

## THE EFFECT OF FENUGREEK PLANT ON IMPROVING BREASTMILK PRODUCTION IN MOTHERS NURSING INFANTS AGED 0-6

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### ABSTRAK : PENGARUH KELABET DALAM MEMPERLANCAR PENGELUARAN ASI PADA IBU MENYUSUI 0-6 BULAN

World Health Organization (WHO) merekomendasikan minimal pemberian ASI yaitu 50% (WHO, 2019). Kementerian Kesehatan menargetkan pemberian ASI eksklusif hingga 80%. Menurut data Riset Kesehatan Dasar (RISKESDAS) tahun 2021, tahun 2019 yang pada saat itu telah mencapai sebanyak 74,5% dari target capaian 80%. Data cakupan Dinas Kesehatan Kabupaten Lampung Utara sebanyak 55%, dari 65%, hasil dari data Pendekatan Keluarga Sehat (PIS-PK) pada tingkat Kecamatan Bunga Mayang sebanyak 67,74%, dan pada wilayah kerja Puskesmas Mulyorejo terdapat cakupan ASI eksklusif sebanyak 45,10%, dan cakupan Desa Mulyorejo 1 sebanyak 49,4%. Salah satu metode memperlancar ASI pada ibu dapat dilakukan melalui metode non farmakologi. Tujuan penelitian ini diketahui pengaruh kelabet dalam memperlancar pengeluaran asi di Desa Mulyorejo 1 Kecamatan Bunga Mayang Kabupaten Lampung Utara Tahun 2023.

Jenis penelitian kuantitatif, rancangan penelitian pra experimental dengan pendekatan *one group pretest-posttest*. Populasi penelitian ini adalah rata-rata ibu menyusui 0-6 bulan sebanyak 30 orang dengan sampel sebanyak 30 responden menggunakan teknik total sampling, analisis univariat dan bivariat (uji wilcoxon).

Hasil univariat didapatkan hasil rerata kelancaran pengeluaran asi pada berat badan mean 5364, standar deviasi 568, pada panjang badan mean 56,2 standar deviasi 4,5, lingkaran kepala mean 38,8 standar deviasi 3,0. Analisis bivariat menunjukkan hasil pada berat badan mean 6538,3 standar deviasi 565,1, panjang badan mean 56,9 standar deviasi 4,5 lingkaran kepala mean 39,4 standar deviasi 4,0 yang menunjukkan adanya pengaruh kelabet dalam memperlancar pengeluaran ASI di Desa Mulyorejo 1 Kecamatan Bunga Mayang Kabupaten Lampung Utara Tahun 2023 ( $p$ -value = 0,000). Saran bagi ibu menyusui kelabet dapat dikonsumsi dalam upaya meningkatkan produksi ASI.

Kata Kunci : Produksi ASI, biji kelabet, ibu menyusui

### ABSTRACT

The World Health Organization (WHO) recommends a minimum of 50% breastfeeding (WHO, 2019). The Ministry of Health targets exclusive breastfeeding up to 80%. According to the Basic Health Research (RISKESDAS) data for the year 2021, in 2019, the rate reached 74.5% of the 80% target. The coverage data from the North Lampung Regency Health Office is 55%, from 65%. The results from the Family Approach to Healthy Living (PIS-PK) at the Bunga Mayang sub-district level are 67.74%, and in the working area of the Mulyorejo Public Health Center, exclusive breastfeeding coverage is 45.10%, with a coverage rate in Mulyorejo 1 village of 49.4%. One non-pharmacological method to facilitate breastfeeding is the use of fenugreek plant. The purpose of this study is to determine the influence of fenugreek Plant on improving breastmilk production in Mulyorejo 1 village, Bunga Mayang sub-district, North Lampung Regency, in the year 2023.

