

**KADAR PROLAKTIN DAN PRODUKSI AIR SUSU TIKUS PUTIH
(*Rattus norvegicus* Berkenhout, 1769) POSTPARTUM SETELAH
PEMBERIAN INFUSA SELADA AIR (*Nasturtium officinale*)**

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INTISARI

Produksi ASI yang memadai sangat penting dalam menunjang keberlangsungan pemberian ASI. Secara tradisional, sebagian masyarakat memanfaatkan selada air (*Nasturtium officinale*) sebagai sayuran yang dipercaya mampu melancarkan ASI. Oleh karena itu dilakukan penelitian menggunakan tikus putih (*Rattus norvegicus* Berkenhout, 1769) betina sebagai hewan model untuk mengukur kadar prolaktin dan produksi air susu induk tikus *postpartum* setelah pemberian infusa selada air. Sebanyak 20 ekor tikus putih betina dibagi secara acak menjadi 5 kelompok perlakuan dengan 4 ulangan. Perlakuan diberikan secara *oral gavage* mulai H+3 sampai H+12 setelah kelahiran (*postpartum*). Lima kelompok perlakuan tersebut yaitu kontrol (akuades 1 mL), Domperidon dosis 0,6 mg/kg BB (sebagai kontrol positif), infusa selada air dosis 5; 10; dan 15 g/kg BB berturut-turut sebagai P1, P2 dan P3. Hasil penelitian dianalisis dengan uji *one way ANOVA* kemudian dilanjutkan dengan Uji Jarak Ganda Duncan (UJGD) menggunakan SPSS 16.0. Berdasarkan hasil penelitian, perlakuan infusa selada air mampu meningkatkan kadar prolaktin serum, total protein dan produksi air susu, serta menurunkan berat badan induk. Perlakuan paling efektif yaitu infusa selada air dosis 10 g/kg BB (P2) dengan hasil kadar prolaktin serum sebesar 9,12 ng/mL, total protein air susu sebesar 12,200 % b/v, dan produksi air susu sebesar 46,162 g/individu/hari serta menurunkan berat badan (Δ BB) induk sebesar 17,00 g.

Kata kunci : *Nasturtium officinale*, prolaktin, air susu, *Rattus norvegicus*, *postpartum*.

**PROLACTIN LEVEL AND MILK PRODUCTION IN POSTPARTUM
RATS (*Rattus norvegicus* Berkenhout, 1769) AFTER ORAL
ADMINISTRATION OF WATERCRESS (*Nasturtium officinale*) INFUSION**

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ABSTRACT

The adequate milk production is necessary to support sustainability of breastfeeding. Traditionally, some people use watercress (*Nasturtium officinale*) as a vegetable which is believed to expedite breastmilk. Therefore, the research was conducted to measure prolactin level and milk production in postpartum rats (*Rattus norvegicus* Berkenhout, 1769) after oral administration of watercress infusion. Twenty female rats were divided randomly into 5 groups with 4 repetitions. Treatment was given using cannula, from D+3 to D+12 postpartum. The 5 groups were control (distilled water 1 mL), Domperidone 0,6 mg/kg BB (as a positive control), watercress infusion doses 5; 10; 15 as P1, P2 and P3 respectively. The results were analyzed using one way ANOVA continued with Duncan Multiple Range Test (DMRT) using SPSS 16.0. Based on the results, watercress infusion able to increase prolactin level, total protein and milk production, also able to decrease body weight in rats. The most effective treatment was watercress infusion 10 g/kg (P2) BB with the results; prolactin level of 9,12 ng/mL, total protein of 12,200 % b/v, and milk production about 46,162 g/pup/day also decreased body weight (Δ BB) about 17,00 g.

Key words : *Nasturtium officinale*, prolactin, milk, *Rattus norvegicus*, postpartum.