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The Effectiveness of Giving Sauropus Androginus and Carica Papaya to Increase Breast Milk Production in Breastfeeding Mothers

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ABSTRACT

Breast milk (ASI) is the most complete and ideal source of nutrition for infants, providing all essential nutrients required for optimal growth and development. However, many breastfeeding mothers experience difficulties in milk production, leading to failure in exclusive breastfeeding. One natural approach to enhance breast milk production is through the consumption of Sauropus androgynus (katuk leaves) and Carica papaya (papaya leaves), both known for their lactagogue properties. This study aimed to determine the effectiveness of Sauropus androgynus and Carica papaya in increasing breast milk production among breastfeeding mothers at Kalibunder Public Health Center in 2025. The research employed a qualitative method with a case study design involving two breastfeeding mothers experiencing low milk production. The intervention was conducted for seven days by administering decoctions of 50 grams of katuk leaves and papaya leaves boiled in 300 ml of water, consumed twice daily. The results showed an increase in breast milk volume in both interventions. Sauropus androgynus increased milk volume from 15 ml to 60 ml, while Carica papaya increased it from 20 ml to 60 ml. There was a 5 ml difference between the two interventions, with Carica papaya proving to be more effective in enhancing breast milk production. Therefore, Carica papaya can be considered an effective natural alternative to help breastfeeding mothers improve their milk supply.

Keywords: Breast Milk, Sauropus Androginus , Carica Papaya

INTRODUCTION

Breast milk is one of the perfect and best foods for babies because it contains the nutrients needed for optimal growth and development. Breastfeeding should be given exclusively until the child is 6 months old and can be continued until the child is 2 years old. However, there are still obstacles in monitoring exclusive breastfeeding because there is no reliable system for monitoring exclusive breastfeeding. Although some parents have realized the importance of breastfeeding their babies, various obstacles are still encountered in society. One of these is the failure of mothers to breastfeed their children exclusively until the age of 6 months.(Juniar, 2023).

A baby's nutritional needs are very small compared to those of adults. However, when measured as a percentage of body weight, a baby's nutritional needs exceed those of adults, almost doubling. A baby's first and primary food is, of course, breast milk. Breast milk is perfectly suited to meeting a baby's needs in all aspects, namely carbohydrates in the form of lactose, polyunsaturated fatty acids, easily digestible lactalbumin protein, rich in vitamins and minerals, a calcium-phosphate ratio of 2:1, which is ideal for calcium absorption, and contains anti-infective substances.(Juniar, 2023)

Poor quality of breast milk production is a major problem for postpartum mothers because it will affect the success of breastfeeding where the postpartum period is the time when a mother begins the initial process of breastfeeding which determines the continuity of the breastfeeding process in the future (Noviawanti and Nisa, 2022). Breastfeeding is one of the right first steps in the process of fulfilling excellent nutrition for babies that can support their growth and development (Sibagariang, 2018). Breast milk is the first natural food for babies. In order to reduce infant morbidity and mortality, the World Health Organization (WHO) recommends that babies should only be given breast milk without any additional food for 6 months and continued until the baby is two years old (Niar et al., 2021). WHO also set the global exclusive breastfeeding rate at around 50% in 2022 and approximately 44% in 2021 (WHO, 2022).(Monica Savitri Surya, 2025)

According to the Indonesian Health Survey in 2023, the percentage of success in achieving exclusive breastfeeding has not yet met the target where the Ministry of Health targets exclusive breastfeeding to reach 80%, but the achievement of the percentage of exclusive breastfeeding only reached 44.8%. According to the Indonesian Ministry of Health, the highest percentage of exclusive breastfeeding is in Central Papua Province, which is 82.7% and the lowest percentage is in DI Yogyakarta Province, which is 30.1% (Indonesian Ministry of Health, 2023). Data on the coverage of exclusive breastfeeding in West Java Province in 2020 was 76.11%, in 2021 it was 76.4%, and in 2022 it was 77%. in 2024 it will reach 76.46%.(Susilawati, 2024). The percentage of exclusive breastfeeding in Sukabumi Regency has fluctuated. In 2022, coverage was 64.3%, then dropped to 61.2% in 2023. Data from Kalibunder District showed that the percentage of exclusive breastfeeding in 2022 was 75.28%, decreasing in 2023 to 70.56%.(KALIBUNDER, 2023)

Several factors can influence the success of exclusive breastfeeding, including the mother's age, knowledge, and attitude, as well as family support and the availability of lactation facilities. One factor that causes the failure of exclusive breastfeeding is the mother's premature cessation

of breastfeeding. This is due to the mother's perception that her milk production is insufficient for the baby's needs, which is the main reason mothers do not provide exclusive breastfeeding.(Mustaghfiroh, 2024).