This was a quantitative study with a pre-experimental design using a one-group pretest-posttest approach. The study population consisted of an average of 30 mothers breastfeeding infants aged 0-6 months, with a sample of 30 respondents using total sampling. Univariate and bivariate analysis (Wilcoxon test) was used for data analysis.

Univariate results showed the average smoothness of breastmilk production in terms of weight, with a mean of 5364 and a standard deviation of 568; in terms of length, with a mean of 56.2 and a standard deviation of 4.5; and in terms of head circumference, with a mean of 38.8 and a standard deviation of 3.0. Bivariate analysis showed results for weight with a mean of 6538.3 and a standard deviation of 565.1, length with a mean of 56.9 and a standard deviation of 4.5, and head circumference with a mean of 39.4 and a standard deviation of 4.0, indicating the influence of fenugreek Plant on improving breastmilk production in Mulyorejo 1 village, Bunga

Mayang sub-district, North Lampung Regency, in the year 2023 (p-value = 0.000). The recommendation for breastfeeding mothers is to consume fenugreek Plant to increase breastmilk production.

Keywords: Breastmilk Production, Fenugreek Plant Seeds, Breastfeeding Mothers

## INTRODUCTION

The World Health Organization (WHO) recommends providing nutritional standards for babies, namely breastfeeding babies aged 0-6 months. WHO's minimum target for breastfeeding is 50% (WHO, 2019). The Ministry of Health is targeting exclusive breastfeeding of up to 80%, according to Basic Health Research data (RISKESDAS) in 2021, in Indonesia as many as 52.5% of the 2.3 million babies under 6 months received exclusive breastfeeding, down 22% from 2019, which at that time had reached 74.5% of the target achievement of 80%. Based on data from the Lampung Provincial Health Service in 2022, there is exclusive breastfeeding coverage of 61% of the provincial target of 65%, in data from the North Lampung District Health Service coverage of 55%, from 65%, results from data from the Healthy Family Approach (PIS-PK) in Bunga Mayang Subdistrict level is 67.74%, and in the Mulyorejo Community Health Center working area there is exclusive breast milk coverage of 45.10%, and Mulyorejo Village 1 coverage is 49.4% (PIS-PK Lampung Utara, 2022).

Low breast milk coverage is influenced by various factors, one of which is not maximal milk production, characterized by the breast feeling soft, the baby still wanting to breastfeed even though he has been given breast milk, the baby's weight not increasing according to the baby's weight criteria. Breast milk is a source of nutritional intake for newborn babies, where the nature of breast milk (mother's milk) is exclusive because it is given to babies aged 0-6 months. In this phase, careful attention must be paid to the quality of breast milk, so that it does not interfere with your little one's development stage since the first day of birth. , considering the golden period of child development until they reach 2 years (Ministry of Health, 2018)

Important components of breast milk are antibodies that help the body's resistance and various enzymes in breast milk that help absorb nutrients that are not available in formula milk. Breast milk contains these substances and also has the lipase enzyme for absorption. This enzyme is not included in powdered milk because heating destroys this enzyme. With these conditions, mothers are advised to give exclusive breast milk to their babies for 6 months (Gurning, Alfazira,

Hairuna, & Hasibuan, 2021). Breast milk is very beneficial for mothers and babies, there are several benefits for babies 0-6 months, namely preventing disease, helping the baby's brain and physical development, apart from that, breast milk is also beneficial for mothers, namely overcoming trauma and preventing breast cancer. (Asnidawati & Ramdhan, 2021). Methods for facilitating breast milk in mothers can be done through various techniques, including consuming katuk leaves, consuming breast milk facilitating medicines, consuming herbal (traditional) medicines such as herbal medicine, breast massage, breast compresses. One method of facilitating breast milk that is easy to do is by consuming breast milk promoting substances contained in food or drinks. Currently, there are various kinds of breast milk-stimulating drugs that are sold generally in the community. Breast milk facilitating drugs sold on the market may contain chemicals that can have a negative impact on the body. Therefore, the use of traditional herbal ingredients to facilitate breast milk is better and without side effects (Kurniati & Azizah, 2021).

