



Effectiveness of Katuk Leaf Administration on Breast Milk Production in Postpartum Mothers at Puskesmas Sagerat

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Abstract. Limited breast milk production during the postpartum period may interfere with exclusive breastfeeding and negatively affect infant nutrition. One non-pharmacological intervention that has been widely used to stimulate lactation is the consumption of Katuk (*Sauropus androgynus*) leaves. This research aimed to evaluate the effect of Katuk leaf consumption on breast milk production among postpartum mothers receiving care at Puskesmas Sagerat. A quantitative pre-experimental study with a one-group pretest-posttest design was conducted involving 60 postpartum mothers selected through purposive sampling. Breast milk production was assessed before and after the intervention using structured observation sheets. Data analysis included descriptive statistics and the Wilcoxon signed-rank test to examine differences in breast milk production before and after the intervention. Prior to consuming Katuk leaves, 73.3% of participants experienced inadequate breast milk production. Following the intervention, 81.7% demonstrated adequate or smooth milk production. Statistical analysis revealed a significant improvement after the intervention ($p < 0.001$). These findings indicate that Katuk leaf consumption is effective in enhancing breast milk production among postpartum mothers at Puskesmas Sagerat.

Keywords: Breast Milk Production; Breastfeeding; Katuk Leaf; Postpartum; Sagerat.

1. Introduction

Breast milk is newborns' primary source of nourishment because it includes critical nutrients, antibodies, and immunological components required for growth and protection. During the postpartum period, some moms produce inadequate breast milk. This condition may lead the infant to be dissatisfied with nursing, raise mom anxiety, and impair ideal breastfeeding success.

Breastmilk production can be improved with breastfeeding support, frequent nursing, enough rest, nutritional intake, and non-pharmacological therapy. Katuk leaf is well-known as a natural ingredient that promotes breast milk production. Katuk leaves contain nutrients and active compounds that are supposed to help in breastfeeding.

Puskesmas Sagerat plays an important role in providing postpartum healthcare services, including breastfeeding support, lactation counseling, and monitoring breastfeeding outcomes. Considering this role, the present study was conducted to investigate whether the administration of Katuk (*Sauropus androgynus*) leaves could improve breast milk production among postpartum mothers receiving care at the health center.

Despite WHO and UNICEF rules, successful exclusive breastfeeding remains a public health concern across the world. Poor breast milk supply in the early postpartum period is one of the most important variables influencing exclusive breastfeeding success. WHO highlights the need of nutritional, psychosocial, and lactation support measures in promoting exclusive breastfeeding for babies aged 0 to 6 months (WHO, 2025).

Despite the increasing rate of exclusive breastfeeding in Indonesia, many postpartum mothers still experience insufficient breast milk production during the first days after childbirth. Several factors, including maternal nutritional status, psychological well-being, parity, and breastfeeding practices, have been reported by the Indonesian Ministry of Health to influence lactation. Katuk (*Sauropus androgynus*) leaves are widely recognized as a traditional herbal remedy with galactagogue properties that may help stimulate breast milk production.

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Therefore, this study was conducted to evaluate the effectiveness of Katuk leaf administration in improving breast milk production among postpartum mothers at Puskesmas Sagerat.

2. Theoretical Review

The hormones prolactin and oxytocin impact the physiological process of producing breast milk. Prolactin is responsible for milk production, whilst oxytocin aids in milk ejection. Smooth breast milk production occurs when the infant seems pleased after feeding, the feeding frequency is adequate, the breasts feel empty after feeding, and there are symptoms of adequate milk intake.

Katuk leaf is a plant that is widely used as a natural galactagogue to boost breast milk production. Its nutrients and active substances are thought to promote hormones associated with breastfeeding. Katuk leaf administration can be utilized as a supportive intervention while taking into account safety, cleanliness, and maternal health.

In theory, consuming Katuk leaves may boost breast milk production in postpartum women. This benefit is enhanced when accompanied with regular nursing, proper breastfeeding technique, appropriate hydration intake, rest, and family support.

