

The Effect Of Giving Red Ginger Boiled Water On Perineum Wound Healing

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ABSTRACT

Number Dead Mother (BATTERY) until moment this still high , wrong one the cause is infection . Infection time postpartum can caused because wound perineum which no treated so that no recover . Care wound perineum could conducted by pharmacology and non pharmacology . Wrong one care by non pharmacology is consume ingredient herbs that is drink boiled water ginger red (Zingiber officinale Var.Rosc.Rubrum) because contain substance anti- inflammatory . Purpose : for knowing effectiveness drink water stew ginger red (Zingiber officinaleVar.Rosc.Rubrum) against healing wound perineum on mother postpartum in Clinic Trismalia Deli Serdang Year 2020. Method : Design study quasi experimenter with design posttest only control group with amount sample 38 respondent , taken by consecutive , data healing perineum obtained by observation . Result : Time healing wound perineum on group respondent drink water white median 16 (min- max : 11-23) whereas group respondent drink boiled water ginger red (Zingiber officinaleVar.Rosc.Rubrum) median 13 (min-max :8 -20). After tested with Test Mann- Whitney with score significant 0.002 (p < 0.05) so there is difference time recovery wound perineum mother postpartum on second group that is group drink water stew ginger red (Zingiber officinaleVar.Rosc.Rubrum) more fast healed compared to group drink white water . Conclusion : Drink boiled water ginger red (Zingiber officinaleVar.Rosc.Rubrum) effective in healing mother's perineal wound breath . Suggestion: Recommended on power health so that give counseling in give water stew ginger red (Zingiber officinaleVar.Rosc.Rubrum) for healing perineal wound and on respondent in order to get spread results study for healing wound perineum, for researcher next so that researching to Step which more continued .

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1. Introduction

Puerperium (puerperal period) is the period after childbirth which is needed for the recovery of the uterus which is 6 weeks long (Manuaba, 2010) . In accordance with the 2013 IDHS survey, the coverage of postpartum visits was 86.64%, which was lower than the coverage of deliveries by health workers of 90.88%, which indicated a tendency for complications to occur. In the city of Tuban in 2015 the MMR was 72 per 100,000 live births. The causes of maternal death are bleeding, pre-eclampsia and infection. One of the complications experienced by postpartum mothers is the presence of perineal wounds that occur during the delivery process, so that during the puerperium if proper midwifery care is not carried out, it will cause more severe pain, fear of movement or lack of mobilization so that it can lead to uterine sub involution, lochea expenditure is not smooth, post partum bleeding can even lead to puerperal infection which is one of the causes of AKI (Sumiaty, 2017).

Maternal Mortality Rate (MMR) is an indicator of a nation's health status. In the world, there are 42 maternal deaths every day, while in Indonesia in 2019 still 305 per 100,000 live births

even though the target of the Millennium Development Goals (MDGs) is 102 per 100,000 live births (Kemenkes RI, 2019). The majority of maternal deaths are caused by bleeding, infection, pre-eclampsia and eclampsia and unsafe abortion (WHO, 2015). Puerperal infection can be caused by perineal wounds that do not heal.

Perineal wounds are sores in the area between the vulva and the anus that occur during childbirth. Wounds can heal if properly cared for. Perineal wound care can be assisted by non-pharmacological methods. In previous studies, it was proven that herbal ingredients can accelerate the healing process of perineal wounds such as using coconut virgin oil, consuming boiled binahong leaves, red betel (Ari Kurniarum, 2015), and Kegel exercises (Martini, 2015). The simple infusion of binahong leaves can heal perineal wounds (Surjantini & Siregar, 2018). All around us there are herbal ingredients that can be used in accelerating the healing of perineal wounds, these ingredients are easy to obtain and process, namely red ginger (*Zingiber officinale* Var. *Rosc. Rubrum*) decoction. The compound content of red ginger has an active substance that functions as an anti-inflammatory, namely gingerol. From Survey beginning which conducted Researcher from 10 mothers gave birth at Trismalia Clinic Deli Serdang suffered perineal injuries 8 people (80 %) postpartum mothers experienced perineal wounds, and 9 people (90%) agreed that herbal medicine could accelerate the healing of perineal wounds. Based on this, researchers are interested in researching the healing of perineal wounds using natural ingredients in a simpler way that everyone can do with the title *The Effectiveness of Red Ginger (Zingiber Officinale Var. Rosc. Rubrum) Decoction for Healing Perineal Wounds in Postpartum Mothers at the Trismalia Deli Clinic. Serdang.*

Importance use materials experience like ginger red containing shogaol is compounds that have structure chemical similar with gingerol, agent active this is what plays a role in blocker synthesis prostaglandin so that could reduce pain. Besides that with use ingredient experience will more good and reduce effect dangerous side for health (Ramadan, 2013).

Research purposes

The research objectives are to know the effect Provision of Red Ginger Boiled Water (*Zingiber officinale* Var. *Rosc. Rubrum*) for Healing Perineal Wounds for Postpartum Mothers at Trismalia Clinic Deli Serdang in 2020.

2. Method

Design study this is quasi experiment with design Posttest Only Control Group. Researcher share 2 samples where 1 part as group control and one part again as group treatment (Sastroasmoro & Ismael, 2013). Group control that is mother experiencing postpartum wound perineum and drink water 200 cc every time you drink 3 times a day for 3 days since day first postpartum, while group treatment is mother postpartum who experienced wound perineum consume boiled water ginger red 200 cc comes from from 250 mg ginger fresh shredded added sugar red 250 mg cooked with water white 400 cc to boiling until the water is left 200 cc (for very drink). Boiled water ginger red drink 3 times a day for 3 days since day first until third time breath.