Fenugreek is one of the plants that contains sapogenins such as diosgenin and yamogenin which have estrogenic properties. Because fenugreek seeds contain diosgenin, they have phytoestrogenic properties which have a chemical structure similar to estrogen and can attach to  $\alpha$  and  $\beta$  receptors and may have estrogenic properties which are effective in increasing breast milk production. Because of the large number of this plant in Indonesia, and some literature shows that fenugreek seeds contain the same effect as estrogen, this plant is used as an alternative to meet breast milk needs. (Siti Halimah, et al)

Based on research conducted by Karima, N., Pratama, M. R., & Berawi, K. N. (2019), it was found that there is a relationship between smooth breastfeeding and consumption of fenugreek in breastfeeding mothers.

Based on a pre-survey conducted in Mulyorejo 1 Village, Bunga Mayang District, North Lampung Regency, in February-March 2023 there were 30 breastfeeding mothers aged 0-6 months who provided exclusive breast milk to their babies. And many fenugreek plants were found in the Mulyorejo 1 area.

## RESEARCH METHODS

The research method used is quantitative. The population in this study was 30 breastfeeding mothers aged 0-6 months who did not consume breast milk supplements. Sample of 30 respondents. To determine a sample from the population, calculations and tables developed by experts are used. The measurement method in this research is by measuring the baby's weight, body length and head circumference and the measurement results are recorded on an observation sheet, with the measuring instruments used are scales and measuring tape. Quantitative methods are This type of research is a type of research to get an accurate picture of the characteristics of a problem that classifies data and collects data related to numbers both obtained from

measurement results and the value of the data obtained (Notoatmodjo, 2018).

## RESEARCH RESULTS

### Uji Normalitas

The analysis testing in this study has clearly been met because the research sample was randomly selected from breastfeeding mothers aged 0-6 months in Mulyorejo 1 Village, Bunga Mayang Sub-District, North Lampung Regency, in the year 2023. To ensure the accuracy of the sample selection, another requirement for analysis was tested, which is the normality test using the Shapiro-Wilk value. If the Shapiro-Wilk value is  $> 0.05$ , then the distribution is considered normal (Hastono, 2016)

**Table 1**  
**Normality Test Data**

Breast Milk Smoothness	Kelebet	Shapiro-Wilk	Ket
Before	Weight	0.004	Not Normal
	Length	0.001	Not Normal
	Head circumference	0.000	Not Normal
After	Weight at day 14	0.028	Not Normal
	Length at day 14	0.001	Not Normal
	Head circumference at day 14	0.000	Not Normal

Based on the table 1 above, the normality test using the Shapiro-Wilk test for the variables in the intervention group, both before and after, resulted in significant values  $< 0.05$ , which means the data is not normal. The analysis will proceed with a bivariate analysis using the Wilcoxon test

breastfeeding mothers aged 0-6 months are given fenugreek plant in Mulyorejo 1 Village, Bunga Mayang Sub-District, North Lampung Regency, in the year 2023.

### Univariate Analysis

Univariate analysis aims to describe the average data for both before and after

The smoothness of breast milk production for breastfeeding mothers aged 0-6 months before being given Fenugreek Plant in Mulyorejo 1 Village, Bunga Mayang Sub-District, North Lampung Regency, in the year 2023.

**Table 2**  
**The average smoothness of breast milk production for breastfeeding mothers aged 0-6 months before being given Fenugreek Plant in Mulyorejo 1 Village, Bunga Mayang Sub-District, North Lampung Regency, in the year 2023**

Breast Milk Production	Mean	Sd	Min	Max	N
Weight	5364.0	568.225	3800	6420	30
Length	56.2	4.5	40.0	65.7	30
Head Circumference	38.8	3.0	36.0	58.7	30

Based on the table 4.3 above, it is known that the smoothness of breast milk production before for weight is 5364.0 grams, with a standard

deviation of 568.2 grams, a minimum value of 3800 grams, and a maximum value of 6420 grams. The smoothness of breast milk production for length is

56.2 cm, with a standard deviation of 4.5 cm, a minimum value of 40.0 cm, and a maximum value of 65.7 cm. The smoothness of breast milk production for head circumference is 38.8 cm, with a standard deviation of 3.0 cm, a minimum value of 36.0 cm, and a maximum value of 58.7 cm.

