



PICTURE OF PERINEAL WOUND HEALING IN Mrs. I POST PARTUM BY GIVING BETEL LEAF BOILED WATER IN KAJONGAN VILLAGE, PURBALINGGA

DESCRIPTION OF PERINEAL WOUND HEALING IN Mrs. I POST PARTUM WITH BETEL LEAF DECOCTION IN KAJONGAN VILLAGE PURBALINGGA

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Abstract

Background: Healing perineal wounds in postpartum mothers is an essential aspect of recovery after childbirth. These wounds can cause discomfort and potentially disrupt daily activities as well as the mental health of the mother. The presence of perineal wounds may lead to infection; Therefore, wound care is necessary to reduce the risk of infection and accelerate the healing process. Betel leaves are known for their antiseptic and anti-inflammatory properties that can support the healing process.

Objective: This study aims to describe the healing of perineal wounds in postpartum mothers with the administration of betel leaf decoction. **Method:** This research employs a qualitative descriptive method with a case study approach. **Results:** After implementing perineal care using betel leaf decoction, which was applied regularly in the morning and evening after bathing for 5 days, there was a noticeable acceleration in the healing process of the wounds and an increase in maternal satisfaction regarding wound care. **Conclusion:** Wound care for perineal injuries using betel leaf decoction is effective for healing perineal wounds in postpartum mothers .

Keywords: Betel Leaf, Perineal Wound Healing, Post Partum Mother



Abstract

Background Back : Healing perineal wounds in mothers postpartum is aspect important in the process of recovery after giving birth . This wound can cause discomfort and potential bother activity daily as well as maternal mental health . The existence of this perineal wound can cause infection , for prevent it so done maintenance purposeful wound For reduce infection and accelerate healing wound . Leaves betel known own antiseptic and anti- inflammatory properties that can support the healing process . **Objective :** Research This aim For describe healing perineal wounds in mothers postpartum with giving boiled water leaf betel . **Method :** Study This use method descriptive qualitative with approach studies case . **Results:** After carrying out implementation perineum care using boiled water leaf betel used in a way routine morning and evening after bathing for 5 days can speed up the healing process wounds and improve satisfaction Mother to maintenance wound . **Conclusion:** Maintenance perineal wounds with using boiled water leaf betel effective For healing perineal wounds in mothers postpartum .

Keywords : Boiled Water Leaf Betel , Postpartum Mothers , Healing Perineal Wounds

1. INTRODUCTION

World Health Organization or *World Health Organization* (WHO), defines death Mother as death that occurred during pregnancy or in period 42 days after giving birth . In 2020 , *the World Health Organization* (WHO) stated that as many as 295,000 women worldwide lose post and post life pregnancy and childbirth (Angraeni & Idealistina, 2020) . According to WHO data in 2019, almost 90% of normal births resulted in good perineal tear in a way impulsive or episiotomy . Perineal tears occur in the mother giving birth nearly 2.7 million cases worldwide . Without proper care and attention amount This will Keep going increase until reach 6.3 million in 2024. The incident laceration of the perineum is enough problems high in communities in Asian countries (Ulandari, 2022) .

In a way nationally in Indonesia the Maternal Mortality Rate (MMR) has experience decline of 305 deaths per 100,000 births Life based on survey resident between census in 2015 was 189 deaths per 100,000 births Life based on census resident 2020. This result show a significant decline and far below the 2022 target of 205 deaths per 100,000 births Life . We need maintain and improve success This For reach target in 2024 , namely 183 deaths per 100,000 births life and goals 2030 , namely more of 70 deaths per 100,000 births live . According to results from *Sample Registration System* (SRS) Litbangkes In 2016, three reason main death Mother is disturbance hypertension (33.07%), bleeding obstetric (27.03%) and non-obstetric complications (15.7%). Meanwhile, based on *maternal data Perinatal Death Notification* (MPDN) dated September 21, 2021, three reason top death Mother is eclampsia , bleeding , and infection (Directorate of Nutrition and Maternal and Child Health, 2022) .

One of reason direct death Mother is Postpartum infections , one of which is caused by perineal wounds that arise consequence not enough awake perineal hygiene . Complications that occur from perineal laceration is healing late wound even happen infection . The symptoms Enough easy For seen that is in the form of a hot and sore feeling in the infected area . Sore



moment urination , fever , and discharge fluid like smelly vaginal discharge (Karlina *et al.*, 2023) .