Prolactin and oxytocin are the major hormones that govern breast milk production. Prolactin promotes milk production, whereas oxytocin controls the milk ejection reflex. Hormonal imbalances might cause inadequate milk production. According to the American Academy of Pediatrics (2022), early stimulation and maternal physiological state both promote healthy breastfeeding.

Katuk leaf (*Sauropus androgynus*) includes phytochemical substances including flavonoids, steroids, and polyphenols, which are thought to serve as galactagogues. These chemicals increase lactation hormones, which boosts breast milk production. Foong et al. (2020) and Anju et al. (2022) found that herbal galactagogues can increase breast milk production when paired with proper breastfeeding frequency and maternal psychological support.

3. Research Method

A one-group pretest-posttest method was used in this study's quantitative pre-experimental design. From March to May 2026, the study was conducted in Puskesmas Sagerat. In this study, the same set of participants' breast milk production is examined both before and after Katuk leaf therapy.

The participants in this study were postpartum moms from Puskesmas Sagerat. The sample comprised of 60 respondents chosen by purposive sampling. Postpartum moms, breastfeeding, willingness to engage, good communication skills, and the absence of emergency situations were among the inclusion criteria.

An observation sheet was utilized in the research to monitor breast milk output. The independent variable was Katuk leaf administration, whereas the dependent variable was breast milk production in postpartum women. The Wilcoxon test was used using SPSS to do univariate and bivariate analyses on the data. A p-value of <0.05 indicates a significant effect.

4. Results And Discussion

Respondent Characteristics

Table 1. Distribution of Characteristics of Postpartum Mother Respondents at Sagerat Community Health Center.

Characteristics	Category	Frequency (n)	Percentage (%)
Maternal age	< 20 years	6	10.0
	20–35 years	46	76.7
	> 35 years	8	13.3
Education	Basic	14	23.3
	Secondary	36	60.0
	Higher	10	16.7
Occupation	Working	18	30.0
	Not working	42	70.0
Parity	Primipara	28	46.7
	Multipara	32	53.3
Postpartum day	Day 1–3	25	41.7
	Day 4–7	35	58.3

Source: Processed primary data, 2026.

Based on Table 1, the characteristics of the respondents show that most postpartum mothers were of healthy reproductive age, namely 20 to 35 years (46 respondents (76.7%). This condition illustrates that the majority of respondents were in the age range that is biologically and socially relatively ready to undergo the breastfeeding process. Most respondents had secondary education (36 respondents (60.0%) and were unemployed (42 respondents (70.0%)), so lactation education from health workers still needs to be provided in clear and easy-to-understand language. In addition, most respondents were multiparous (32 respondents (53.3%) and were on postpartum days 4 to 7 (35 respondents (58.3%). These characteristics are important because the experience of childbirth, the postpartum phase, family support, and the time to adapt to lactation can affect the smooth production of breast milk.

Breast Milk Production Before Giving Katuk Leaves

Table 2. Breast Milk Production Before Katuk Leaf Intervention.

Breast milk production	n	%
Smooth	16	26.7
Not smooth	44	73.3

Source: Processed primary data, 2026.

Based on Table 2, before administering katuk leaves, the majority of respondents experienced less than optimal breast milk production, namely 44 respondents (73.3%). Only 16 respondents (26.7%) reported smooth breast milk production. This finding indicates that problems with smooth breast milk flow are still quite dominant in the early postpartum period. This condition can occur because the lactation process is still in the adaptation phase, especially if the mother experiences fatigue, anxiety, lack of rest, insufficient fluid intake, or suboptimal breastfeeding techniques. This data provides an important basis for the need for targeted lactation support in postpartum mothers, including breastfeeding education, psychological support, infant monitoring, and safe supportive interventions.

Breast Milk Production After Giving Katuk Leaves

Table 3. Distribution of Breast Milk Production in Postpartum Mothers After Giving Katuk Leaves.

Breast milk production	n	%
Smooth	49	81.7
Not smooth	11	18.3

Source: Processed primary data, 2026.