The smoothness of breast milk production for breastfeeding mothers aged 0-6 months after being given fenugreek plant in Mulyorejo 1 Village, Bunga Mayang Sub-District, North Lampung Regency, in the year 2023

**Table 3**  
**The average smoothness of breast milk production for breastfeeding mothers aged 0-6 months after given fenugreek plant in Mulyorejo 1 Village, Bunga Mayang Sub-District, North Lampung Regency, in the year 2023.**

Breast Milk Production	Mean	Different Mean	Sd	Min	Max	N
Weight at day 14	6538.3	1174	565.1	5000	7600	30
Length at day 14	56.9	0.67	4.5	40.6	66.5	30
Head circumference at day 14	39,4	0.60	4.0	36.4	59.3	30

Based on Table 3 above, it is known that the smoothness of breast milk production after intervention for weight is 6538.3 grams, with a standard deviation of 565.1 grams, a minimum value of 5000 grams, and a maximum value of 7600 grams. The smoothness of breast milk production for length is 56.9 centimeters, with a standard deviation of 4.5 centimeters, a minimum value of 40.6 centimeters, and a maximum value of 66.5 centimeters. The smoothness of breast milk production for head circumference is 39.4 centimeters, with a standard deviation of 4.0 centimeters, a minimum value of 36.4 centimeters, and a maximum value of 59.3 centimeters

Fenugreek Plant because Fenugreek Plant seeds contain diosgenin and phytoestrogen-like compounds, which may affect the production of oxytocin hormone, thus influencing breast milk production.

**Criteria for Sufficient/Insufficient Breast Milk**

There are several criteria that can be used to determine whether a baby is receiving enough breast milk, including: Abundant breast milk can leak out through the nipple, especially when the mother thinks about breastfeeding or remembers the baby. The breast feels tense before breastfeeding. The baby breastfeeds vigorously, then weakens and falls asleep soundly. The baby breastfeeds every 2-3 hours, or at least 8 times in 24 hours during the first 2-3 weeks. The breast feels softer, indicating that the breast milk has been emptied. If breast milk is sufficient, the baby will sleep or be calm for 3-4 hours after breastfeeding. The baby will urinate about 6-8 times a day. The baby's weight will increase with age. In the first month, the baby's weight will increase by less than 300 grams. (Halimah, S., Wijayanti, K., & Ta'adi, 2022). The baby's weight may decrease in the first few days due to the passage of meconium and inadequate intake of fluid. Weight loss should not exceed 10%, and the baby's weight will start to increase again from day 4 to day 10 and beyond (Sarwono, 2006).

**DISCUSSIONS**

**Univariate Analysis**

Average Breast Milk Production for Mothers Breastfeeding 0-6 Months Before Receiving Fenugreek Plant

The univariate analysis shows that the breast milk production before receiving Fenugreek Plant had the following characteristics:

- **Weight:** The mean weight was 5364.0 grams, with a standard deviation of 5364.0 grams, a minimum value of 3800 grams, and a maximum value of 2620 grams.
- **Length:** The mean length was 56.2 cm, with a standard deviation of 4.5 cm, a minimum value of 40.0 cm, and a maximum value of 65.7 cm.
- **Head Circumference:** The mean head circumference was 38.8 cm, with a standard deviation of 3.0 cm, a minimum value of 36.0 cm, and a maximum value of 58.7 cm.