Breastfeeding is a very intimate process that strengthens the emotional bond between mother and child. Furthermore, breastfeeding also helps boost the baby's immune system. Therefore, mothers are advised to exclusively breastfeed their babies. Some of the health impacts of not exclusively breastfeeding include less than optimal brain development, a lack of emotional bonding with the mother, increased susceptibility to infection, and a higher risk of non-infectious diseases (e.g., obesity, allergies, malnutrition, asthma, and eczema), as well as digestive health problems.Of the various impacts there areSeveral ways to increase breast milk production after delivery include: Increase direct breastfeeding. Increasing the frequency of breastfeeding increases the hormones that stimulate breast milk production, thus affecting the amount of milk produced. Mothers can also pump breast milk using the right pump. This activity can help mothers increase milk production. Consume healthy foods and drink water. Manage stress well. If a mother is stressed, milk production can also decrease.

Several factors that can increase breast milk production include: a balanced nutritious diet, regular breastfeeding, maintaining a calm and relaxed psychological state for the mother, and proper breastfeeding techniques. By paying attention to the above factors, breastfeeding mothers can increase and maintain breast milk production to meet the baby's needs. To meet the adequacy of breast milk in breastfeeding mothers, one method that has been found is by consuming Sauropus Androginus and Carica papaya.

Sauropus Androginus Based on research results published by the Indonesian Health Research and Development Media in the Nutrifood Research Center (2015), breast milk production increased by up to 50% after consuming katuk leaf extract (Sauropus Androginus). According to the research that has been conducted, katuk leaves contain sterols and alkaloids that can increase breast milk production. In addition, katuk leaves are also a source of vitamins A, B1, B2, C, calcium, iron, and phosphorus, so they are very good for consumption by breastfeeding mothers.(Izhar Ibrahim[1], 2021).

Carica papaya Papaya is a plant that contains lactogogue. This lactogogue is believed to help maintain, stimulate, or increase breast milk production in breastfeeding mothers (IDAI, 2013). Qualitative phytochemical analysis of papaya leaves found alkaloids, tannins, glycosides, saponins, and flavonoids. Papaya leaves also contain good minerals, such as Na, Ca, Mg, K, Fe, and Mn (E. Rustiani, 2020). Giving papaya leaves herbal medicine to breastfeeding mothers

can increase breast milk production. Papaya leaves can be consumed in various preparations, including capsules, vegetables, extracts, juices, herbal remedies, and eaten directly.(Desyanti, 2022)

Based on the description above, researchers are interested in examining the effectiveness of administering Sauropus Androginus and Carica papaya to increase breast milk production in breastfeeding mothers in Kalibunder District in 2025.

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Based on the description above, researchers are interested in examining the effectiveness of administering Sauropus Androginus and Carica papaya to increase breast milk production in breastfeeding mothers in Kalibunder District in 2025.

METHOD

This study used a qualitative method with a case study design conducted directly on breastfeeding mothers who experienced problems with breast milk production at the Kalibunder Community Health Center, Sukabumi Regency in 2025. The study population was all breastfeeding mothers at the Kalibunder Community Health Center in September 2025, with a sample of two breastfeeding mothers who met the research criteria. The study was conducted at the Kalibunder Community Health Center by following official licensing procedures to the academics of the University of Indonesia Maju and the Head of the Kalibunder Community Health Center. After obtaining permission, the researcher conducted an approach, initial observations, and interventions to respondents according to the research criteria.

The research process was conducted by administering two types of interventions, namely boiled Sauropus androgynus (katuk leaves) and boiled Carica papaya (papaya leaves), each given for seven days with a dose of 50 grams boiled in 300 ml of water and drunk in the morning and evening. Breast milk production was measured based on the volume of breast milk drunk by the baby per day, with indicators of breast milk sufficiency such as the frequency of breastfeeding, urination, and weight gain of the baby. The research instrument was in the form of an observation sheet according to SOP guidelines, and the data was presented in text form and a frequency distribution table to facilitate the analysis of the effectiveness of both interventions on increasing breast milk production in breastfeeding mothers.

