatment policy based on local, family, and community wisdom can be formulated.

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