Babies may lose up to 10% of their birth weight in the first few days but should return to their birth weight by two weeks of age. Weight gain in babies is divided into two stages: from 0-6 months and from 6-12 months. Weight gain in babies aged 0-6 months is around 140-200 grams per week, and

Efforts were made to increase breast milk production non-pharmacologically by using

by the end of the 6th week, their weight doubles from birth weight.

Consistent with the research by Nisa Karimah et al. (2019), the results before intervention showed standard deviation for weight was 5,282, and head circumference with a standard deviation of 38.3. The study by Ghasemi et al. (2014) also showed results before intervention, including weight with a mean of 5282, length with a mean of 58.1, and head circumference with a mean of 38.3.

The researchers believe that during pregnancy, prolactin hormone from the placenta increases, but breast milk does not come out yet due to the influence of high levels of estrogen. Estrogen and progesterone levels will decrease on the second or third day after delivery, leading to breast milk secretion. Breast preparation for breastfeeding begins during pregnancy, marked by an increase in breast size along with the growth of alveolar glands due to the increased levels of estrogen hormone.

#### **Average Breast Milk Production for Mothers Breastfeeding 0-6 Months After Receiving Fenugreek Plant**

The univariate analysis shows that breast milk production after receiving fenugreek plant had the following characteristics: Weight: The mean weight was 6538.3 grams, with a standard deviation of 565.1 grams, a minimum value of 5000 grams, and a maximum value of 7600 grams. Length: The mean length was 56.9 cm, with a standard deviation of 4.5 cm, a minimum value of 40.6 cm, and a maximum value of 66.5 cm. Head Circumference: The mean head circumference was 39.4 cm, with a standard deviation of 4.0 cm, a minimum value of 36.4 cm, and a maximum value of 59.3 cm.

The efforts to increase non-pharmacological breast milk production using fenugreek plant were made because Fenugreek Plant seeds contain diosgenin and have phytoestrogen-like properties with a chemical structure similar to estrogen. This may attach to  $\alpha$  and  $\beta$  receptors and possibly have estrogenic properties effective in increasing oxytocin hormone levels, which affect breast milk production.

#### **Criteria for Sufficient/Insufficient Breast Milk**

There are several criteria that can be used to determine whether a baby is receiving enough breast milk, including: Abundant breast milk can leak out through the nipple, especially when the mother thinks about breastfeeding or remembers the baby. The breast feels tense before breastfeeding. The baby breastfeeds vigorously,

then weakens and falls asleep soundly. The baby breastfeeds every 2-3 hours, or at least 8 times in 24 hours during the first 2-3 weeks. The breast feels softer, indicating that the breast milk has been emptied. If breast milk is sufficient, the baby will sleep or be calm for 3-4 hours after breastfeeding. The baby will urinate about 6-8 times a day. The baby's weight will increase with age. In the first month, the baby's weight will increase by less than 300 grams. (Halimah, S., Wijayanti, K., & Ta'adi, 2022). The baby's weight may decrease in the first few days due to the passage of meconium and inadequate intake of fluid. Weight loss should not exceed 10%, and the baby's weight will start to increase again from day 4 to day 10 and beyond (Sarwono, 2006).

Babies may lose up to 10% of their birth weight in the first few days but should return to their birth weight by two weeks of age. Weight gain in babies is divided into two stages: from 0-6 months and from 6-12 months. Weight gain in babies aged 0-6 months is around 140-200 grams per week, and by the end of the 6th week, their weight doubles from birth weight.

In line with the research by Nisa Karimah et al. (2019), the results after the intervention showed that the weight with standard deviation changed from 5,282 to 6,383, and head circumference changed from 38.3 to 39.9 SD. The study by Ghasemi et al. (2014) also showed results after the intervention, including weight changing from a mean of 5282 to 5876, length changing from a mean of 58.1 to 59.1, and head circumference changing from a mean of 38.3 to 39.0, indicating the influence of fenugreek plant administration on breast milk production in mothers breastfeeding 0-6 months.

