



The Effectiveness Of Giving Cinnamon (*Cinnamomun Verum*) Decoction On Reducing The Pain Of Episiotomy Wounds In The Work Area Of Pmb Istiqomah, SST., M.Kes

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ABSTRACT

Cinnamon, Episiotomy Wound Pain, Post Partum Mother. Episiotomy wound pain is a normal condition that occurs in post partum mothers who have sutured procedures. The aim of the study was to determine the effectiveness of giving cinnamon (*Cinnamomun Verum*) decoction to reduce episiotomy wound pain in the PMB Istiqomah Region, SST.,M.Kes. Pre Experimental research method with Pretest and Posttest approach Without Control Group design. The actual population in this study were all post partum mothers in the PMB Istiqomah area, SST.,M.Kes. The target population is all postpartum mothers from the first day to 7 days at PMB Istiqomah SST.,M.Kes. The sampling technique was purposive sampling as many as 11 postpartum mothers, hypothesis analysis using McNemar test. The results of the study: the age characteristics of the respondents were mostly 20-35 years, the number of parity was mostly parity 1, the occupations were mostly housewives and. Episiotomy wound pain in post partum mothers before being given cinnamon decoction in the PMB Istiqomah area SST., M.Kes as many as 10 people (90%) had pain. Episiotomy wound pain in post partum mothers after being given cinnamon decoction in the PMB Istiqomah area SST., M.Kes as many as 9 people (80%) The pain is reduced. Mc Nemar test results using SPSS obtained a significant value (p) $0.000 < 0.04$. So based on the research hypothesis, it can be concluded that if Value < 0.05 then H_0 is rejected, H_a is accepted, which means that there is an effectiveness of cinnamon (*cinnamomun verum*) decoction on reducing episiotomy wound pain:

Keywords: Cinnamon, Episiotomy Wound Pain, Post Partum Mother

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INTRODUCTION

The postpartum period (puerperium) is the period after the placenta is born and ends when the uterine organs return to their pre-pregnancy state. The postpartum period lasts for 6 weeks or 40 days (Sitti Saleha, 2016).

According to the WHO in 2014 maternity mothers who experienced episiotomy wound pain in Indonesia in the 25-30 year age group were 24%, while the 31-39 year old mothers were 62%.

Based on data from the East Java Provincial Health Office in 2016, 70% of mothers who experienced episiotomy wound pain,

The pain felt by postpartum mothers is at a premium by episiotomy wounds during childbirth because of the disconnected tissue, the pain response in each individual is very different. Wulandari (2016) mentions that there are several methods that can reduce pain by using non-steroidal anti-inflammatory drugs (NSAIDs) which are drugs that reduce pain, but several studies have investigated the effect of herbal medicines to treat episiotomy wounds, for example, lavender, turmeric, olive oil. , eucalyptus and cinnamon.

Cinnamon is a spice that has been used by the public for years because the active compounds in cinnamon have pharmacological effects, including antifungal, anticardiovascular, anti-cancer, anti-inflammatory, antihypertensive and lowering fat and cholesterol (Shen et al, 2016).

In experiments with laboratory rats showed that cinnamon can also be used as an analgesic.

Based on a preliminary study conducted on 15 postpartum mothers on April 14 in 2020 in the PMB Istiqomah area, SST., M.Kes, there were 15 who experienced episiotomy wound pain.

Based on the description of the problem above, the authors conducted a study "Effectiveness of Giving Cinnamon Decoction to Reduction of Episiotomy Wound Pain in the Istiqomah PMB area, SST., M.Kes Surabaya

METHOD

This study uses the post test method without control with a total sampling technique

RESULTS

This research was conducted at the Posyandu for the elderly, Lepelle Village, Robatal District, Sampang Regency. This research was carried out for approximately 8 weeks from January 2022 to February 2021.

A. Research Results

1. Characteristics of Respondents

a) Characteristics of Respondents Based on Age (Mother) at PMB Istiqomah S.ST., M.Kes

Table 4.1 Frequency Distribution of Respondents by Age (Mother) at PMB Istiqomah S.ST., M.Kes Surabaya

No	Umur (tahun)	Frekuensi	Presentasi (%)
1	20 years	1	9 %
2	20-35 years	8	73 %
3	≥ 35 years	2	18%
		11	100 %

(Source: Primary Data 2020)

Based on table 4.1 it is known that most of the respondents aged between 20-35 years were 8 people (73%)

b) Characteristics of Respondents Based on the Number of Parity in Postpartum Mothers at PMB Istiqomah S.ST., M.Kes

