

INTISARI

Latar Belakang: Air Susu Ibu (ASI) merupakan sumber nutrisi pertama dan terbaik bagi bayi yang bersifat alamiah, aman dan higienis. Pemberian ASI eksklusif memberikan banyak manfaat bagi bayi dan ibu. Namun capaian pemberian ASI eksklusif masih rendah. Ketidacukupan produksi ASI menjadi faktor kegagalan dalam pemberian ASI eksklusif. Ketidacukupan produksi ASI dapat diatasi melalui pemberian *galactagogue* berupa ASIMOMMY®, sediaan yang mengandung ekstrak *Sauropus androgynous Folium* (300 mg), *Trigonella foenum-graceum seed* (150 mg), dan *Moringa oleifera Folium* (50 mg).

Tujuan: Penelitian ini bertujuan untuk mengetahui perbandingan antara ASIMOMMY® dan domperidon dalam meningkatkan produksi ASI pada ibu postpartum.

Metode: Penelitian ini merupakan *single blind, randomized controlled trial*, yang dilaksanakan di Kota Yogyakarta. Subjek penelitian adalah ibu menyusui sebanyak 30 subjek, yang dibagi ke dalam dua kelompok. Kelompok perlakuan mendapatkan ASIMOMMY® satu kali sehari dua kapsul, 500mg/kapsul (n=15) dan kelompok kontrol mendapatkan domperidon tiga kali sehari 1 kapsul, 10mg/ kapsul (n=15). Intervensi diberikan selama 7 hari. Produksi ASI diukur berdasarkan kenaikan berat badan bayi antara sebelum dan sesudah intervensi. Data dianalisis dengan menggunakan uji-t berpasangan dan uji-t tidak berpasangan.

Hasil: Hasil penelitian menunjukkan kelompok yang mendapatkan ASIMOMMY® memiliki peningkatan berat badan bayi yang signifikan dengan selisih rerata peningkatan berat badan bayi sebesar 266 gram ($p=0,001$). Kelompok yang mendapatkan domperidon memiliki peningkatan berat badan bayi yang signifikan dengan selisih rerata peningkatan berat badan bayi sebesar 214,33 gram ($p=0,001$). Kelompok yang mendapatkan ASIMOMMY® memiliki rerata peningkatan berat badan bayi yang lebih tinggi 51,67 gram dibandingkan dengan kelompok yang mendapatkan domperidon. Namun, tidak diperoleh perbedaan rerata peningkatan berat badan bayi yang signifikan antara kelompok perlakuan ASIMOMMY® dan domperidon ($p>0,05$).

Kesimpulan: Pemberian ASIMOMMY® sama efektifnya dengan domperidon dalam meningkatkan produksi ASI pada ibu postpartum.

Kata kunci: produksi ASI, *galactagogue*, ASIMOMMY®, domperidon.

ABSTRACT

Background: Breast milk is the first and best source of nutrition for infants that is natural, safe and hygienic. Exclusive breastfeeding provides many benefits for infants and mothers. However, the achievement of exclusive breastfeeding is still low. Insufficient breast milk production is a factor in the failure of exclusive breastfeeding. Insufficient breast milk production can be overcome through the provision of galactagogues in the form of ASIMOMMY®, a preparation contains extract of *Sauropus androgynous folium* (300 mg), *Trigonella foenum-graceum* seed (150 mg), and *Moringa oleifera folium* (50 mg).

Objective: This study aims to determine the comparison between ASIMOMMY® and domperidone in increasing breast milk production in postpartum mothers.

Methods: This study was a single blind, randomized controlled trial, conducted in Yogyakarta City. The subjects were 30 breastfeeding mothers, who were divided into two groups. The treatment group received ASIMOMMY® once a day two capsules, 500mg/capsule (n=15) and the control group received domperidone three times a day 1 capsule, 10mg/capsule (n=15). The intervention was given for 7 days. Breast milk production was measured based on baby weight gain between before and after the intervention. Data were analyzed using paired t-test and unpaired t-test.

Results: The results showed that the group that received ASIMOMMY® had a significant increase in baby weight with a mean difference in the increase in baby weight of 266 grams ($p=0.001$). The group that received domperidone had a significant increase in baby weight with a mean difference in the increase in baby weight of 214.33 grams ($p=0.001$). The ASIMOMMY® group had a higher mean baby weight gain of 51.67 grams compared to the domperidone group. However, there was no significant difference in mean baby weight gain between the ASIMOMMY® and domperidone treatment groups ($p>0.05$).

Conclusion: Administration of ASIMOMMY® was as effective as domperidone in increasing breast milk production in postpartum mothers.

Keywords: milk production, galactagogue, ASIMOMMY®, domperidone.