Based on Table 3, Following the administration of Katuk leaves, breast milk production improved markedly among the participants. A total of 49 postpartum mothers (81.7%) achieved adequate breast milk production after the intervention, while only 11 respondents (18.3%) continued to experience inadequate milk production. These findings demonstrate a substantial improvement in breast milk production following Katuk leaf administration. This increase may be attributed to the potential of katuk leaves as a natural galactagogue that supports the lactation process. However, the success of increasing breast milk production still needs to be seen as the result of various interrelated factors, such as breastfeeding frequency, infant attachment, nutritional adequacy, fluid intake, maternal emotional state, and family support.

Effectiveness of Katuk Leaf Administration on Increasing Breast Milk Production

Table 4. Efficacy of Katuk Leaf Administration in Increasing Breast Milk Production in Postpartum Mothers at Sagerat Community Health Centre.

Measurement	Mean	SD	Median	Min–Max	p-value
Before intervention	5.76	1.48	6.00	3–9	0.000
After intervention	8.68	1.39	9.00	5–11	
Difference	2.92				

Source: Processed primary data, 2026.

As presented in Table 4, the mean breast milk production score increased from 5.76 before the intervention to 8.68 after the administration of Katuk leaves, representing a mean improvement of 2.92 points. Statistical analysis using the Wilcoxon signed-rank test demonstrated a significant difference between the pre- and post-intervention measurements ($p < 0.001$). These findings indicate that Katuk leaf administration was associated with improved breast milk production among postpartum mothers at the Sagerat Community Health Center. The results provide evidence supporting the potential use of Katuk leaves as a complementary non-pharmacological intervention to promote lactation. Nevertheless, the findings should be interpreted cautiously because the one-group pretest-posttest design did not include a comparison group. Consequently, the observed improvement may also have

been influenced by other factors, including breastfeeding frequency, infant latch quality, maternal rest, fluid intake, and family support.

Discussion

The findings revealed that prior to Katuk leaf administration, the majority of postpartum moms produced non-smooth breast milk. This syndrome may develop because the postpartum body is still adjusting to the nursing process. Fatigue, anxiety, nursing frequency, technique, hydration consumption, and family support can all affect breast milk supply.

Following the administration of Katuk leaves, most postpartum mothers demonstrated adequate breast milk production, indicating a positive improvement in lactation outcomes. These findings suggest that Katuk leaves may serve as a beneficial complementary approach to support breastfeeding, particularly when combined with appropriate breastfeeding techniques and frequent feeding.

The Wilcoxon signed-rank test revealed a statistically significant difference between breast milk production before and after the intervention ($p < 0.001$). This result indicates that Katuk leaf administration has the potential to enhance breast milk production among postpartum mothers. As a traditional herbal intervention, Katuk leaves represent a practical, affordable, and easily accessible non-pharmacological strategy that can be incorporated into postpartum care and breastfeeding support programs.

The study's findings suggest that health staff at Puskesmas Sagerat can educate patients about the usage of Katuk leaves to help boost breast milk production. Education must take into account correct processing cleanliness, optimal consumption levels, mother health status, and newborn monitoring. Mothers should also be urged to breastfeed regularly, practice proper latch technique, drink plenty of fluids, and get enough sleep.

This study is in line with Kumalasari (2025) and Lestari et al. (2024), who stated that Consuming katuk leaves can greatly boost breast milk production in nursing women. This demonstrates that natural-based therapies remain relevant and successful in promoting exclusive breastfeeding programs.

Furthermore, breast milk production is affected not just by Katuk leaf use, but also by nursing frequency, infant bonding style, maternal psychological state, and family support. The therapeutic implications of this study include the necessity for health workers to integrate herbal-based therapies with thorough lactation counseling in basic healthcare institutions.

5. Conclusion

The results of this study demonstrate that the administration of Katuk leaves was associated with improved breast milk production among postpartum mothers at Puskesmas Sagerat. Following the intervention, the proportion of mothers with adequate breast milk production increased, while the number experiencing inadequate milk production declined. Statistical analysis using the Wilcoxon signed-rank test showed a significant difference between the pre- and post-intervention assessments ($p < 0.001$). These findings suggest that Katuk leaves may be considered a complementary non-pharmacological approach to support lactation in postpartum women. Healthcare providers are encouraged to educate mothers on the appropriate use of Katuk leaves alongside correct breastfeeding techniques and continuous lactation support to help optimize exclusive breastfeeding outcomes.

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