The researchers believe that during pregnancy, prolactin hormone from the placenta increases, but breast milk does not come out yet due to the influence of high levels of estrogen. Estrogen and progesterone levels will decrease on the second or third day after delivery, leading to breast milk secretion. Breast preparation for breastfeeding begins during pregnancy, marked by an increase in breast size along with the growth of alveolar glands due to the increased levels of estrogen hormone.

#### **Bivariate Analysis**

The Influence of Fenugreek Plant in Enhancing Breast Milk Production in Mulyorejo 1 Village, Bunga Mayang Sub-district, North Lampung Regency, 2023

The results of the bivariate analysis show a p-value of 0.000 (p-value <  $\alpha$  0.05), indicating that

there is an influence of fenugreek plant in enhancing breast milk production in Mulyorejo 1 Village, Bunga Mayang Sub-district, North Lampung Regency, in the year 2023.

Breast milk is the most complete and perfect single food for infants up to 6 months old, as it contains all the necessary nutrients for the baby. Breast milk components are easily digestible because they contain appropriate nutrients and enzymes to digest the nutrients present in breast milk. The nutritional content of breast milk includes taurine, decosahexanoic acid (DHA), arachinoic acid (AA), carbohydrates, proteins, fats, minerals, and vitamins.

There are various methods to enhance breast milk production in mothers, including consuming katuk leaves, using medications to stimulate breast milk production, consuming traditional herbal remedies such as jamu, breast massage, and breast compresses. One of the simple methods to enhance breast milk production is by consuming substances that stimulate breast milk production found in food or beverages. Currently, there is a wide range of medications available in the market to stimulate breast milk production, but these medications may contain chemical compounds that could have negative effects on the body. Therefore, the utilization of traditional herbal ingredients as breast milk stimulants is considered a safer alternative without side effects (Kurniati & Azizah, 2021). Efforts to enhance breast milk production through non-pharmacological means focus on the use of herbal remedies and traditional therapies. These approaches include the application of oxytocin massages, breast care, Marmet massages, acupressure, as well as the consumption of various herbs and foods like katuk leaves, moringa leaves, fennel, torbangun leaves, long beans, Fenugreek Plant seeds, and dates. These natural remedies are believed to effectively increase breast milk production (Halimah, S., Wijayanti, K., & Ta'adi. 2022).

Breast Milk Flow refers to the release of breast milk, which is considered smooth or adequate when there is an excess of breast milk production. This is typically indicated by the milk dripping or flowing vigorously when the baby is nursing.

#### Criteria for Sufficient/Insufficient Breast Milk

Several criteria can be used to determine if a baby is receiving enough breast milk, including: Abundant breast milk can leak from the nipple, especially when the mother thinks about

breastfeeding or the baby. The breasts feel firm before nursing. The baby nurses strongly, then weakens and falls asleep. The baby consumes breast milk every 2-3 hours or a minimum of 8 times in 24 hours during the first 2-3 weeks. The breasts feel softer, indicating that the milk has been emptied. If there is enough breast milk, the baby will sleep or remain calm for 3-4 hours after nursing. The baby urinates approximately 6-8 times per day. The baby's weight gain matches their age. In the first month, the baby's weight should increase by at least 300 grams (Halimah, S., Wijayanti, K., & Ta'adi. 2022). The baby's weight may drop in the first few days due to meconium excretion and inadequate fluid intake. The weight loss should not exceed 10%, and the baby's weight should gradually increase after the 4th day, reaching its birth weight (Sarwono, 2006).

A baby will experience a weight loss of 10% in the first few days and will return to their birth weight by two weeks of age. Baby weight gain is divided into two periods: from 0-6 months and from 6-12 months. During the 0-6 month range, a baby's weight will typically increase by approximately 140-200 grams per week, and by the end of the sixth week, their weight will double compared to their birth weight.