Table 4.2 Distribution of Respondents Frequency Based on Number of Parity (mothers) in PMB Istiqomah S.ST.,M.Kes Surabaya

No	Jumlah Paritas	Frekuensi	Presentasi (%)
1	Paritas ke-1	5	45%
2	Paritas ke-2	3	27%
3	Paritas ke-3	1	10%
4	Paritas ke-4	2	18%
Total		11	100%

(Source: Primary Data 2020)

Based on table 4.2, it is known that most of the respondents the number of parity of the 1st child is 5 people.

c) Characteristics of Respondents Based on Education of Postpartum Mothers at PMB Istiqomah S.ST., M.Kes

Table 4.3 Distribution of Respondents Frequency Based on Education (Mother) in PMB Istiqomah S.ST.,M.Kes

No	Pendidikan	Frekuensi	Presentasi (%)
1	SD	2	18%
2	SMP	4	37 %
3	SMA/SMK	5	45%
4	Sederajat/PT	0	0%
Total		11	100%

(Source: Primary Data 2020)

Based on table 4.3, it is known that most of the respondents took high school education as many as 5 people

2. Univariate Analysis

a. Episiotomy Wound Pain Level Before Giving Cinnamomum Verum Decoction at PMB Istiqomah S.ST.,M.Kes Surabaya

Table 4.4 Episiotomy Wound Pain Level in Post Partum Mothers at PMB Istiqomah S.ST.,M.Kes Surabaya

No	Pain Level	Frekuensi	Presentasi (%)
1	No Pain	0	0%
2	Mild Pain	2	18%
3	Moderate Pain	8	73%
4	Severe Pain	1	9%
5	Severe Pain Uncontrolled	0	0%
Total		11	100%

(Source: Primary Data 2020)

Based on table 4.4, it can be seen that all respondents who have not been given cinnamon (Cinnamomum Verum) decoction are all at risk of experiencing episiotomy wound pain, namely 11 respondents (100%)

b. After being given a decoction of cinnamon (Cinnamomum Verum)

Table 4.5 Episiotomy Wound Pain Levels in Post Partum Mothers at PMB Istiqomah S.ST.,M.Kes Surabaya

No	Pain Level	Frekuensi	Presentasi (%)
1	No Pain	9	82%
2	Mild Pain	2	18%
3	Moderate Pain	0	0%
4	Severe Pain	0	0%
5	Severe Pain Uncontrolled	0	0%
Total		11	100%

(Source: Primary Data 2020)

Based on Table 4.5, it can be seen that the level of episiotomy wound pain in post partum mothers respondents as many as 9 people (82%) post partum mothers experienced a decrease in episiotomy wound pain and as many as 2 (18%) post partum mothers respondents did not experience a decrease in episiotomy wound pain.

c. Cross Tabulation of Episiotomy Wound Pain Reduction in Post Partum Mothers

Table 4.6 Cross tabulation of the frequency of pain reduction before and after being given Cinnamomum Verum at PMB Istiqomah SST.,M.Kes

Cinnamomum Verum Pain Level	Sebelum / Before			
	f	%	f	%
No Pain	0	0	98	2%
Mild Pain	2	18%	2	18%
Moderate Pain	87	3%	0	0
Severe Pain		19%	0	0
Severe Pain Uncontrolled	0	0	0	0
Total	11	100%	11	100%
Mc Nemar	0.004			

Table 4.6 Based on the cross distribution of the frequency of reduction in episiotomy wound pain in post partum mothers after being given cinnamomun verum decoction, the pain level was reduced by 10 (91%) respondents and the pain level remained as much as 1 (9%) respondents. The results of the Mc Nemar test using SPSS obtained the value of So based on the research hypothesis, it can be concluded that if the p value > 0.05 then Ho is rejected and H1 is accepted, which means that there is an effect of giving cinnamomun verum decoction to reduce episiotomy wound pain in postpartum mothers.

DISCUSSION

1. The Effectiveness of Giving Decoction of Cinnamon (Cinnamomun Verum) Against Reducing Episiotomy Wound Pain

a) Pain Scale Before Decoction of Cinnamomun Verum

Based on the results, it is known that the level of pain in postpartum women before being given a decoction of cinnamomun verum found 100% of respondents experienced episiotomy wound pain with a pain level of 18% mild pain, 82% moderate pain, 0% severe pain, 0% controlled severe pain measured by sheet NRS (Numerical Rating Scale).

