



The potential of herbal steam bath and acupressure at SP 6 and LI4 acupoints in blood pressure normal postpartum mother (stimulating physical recovery)

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ABSTRACT

Background

All normal postpartum mothers will experience physical changes due to the process of pregnancy and childbirth that require stimulation to restore their health. One change that occurs is blood. The body of the postpartum mother tends to be cold due to blood loss during the birth process causing the mother to tend to be easily sick. Herbal steam bath and acupressure as a non-pharmacological therapy to help restore the health of postpartum mothers through the principle of warming to the blood through increasing changes in blood pressure as an indicator of increasing body metabolism

Objective

To determine the potential of steam bath and acupressure herbs for recovery of postpartum maternal health through changes in increased systolic and diastolic blood pressure

Method

Quasi Experiment with pre-post control group design, sampling using accidental sampling method. Respondents were 51 people divided into 3 groups, 17 respondents were given steambath herbal treatment, 17 respondents were given acupressure treatment and 17 respondents were controls. Data analysis using Kruskal Wallis Test and continued with Mannwhitney PostHoc.

Results

Herbal steam bath increased systolic blood pressure 5.8 mmHg and diastolic blood pressure 3.4 mmHg. Acupressure lowers systolic blood pressure 1 mmHg and diastole blood pressure 0.5 mmHg. The manhitney test obtained a p value of <0.05, meaning that there was a significant difference in herbal steam bath to help increase the postpartum blood pressure compared to acupressure and control.

Conclusions and Recommendations

Giving herbal steam bath therapy stimulates the health of postpartum mothers and increases the body's metabolism characterized by increasing blood pressure. Herbal steam baths can be used as nopharmacological treatments to help restore the health of postpartummothers.

Keywords: Herbal Steam Bath, Acupressure, Systolic Blood Pressure, Diastol Blood Pressure, Postpartum Mother.

INTRODUCTION

Postpartum mothers experience changes in physical health due to the process of pregnancy and childbirth. As a result of the labor process causes the mother to experience a decrease in the amount of blood so that the body tends to cool and easily get sick. In addition, the first week of postpartum maternal endurance tends to decrease as a result of the body's adaptation to recovery during the puerperium [1]. Mothers need stimulation to improve their health.

Herbal steam bath is a type of non-pharmacological therapy using the principle of blood heating through the conduction method. Acupressure also has a way of working similar to the herbal steam bath through heating the blood and promoting blood circulation. Stimulation at the meridian points of SP 6 and LI 4 affects body organs and blood circulation [2].

Through herbal steam bath and acupressure it is thought that it can cause stimulation in the blood circulation of postpartum mothers through increased systolic blood pressure and diastolic blood pressure to stimulate physical recovery of postpartum mothers.

Study Objectives

To determine the potential of steam bath and acupressure herbs for recovery of postpartum

maternal health seen from increased systolic and diastolic bloodpressure.

Methods

This research is an quasi experimental research with pre-post test with control group design. The number of samples is 51 respondents divided into 3 groups. Each groups consisted of 17 respondents. Group 1 was given herbal steam bath, group 2 was given accupresur and group 3 was the control. Assesment of blood plessure uses a sphygmomanometer. The analysis used to asses the difference in blood pressure change post partum mother between 3 groups using krusskall wallis test was continued by mannwhitney post hoc test. Ethical approval was obtained from the Ethics Committe at the Ministry of Health PolytechnicSemarang.

Data Analysis

Inferential data analysis was used to determine significant differences between treatment groups. Measuring> 3 times in each group and ratio scale data with non-parametric data types so that the analytical method used was Kruskal Wallis followed by Mannwhitney HocPost.

Result

Table 4.1 Systolic Blood Pressure

Variable (Days)	Group Herbal SteamBath		Group Acupressure		Group Control		p value
	Mean	±SD	Mean	±SD	Mean	±SD	
Days 1	114,94	7,155	115,06	6,896	114,59	6,662	**0,940
Days 2	121,06	7,215	113,76	6,741	112,94	7,717	**0,033
Days 3	120,47	6,911	114,00	7,348	113,53	7,567	**0,041
Days 4	120,94	6,712	113,76	6,923	114,12	7,052	**0,013
Days 5	120,47	6,983	114,71	6,889	113,76	7,172	**0,042
p value	*0,028		*0,039		*0,525		

* Manwhitney ** Krusskal Wallis

Table 4.1 above shows that the three groups experienced an increase in systolic blood pressure. The Mannwhitney test results showed that the herbal steam bath group had a higher increase in systolic blood pressure than the acupressure and control groups. The herbal steam bath group has the

potential to increase systolic blood pressure with a p value = 0.028 when compared to the acupressure group with a p value = 0.039 while the control group did not experience an increase in systolic blood pressure.

Table 4.2 Systolic Blood Pressure

Variable (Day)	Group Herbal Steam Bath		Group Acupressure		Group Control		p value
	Mean	±SD	Mean	±SD	Mean	±SD	
Days 1	70,58	10,410	70,47	10,332	70,47	10,308	**0,987
Days 2	74,11	10,135	69,76	9,997	69,64	10,080	**0,014
Days 3	73,88	10,355	70,23	10,744	70,00	10,000	**0,013
Days 4	73,64	10,588	70,11	9,681	69,29	10,294	**0,016
Days 5	74,23	10,509	69,64	10,105	70,23	10,022	**0,012
p value	*0,012		*0,012		*0,460		

* Manwhitney ** Krusskal Wallis

Table 4.2 above shows that the three groups experienced an increase in diastolic blood pressure. The results of the Mannwhitney test show that the steam bath and acupressure herbal groups both had the potential to increase systolic blood pressure while the control group did not experience an increase in diastolic blood pressure. The steam bath and acupressure herbal groups have the potential to increase diastolic blood pressure with a p value =0.012.

DISCUSSION

The results showed that herbal steam bath increased systolic blood pressure and diastolic blood pressure [3] but the acupressure and control groups did not. The acupressure group has decreased systolic pressure and diastolic pressure. The nature of systolic blood pressure can indeed be easily changed by the environment, whereas diastolic blood pressure does not. Herbal steam bath is a therapy by transferring heat energy into the body. The body will experience an increase in temperature accompanied by dilation of blood vessels which causes changes in blood circulation and spur cardiac output. Cardiac output stimulates the heart to contract faster, systolic blood pressure, diastolic blood pressure and heart rate increases [4]. Sympathetic nerves also affect the increase in heart rate. Increased body temperature causes an increase in metabolism (chemical reaction)

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increases so that oxygen demand also increases accompanied by an increase in respiratory frequency. Herbal steam bath can be used as an alternative therapy to stimulate recovery of postpartum maternal health through increased blood pressure as an indication of increased metabolism [5]. Through increasing blood pressure, blood circulation to the organs gets smoother so that the recovery of postpartum maternal health is faster. Acupressure has a working principle similar to herbal steam bath [6]. But in this study it actually lowers blood pressure [7]. This is presumably because acupressure provides a relaxed feeling towards postpartum mothers [8] The steam bath herbs can stimulate the physical health of the postpartum mother by restoring the body's initially cold state back to warm [9].

CONCLUSION

Herbal steam bath has the potential to increase the blood pressure of postpartum mothers as a stimulation to improve physical health of postpartum mothers compared to acupressure.

RECOMMENDATION FUTURE

Subsequent research can examine the effect of herbal steam bath on changes in the body metabolism of postpartum through laboratory tests using other variables.

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