The impact that occurred if healing wound hampered like pain and fear For move , so that can cause Lots problem including subinvolution of the uterus, discharge lochia that is not smooth , and bleeding postpartum which is reason First death mothers in Indonesia (Rostika *et al.* , 2020) .

Condition of the affected perineum Lochea and dampness are very influential growth bacteria that can cause occurrence infection of the perineum. One of them effort For prevent so that No happen infection impact perineal wound is use technique pharmacology and non-pharmacological . Handling For perineal wounds with pharmacological that is with give drug antiseptic . Treatment antiseptic or antibiotics For maintenance perineal wound during This tend avoided . Some antibiotics must be avoided during lactation , because the amount is very significant and risky . This is what makes reason Mother postpartum recommended For use leaf betel become drugs that increase speed healing perineal wound (Ulandari, 2022)

Leaf betel contain oil astiri which consists of from bethelpanol , chavicol, sesquiterpenes , hydroxyvacikal , cavibetol , estrogen, eugenol, and carvarcrol Where substance biochemistry in leaf betel own Power kill germs and fungi are also antioxidants that accelerate healing wound . Treatment using boiled water leaf betel is treatment traditional with use potion plants certain and still experience so that No There is effect side effects caused as often occurs in treatment chemical (Angraeni & Idealistina, 2020)

Nurse as giver care nursing have role in teach method nurse perineal wound . Nurse expected can help client in prevent , reduce and overcome problem health . Every time you want replace sanitary napkins that have been full with movement down leading to *rectum* and place bandage the to in pocket plastic , then urinate and defecate in the toilet , spray throughout the perineum with water and dry the perineum using tissue from front to behind , after that's putting on a sanitary napkin from front to back . Service care quality nursing will minimize day length care , prevention occurrence infection , prevent complications in perineal wounds . (Rahayu, 2018)

Based on description above , then researchers interested For take Title : " Description of Perineal Wound Healing in Postpartum Mothers" with Giving Boiled Water Leaf Betel ”

2. RESEARCH METHODS

Design or design study in the narrow sense interpreted as a process of collecting and analyzing data. Design study This use study descriptive with method studies case study . Research descriptive is something method research conducted with objective main For make description with something condition in a way objective . Design studies case is design research that includes assessment one research unit in a way intensive for example One clients , families , groups , communities , or institutions (Nursalam, 2021) . Design studies case This that is describe action nursing care for mothers postpartum in healing perineal wounds with using boiled water leaf betel .



3. RESULTS AND DISCUSSION

Study location case This implemented in the village Kajongan , RT 03 RW 08, District Bojongsari , Regency Purbalingga , Province Central Java . Writer do data collection at home patients in residential areas House inhabitant .

Writer do implementation therapy non-pharmacological with maintenance perineal wounds using boiled water leaf betel done for 5 days twice a day with method washed to the wound area after bathing. After doing maintenance using boiled water leaf betel for 5 days Then done evaluation , obtained wound looks good and bad there is signs infection marked with decline REEDA scale of before done maintenance wound with score REEDA scale 11 categories wound bad and after done maintenance wound for 5 days REEDA scale becomes 0 with category wound Good .

Writer use table REEDA scale for measure condition perineal wound , results evaluation can seen in the table following :

Table 1 Results of Measured Action Evaluation Using the *REEDA* Scale

No	Healing items	Before maintenance		After maintenance				
		12/6/2024	Day 1 12/6/2024	Day 2 13/6/2024	Day 3 14/7/2024	Day 4 15/6/2024	Day 5 16/6/2024	
1.	Redness	2	2	1	1	0	0	
2.	Edema (swelling)	3	2	1	0	0	0	
3.	Ecchymosis (patches) bleeding)	2	2	1	0	0	0	
4.	Discharge (expenditure)	2	2	2	1	1	0	
5.	Approximation (unification wound)	2	2	1	1	1	0	
Total score		11	10	6	3	2	0	

Information ;