3. Results and Discussion

The results of the study entitled *The Effectiveness of Red Ginger Boiled Water on Healing Perineal Wounds in Postpartum Mothers at Trismalia Clinic Deli Serdang in 2020* are as shown in tables 1 and 2.

Table 1

Frequency Distribution of Respondents' Characteristics at Trismalia Clinic, Kab. Deli Serdang 2020.

Karakteristik	Jumlah (n=36)	Persentase (%)
Umur		
< 20 tahun	2	5,6
20-35 tahun	34	94,4
Pendidikan		
SD	1	2,8
SMP	11	30,6
SMA sederajat	16	44,4
S1	8	22,2
Pekerjaan		
Ibu Rumah Tangga	30	83,3
Karyawan Swasta	5	13,9
PNS	1	2,8
Paritas		
Primipara	18	50
Multipara	18	50
Derajat Luka		
Derajat 2	18	50
Derajat 3	18	50
BB Bayi Lahir (Gram)		
< 2500	2	5,6
2500-3500	26	72,2
> 3500	8	22,2
Waktu Sembuh (Hari)		
8	1	2,8
9	1	2,8
10	3	8,3
11	1	2,8
12	4	11,1
13	6	16,7
14	2	5,6
15	1	2,8
16	6	16,7
17	2	5,6
18	1	2,8
19	2	5,6
20	2	5,6
21	2	5,6
23	2	5,6

Based on table 1, it can be seen that the majority of respondents are 20-35 years old that is 36 people (94.4%) and the majority of respondents aged < 20 years were 2 people (5.6%). In terms of education, the majority of respondents SMA/ equivalent are 16 people (44.4%) and the minority of respondents with elementary education is 1 person (2.8 %), from side profession respondent majority as Mother House Ladder as much 30 (83.3 %) and minorities as civil servants as much as 1 person (2.8%), in terms of parity of the respondents as much as primiparas and multiparas that is each as much 18 person (50%), as well as the degree of injury of the respondents as much as between degrees of injury 2 and 3, each as many as 18 people (50%), in terms of the weight of babies born by the majority of respondents 2500-3000 grams, namely as many as 26 people (72.2%) and minority < 2500 grams as much as 2 person (5.6%) whereas for The majority of respondents ' perineal wound healing time was 13 and 16 days respectively 6 people (16.7%) and minorities 8,9,11,15,18 day each as many as 1 person (2.8%). Wound healing is influenced by age, education, parity (Sri, 2018).

In previous studies, perineal injuries often occur in first- born children , grade II, III and babies weighing 3500 and above (Aswad, 2012). In this study, the ratio of respondents between primiparas and multiparas was 18 people (50%), as well as the degree of perineal injury even though all respondents selected were grade II, III, but with the same ratio of degrees of injury II to III both were 18 people (50%), while the majority of babies born weight are 2500-3000 grams, namely 26 people (72.2%) and minorities < 2500 grams as many as 2 people (5.6%), this says that although normal birth weight babies are still potential for perineal injury . Perineal wounds must be treated for better healing . In previous studies there was a relationship between perineal wound care and perineal healing (Novila Hardiana Utami , 2017) and (TRISNAWATI, 2015).

Table 2.

Perineal Wound Healing Time Respondent Among Group Drink Water _ with Group Drink Boiled Water Ginger Red (Zingiber officinale Rosc Var rubrum).

Waktu Kesembuhan Luka Perineum	N	Median (Min-Maks)	Nilai p
Kelompok kontrol (minum air putih)	18	16 (11-23)	0,002
Kelompok perlakuan (minum air rebusan jahe merah)	18	13 (8-20)	

Based on table 2 , the median healing time of drinking water was 16 (min - max = 11-23) compared to the median group drinking boiled water of red ginger (*Zingiber officinale* Rosc Var rubrum) which was 13 (min-max=8-13) so there were the difference between the median of the two groups is 3 , then clinically there is a significant difference . After tested use test Mann-Whitney results obtained $p = 0.002$ ($p < 0.05$) so statistically there is a significant difference in wound healing time between the group drinking water and the group drinking boiled water of red ginger (*Zingiber officinale*). Rosc Var rubrum). Thing this states that clinically and statistically drinking red ginger boiled water is effective in accelerating healing wound perineum on mother breath.

Drinking red ginger decoction is given for 3 days from the first day to the third day because at this time there is inflammation in the wound (Sorg & Krankenhaus, 2016), while red ginger contains anti- inflammatory substances. This supports the wound healing process faster. In previous studies it was also found that ginger has been shown to function as an anti-inflammatory such as Test Effect Anti Inflammation Extract Ethanol Ginger rhizome (*Zingiber Officinale* Roscoe) in male white rats and has been shown to decrease edema on the soles of the rats ' feet . It is also found in other researchers that ginger contains anti-inflammatory substances (Kumar et al., 2277). On the first day of injury, neutrophils from blood vessels move to the wound area to parasitize germs. In previous studies, it was also found that the administration of red ginger extract could reduce the number of macrophages. This means that only a few germs must be phagocytized in rat wounds (Sadikim et al., 2018).

Researchers assume that postpartum mothers consume red ginger boiled water, it reduces the inflammatory effect on perineal wounds and this supports the faster wound healing process. Proven from the results In this study, the perineal wound of postpartum women who drank boiled red ginger healed faster than postpartum women who drank plain water.

4. Conclusion

The conclusion presents a summary of the description of the results and discussion, referring to the research objectives. Based on these two things , new ideas are developed which are the essence of the research findings

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