RESULTS AND DISCUSSION

The Effectiveness of Sauropus Androginus in Increasing Breast Milk Production in Breastfeeding Mothers

Based on the results of research conducted on breastfeeding mothers with breast milk production problems who were given Sauropus Androginus intervention for 7 days and observations were made for 3 times, on the first day of breast milk when pumped in between breastfeeding only 15ml was obtained, on the 4th day breast milk increased by 25 ml, on the 7th day breast milk continued to increase to 60 ml.

This is in line with the theory that explains that 100g of katuk leaves contain approximately 220.2mg of chlorophyll. Besides chlorophyll, other phytochemicals include isoflavonoids, which resemble estrogen and can slow bone loss. The benefits of katuk leaves in increasing breast milk production are primarily due to their diverse phytochemical content, including the sterol papaverine and other active compounds that can stimulate the production of the hormones prolactin and oxytocin. These hormones are crucial for lactation, with prolactin playing a role in breast milk synthesis and oxytocin in milk letdown (Amalia & Ikhssani, 2021). This research is also in line with the research conducted by Eni Folendra Rosa, A. Aisyah, Nell, in 2022 entitled Katuk (Sauropus androgynus (L.) Merr.) and Breast Milk Production which explains that katuk increases breast milk production by 107.9% higher compared to the control group, demonstrating its effectiveness in supporting breast milk production through active compounds that increase blood flow to the mammary glands.

Table 1. Research results of postpartum mothers who received sauropus androginus intervention

Visit	*Sauropus Androginus*		
	Day 1	**Day 4**	**Day 7**
category	Postpartum Mother	Postpartum Mother	Postpartum Mother
Breast milk volume between breastfeeding breaks	15 ml	25 ml	60 ml

Based on the research results and theory above, the researcher assumes that administering processed Sauropus androginus effectively increases breast milk volume in mothers experiencing breast milk production issues within a few days, with a 7-day intervention. However, this intervention must be implemented in real life to significantly impact breast milk production. If an individual only knows about it but doesn't apply it to their daily lives, the knowledge they possess will be useless.

The Effectiveness of Carica Papaya in Increasing Breast Milk Production in Breastfeeding Mothers

Based on the results of research conducted on breastfeeding mothers with breast milk production problems who were given Carica Papaya intervention for 7 days and observed for 3 times, on the first day, breast milk when pumped in between breastfeeding only produced 20 ml, on the 4th day breast milk increased by 30 ml, on the 7th day breast milk continued to increase to 60 ml.

In line with the theory that explains that the content of consuming vegetables can increase breast milk production. So far, most breastfeeding mothers only consume katu leaves to facilitate their breast milk production, even though there is young papaya (Carica papaya L) which also contains lactogogum like katu leaves which functions to increase and smooth breast milk. Young papaya is a tropical fruit with lactogogum content (Istiqomah, Wulandari, 2015). In addition, papaya also contains enzymes that have the effect of increasing the number and diameter of mammary glands, vitamins C, A, B and E, and minerals. The chemical content of young papaya fruit contains polyphenols and steroids. Polyphenols and steroids in papaya can increase the work of the hormone prolactin which stimulates the alveoli to produce breast milk. Polyphenols and steroids also affect the work of the hormone oxytocin to flow breast milk, so that breast milk flows more abundantly in mothers who consume papaya compared to mothers

who do not consume it. (Istiqomah et al., 2014). In addition to Lactogogum, papaya also contains starch (43.28%), sugar (15.15%), protein (13.63%), fat (1.29%), moisture (10.65%), and fiber (1.88%). These ingredients make papaya a nutrient-rich fruit that can be used as a medicinal ingredient (Kharisma, 2020).

This research is also in line with research conducted by (Br Sebayang (2020) also supports this research with a p-value of 0.003 which means that breast milk production increases in breastfeeding mothers who are given papaya fruit. Research (Aliyanto & Rosmadewi) which examines the "effectiveness of papaya vegetables and moringa leaves on breast milk production in postpartum mothers" also shows results that there is an increase in baby weight in mothers who are given these vegetables with a p-value of 0.01.