Score value 0 : wound Good



Score value 1- 5 : wound not enough Good

Score value 6- 15 : wound bad

In accordance with table on can seen there is differences in conditions wound before and after done maintenance wound using boiled water leaf betel . On the visit First June 12 , 2024 at 09.00 WIB researcher do connection each other believe with patient as well as explain contract activities that will be done . Patient say feel No comfortable in the perineum area, there is pain and burning sensation , patient felt the perineum area smelled and itchy , the patient also said Not yet too understand How method nurse or guard cleanliness correct perineal area wound . After that researchers observing the patient's perineal wound area and there is redness 0.5 cm outside second side wound with score REEDA scale 2, swelling 2 cm from wound incision with score 3, spot 1 cm bleeding in both side wound with score 2, expenditure blood with score 2, and unification wound with score 2 , namely skin and subcutaneous fat looks separated so overall obtained score REEDA scale 11 with category wound bad . Patient say use bandage night measuring 42 cm and replacing sanitary napkins 3 times a day with expenditure lochia a day Yesterday as much as ± 60 cc. Then researchers explain contract activities and procedures maintenance wounds that will done . After that researchers come back at 15.00 WIB for do maintenance first in patients preceded with explain about method making boiled water leaf betel as well as method its use , researchers bring bottle glass containing boiled water leaf betel as much as 1 liter For used twice. Then patient start using boiled water leaf betel For maintenance the wound with method after bathing, wash your face to the perineum area then dry with use tissue . Before bathing and changing bandage observed blood that comes out and is taught the correct way to do vulva hygiene with clean it from front back . At 17.00 WIB after bathing and using boiled water leaf betel done observation return the injured area patients and obtained score REEDA scale 10, there is changes in previous swelling obtained score 3 is 2 cm from second wound incision to 1.5 cm from wound with score 2. For score REEDA scale of care day First Still categorized wound bad . Meeting second conducted on June 13 , 2024 at 15.00 WIB with give boiled water leaf betel that has been researchers for For used in the afternoon and morning day . Patient Still complain painful as well as hot . After that researchers observe condition perineal wounds and there is redness 0.25 cm on both side wound with score 1, swelling 0.5 cm from wound incision with score 1, spot 0.25 cm bleeding in both side wound with score 1, expenditure serosanguineous blood of ± 20 cc with score 2 and unification wound skin looks open 2 cm with score 2 is measured use REEDA scale with a total score of 6 and still categorized wound bad . Meeting third conducted on June 14 , 2024 at 15.00 WIB with give boiled water leaf betel that has been researchers for For used in the afternoon and morning day . Patient complain Still felt pain in the perineal area and a little hot . After that researchers observe condition perineal wounds and there is a number of change that is redness 0.25 cm outside side wound with score 1, no Again there is swelling score 0, no there is spots bleeding with score 0, expenditure blood colored red brownish and slimy ± 20 cc with score 1 and



unification wound skin looks open 1 cm with score 1 is measured use REEDA scale with a total score of 3 categories wound not enough good . On days 1 to 4 are phase inflammation in the phases healing wound , in the phase This usually Still there is signs and symptoms such as edema, palpable warm , red and painful .

Based on results evaluation show REEDA scale starts decline and condition wound getting better in accordance with research conducted by Rostika (2020) regarding healing perineal wounds in respondents who used leaf betel tend more fast healed compared to with respondents who do not use leaf betel , thing This caused by Because content chemistry leaf betel that can speed up the healing process perineal wound . Meeting fourth conducted on June 15 , 2024 at 15.00 WIB with give boiled water leaf betel that has been researchers for For used in the afternoon and morning day . After that researchers observe condition perineal wounds and already No there is reddish score 0, swelling with score 0, spot bleeding with score 0, expenditure blood Still with score 1 and unification wound with score 1 is measured use REEDA scale with a total score of 2 categories wound not enough good . Meeting fifth conducted on June 16 , 2024 at 15.00 WIB with give boiled water leaf betel that has been researchers for For used in the afternoon and morning day . After that researchers observe return condition perineal wounds with results all items in REEDA scale score 0 with category wound good . According to Kumar et al., (2015) perineal wounds are generally healed in 7-10 days after delivery , depending with degrees wounds and the treatment received . Meanwhile, in the study this , respondents healed his wound on the day sixth after giving birth and more fast from normal healing time perineal wounds .

Each mother during the postpartum period has a different level of wound healing process due to certain factors such as inappropriate care methods, medication factors, and age factors. Providing intervention using boiled betel leaf water is one effective way that can speed up the wound healing process by reducing pain in stitches on the perineum. In postpartum wound care, providing communication, information, and education (KIE) from health workers, personal hygiene, and husband support can also play a role in preventing perineal wound infections .

4. CONCLUSION

Giving boiled water leaf betel For healing proven perineal wound effective due to there is significant changes from before its implementation giving boiled water leaf betel perineal wounds have score 11 was measured use REEDA scale and after its implementation intervention giving boiled water leaf betel on the day sixth postpartum period wound healed with REEDA scale 0.

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