The fenugreek plant, known by its Latin name *Trigonella foenum-graecum* L, is one of the oldest medicinal herbs that has been cultivated and documented in history. Many studies have shown the various benefits of its plant parts, particularly its seeds (Srinivasan, 2006). Fenugreek is widely found in Indonesia and is known for its strong flavor and aroma. The composition of fenugreek seeds consists of 20% to 30% protein, 45% to 60% carbohydrates (primarily galactomannan, a mucilaginous fiber in cell walls), and 5% to 10% lipids. Other important components include pyridine-type alkaloids (mostly trigonelline), free amino acids (especially 4-hydroxyisoleucine), saponins, and glycosides that yield steroid saponin upon hydrolysis, such as diosgenin. Because fenugreek seeds contain diosgenin and exhibit phytoestrogenic properties with a chemical structure similar to estrogen, they can bind to  $\alpha$  and  $\beta$  receptors and may have estrogenic effects that effectively influence oxytocin hormone production, thereby impacting breast milk production.

line with the study conducted by Nisa Karimah et al. (2019), the research results yielded the following p-values:

- Body weight p-value = 0.001 (p-value <  $\alpha$  0.05)

- Body length): p-value = 0.005 (p-value <  $\alpha$  0.05)
- Head circumference (p-value = 0.001 (p-value <  $\alpha$  0.05)

These results indicate that there is an influence of fenugreek plant in enhancing the breast milk production of mothers who breastfeed infants aged 0-6 months.

According to the researcher, the increase in the baby's weight, length, and head circumference among those who received intervention with fenugreek plant is attributed to the fenugreek's content of sapogenins such as diosgenin and yamogenin, which have estrogen-like properties that can influence oxytocin hormone production, thus enhancing breast milk production. There was a minimum increase in weight of 1115 grams, a minimum increase in length of 0.58 cm, and a minimum increase in head circumference of 0.5 cm. The minimal results in weight gain may be due to the lack of support from husbands in enabling mothers to breastfeed their babies to the fullest, as the study did not involve husbands in providing support for the research conducted.

## CONCLUSIONS

The research with the title "The Influence of Fenugreek Plant in Enhancing Breast Milk Production for Mothers Nursing Babies Aged 0-6 Months in Mulyorejo 1 Village, Bunga Mayang Subdistrict, North Lampung District, 2023" can be summarized as follows: The smoothness of breast milk production for mothers nursing babies aged 0-6 months before receiving fenugreek intervention had the following means: Before intervention, the mean weight was 5365.00 grams, the mean length was 562.80 cm, and the mean head circumference was 38.850 cm. The smoothness of breast milk production for mothers nursing babies aged 0-6 months after receiving fenugreek intervention had the following means: After intervention, the mean weight was 6532.3 grams, the mean length was 569.57 cm, and the mean head circumference was 39.457 cm. The statistical test results yielded a P-value of 0.000 (<0.05), indicating that there is an influence of fenugreek in enhancing breast milk production in Mulyorejo 1 Village, Bunga Mayang Subdistrict, North Lampung District, in 2023 (p-value = 0.000).

## SUGGESTIONS

- a. For Theoretical Aspects  
The results of this research can serve as scientific information about fenugreek for

enhancing breast milk production in mothers nursing babies aged 0-6 months.

- b. For Mulyorejo Village  
The results of this research can be disseminated to the community as a practical method for enhancing breast milk production, which can be done at home.
- c. For Malahayati University  
The results of this research can be used as a reference for academics at the university involved in improving public health, especially in research related to enhancing breast milk production. It can also serve as a basis for community engagement projects.
- d. For Other Researchers  
The results of this research can be used as a reference for conducting further research related to the influence of fenugreek in enhancing breast milk production in mothers aged 0-6 months. Furthermore, it is recommended that future research involve the participation of husbands in the intervention to maximize the research outcomes.

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