Table 2. Research results of postpartum mothers who received Carica Papaya intervention

Visit	***Carica Papaya***		
	Day 1	**Day 4**	**Day 7**
category	Postpartum Mother	Postpartum Mother	Postpartum Mother
Breast milk volume between breastfeeding breaks	20 ml	30 ml	60 ml

Based on the research results and theory above, the researcher assumes that administering Carica Papaya effectively increases breast milk volume in postpartum mothers experiencing breast milk production issues within a few days, with a 7-day intervention. However, this intervention must be implemented in real life to significantly impact breast milk production. If individuals only know about it but don't apply it to their daily lives, the knowledge they possess will be useless.

Comparison of the Effectiveness of Giving Sauropus Androginus and Carica Papaya on Increasing Breast Milk Production in Breastfeeding Mothers.

Table 3. Comparison of the Effectiveness of Giving Sauropus Androginus and Carica Papaya on Increasing Breast Milk Production in Breastfeeding Mothers

	Sauropus androginus			***Carica Papaya***		
Visit	**Day 1**	**Day 4**	**Day 7**	**Day 1**	**Day 4**	**Day 7**
category	Postpartum mothers	Postpartum mothers	Postpartum mothers	Postpartum mothers	Postpartum mothers	Postpartum mothers

Breast milk volume between breastfeeding breaks	15 ml	25 ml	60 ml	20 ml	30 ml	60 ml

After midwifery care was carried out on postpartum mothers Based on the results of research conducted on breastfeeding mothers with breast milk production problems who were given Sauropus Androginus intervention for 7 days and observations were made for 3 times, the first day of breast milk when pumped in between times not breastfeeding only got 15ml, the 4th day breast milk experienced an increase of 25 ml, the 7th day breast milk continued to increase to 60 ml. while in breastfeeding mothers with breast milk production problems who were given Carica Papaya intervention for 7 days and observations were made for 3 times, the first day of breast milk when pumped in between times not breastfeeding only got 20 ml, the 4th day breast milk experienced an increase of 30 ml, the 7th day breast milk continued to increase to 60 ml. In line with the theory that explains that the chlorophyll content in every 100g of katuk leaves is approximately 220.2mg. In addition to chlorophyll, other phytochemicals include isoflavonoids, which resemble estrogen and can slow bone loss. The sterol content can increase glucose metabolism for lactose synthesis, thereby increasing breast milk production. It also contains polyphenols and steroids that play a role in the prolactin reflex, stimulating the alveoli to produce breast milk and stimulating the hormone oxytocin to stimulate the release and flow of breast milk (Ramayulis, 2020). Papaya, in Latin, is called Carica Papaya, a tropical fruit that contains lactogogue. Lactogogue is a substance that causes the flow of breast milk to become smoother and its production to increase (Istiqomah, Wulandari, 2021).

This research is in line with research In line with research (Wirdaningsih, 2020) entitled "The effect of giving papaya fruit on the smooth flow of breast milk in breastfeeding mothers In the independent practice of midwives in the Muara Badak Community Health Center Work Area" the results showed that there was an effect of giving papaya fruit on the smooth flow of breast milk in breastfeeding mothers (p value 0.001 <0.05). And in line with Nur Idha Sri Budiarti, K. Kintoko, Etnomedicine Study: Katuk Leaves (Sauropus androgynus (L.) Merr.) for Breast Milk Booster Katuk leaves are used as vegetables and juice consumed twice a day to increase breast milk production, where regular use during breastfeeding has been shown to significantly increase breast milk volume.

Based on the research results and theories above, the researcher assumes that the administration of Sauropus Androginus and Carica Papaya increases the volume of breast milk production in

mothers with breast milk production problems, within a few days with intervention for 7 days, and shows that there is a difference in breast milk volume in postpartum mothers with the intervention of Sauropus androginus and Carica Papaya, where there is a difference of 5 ml.

CONCLUSION

Based on the results of the study on "The Effectiveness of Sauropus androginus and Carica papaya on increasing breast milk production in breastfeeding mothers at the Kalibunder Community Health Center in 2025" it can be concluded that both interventions are able to increase the volume of breast milk production in breastfeeding mothers. The administration of Sauropus androginus showed an increase in breast milk volume from 15 ml to 60 ml, while the administration of Carica papaya showed an increase from 20 ml to 60 ml. There is a difference in breast milk volume of 5 ml between the two interventions, where Carica papaya was proven to be more effective than Sauropus androginus in increasing breast milk production in breastfeeding mothers.

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