Based on the theory of episiotomy wound pain can occur on the first day until the 4th day post episiotomy because of the inflammatory process and the release of chemicals such as prostaglandins that can increase pain transmission. (Rukiyah et al, 2016). lower pain levels compared to primiparas, because multiparous mothers have more experience than primiparous mothers. In primiparas the level of pain felt is greater than in multiparas, because multiparas already have pain experience and the process of adaptation in dealing with the pain. Based on the research that has been done, the level of pain in post partum multiparous women tends to be smaller than that of primiparous women.

Based on the opinion of the research that those who experience moderate pain show a grinning expression and can communicate well. A person's experience of pain before will determine the pain experienced now. If someone has experienced the same pain, then the pain felt tends to be lower than the level of pain felt the first time. In vivo and in vitro showed that the active compounds and their derivatives contained in cinnamon have pharmacological effects, including as antifungal, anticonvulsant, antidiabetic, antiviral, antihypertensive, and lowering fat and cholesterol. Cinnamon contains analgesic compounds whose function is to reduce pain. Wound

b) Pain Scale After Giving Cinnamomun Verum Decoction

Based on the results, it was found that the level of pain in postpartum women after being given a decoction of cinnamomun verum was found to have episiotomy wound pain with a pain level of 82% no pain, 18% mild pain, 0% moderate pain, 0% severe pain and 0% uncontrolled pain. measured by the NRS (Numerical Rating Scale) sheet. At the time of the study with 11 respondents post partum mothers for 1 week to see the effectiveness of the cinnamomun verum decoction.

Based on the theory of the pain scale, it is subjective to find out how severe the pain is felt by the individual, this is because the perspective of each individual is different, especially in assessing the pain he suffers. This condition can be seen when the treatment given is the same, each person will experience different results where respondents experience a decrease in the pain scale in some respondents with a pain scale which before treatment obtained a different pain scale.

According to the opinion of the researchers, they conducted the study by means of home visits for 7 days and postpartum mothers at PMB Istiqomah, S.ST., M.Kes. The researcher asked the mother's consent and signed the informed consent to be willing to become a respondent and then the researcher visited the home to see the effectiveness of the cinnamomun verum decoction to reduce the level of episiotomy wound pain, after the researcher succeeded in telling the mother that drinking cinnamon decoction could reduce pain levels. theory shows that cinnamon can be used as an analgesic and wound healer (Ranasinghep., Jayawardeha)

c) The Effectiveness of Giving Decoction of Cinnamomun Verum on Reducing Episiotomy Wound Pain

Based on the results of the Mc Nemar test using SPSS, a value of 0.00 was obtained with a p-value of <0.05, meaning that there was an effectiveness of giving cinnamon (cinnamomun verum) decoction to reduce episiotomy wound pain.

Based on the theory of the mechanism of action of giving cinnamon decoction given for 7 days by giving 2x a day with a dose of 250 ml, it turns out that cinnamon decoction can significantly reduce episiotomy wound pain in post partum mothers, from 11 respondents post partum mothers who experienced episiotomy wound pain it can be done by giving cinnamon decoction where in cinnamon stew contains analgesics that can reduce episiotomy wound pain (Hartono, 2015)

According to opinion, the effectiveness of giving cinnamon (cinnamoun verum) decoction to postpartum mothers who experienced wound pain was reduced by 9 (82%), and 2 (18%) postpartum pregnant women whose pain level remained or did not decrease. This causes the level of pain in postpartum women to be better resolved and to mobilize early. This is in accordance with the theory that cinnamon can be used as an analgesic (pain medication) and wound healing.

CONCLUSION

A. Conclusion

1. Reduction of episiotomy wound pain in respondents before being given cinnamomun verum decoction of 11 (100%) respondents.
2. Reduction of episiotomy wound pain in respondents after being given cinnamomun verum decoction 9 (82%) respondents had no pain and 2 (18%) respondents still experienced mild pain
3. There is an effectiveness of giving cinnamomun verum decoction to reduce episiotomy wound pain in postpartum mothers at PMB Istiqomah, S.ST., M.Kes Surabaya 2020. The results of the Mc Nemar test using SPSS obtained a value of 0.004 with a p-value <0.05 then Ho is rejected and H1 is accepted, which means that there is an effect of giving cinnamomun verum decoction to reduce episiotomy wound pain in postpartum mothers.

B. Suggestion

1. It is hoped that the results of this study can be used as information input and help provide solutions for reducing episiotomy wound pain in postpartum women
2. The results of this study are an alternative for postpartum mothers to reduce episiotomy wound pain with cinnamon decoction at home with the appropriate dose and always routinely check themselves during the puerperium.

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