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THE EFFECT OF MORINGA LEAF TEA AND YOGURT ADMINISTRATION ON POSTPARTUM MATERNAL CONSTIPATION

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ABSTRAK : PENGARUH PEMBERIAN TEH DAUN MORINGA DAN YOGURT TERHADAP SEMBELIT PADA IBU PASCA MELAHIRKAN

Masa post partum merupakan masa yang cukup kritis bagi seorang ibu karena risiko kejadian kontipasi . Kejadian konstipasi cukup banyak yaitu antara 8- 25 %. Apabila konstipasi tidak diatas dengan baik dapat mengakibatkan nyeri perut, ketidaknyamanan, risiko perdarahan akibat wasir, bahkan dapat menyebabkan masalah kesehatan lain seperti infeksi saluran pencernaan atau saluran kemih serta terlambatnya ASI sehingga dapat menurunkan kualitas hidup ibu dan mengganggu proses pemulihan pasca persalinan.

Tujuan penelitian ini ingin mengetahui pengaruh konsumsi teh daun kelor dan yogurt terhadap kejadian konstipasi pada ibu post partum.

Rancangan penelitian ini adalah *eksperiment* dengan *two grup design*. Untuk grup 1 responden diberi teh daun kelor sebanyak 4 gram dibagi dalam 2 kali yaitu pagi dan sore hari selama 5 hari, sedangkan untuk grup 2 diberi yogurt selama 5 hari sebanyak 142 ml dengan pemberian 2 kali sehari.

Populasi dalam penelitian ini adalah seluruh ibu post partum yang ada di PMB Marlina Turnip Bandar Lampung pada saat penelitian berlangsung, penentuan jumlah sampel menggunakan teknik *quota sampling* yang berjumlah 60 ibu post partum (setiap grup 30 responden), penentuan jumlah sampel minimal ini sesuai dengan pendapat (J & N, 1993).

Hasil penelitian menemukan rata-rata waktu terjadi defikasi pada kelompok teh daun kelor adalah 42,97 jam sedangkan pada kelompok yogurth adalah 40, 47 jam, berarti rata-rata waktu defikasi pada kelompok yogurt lebih cepat dari kelompok teh daun kelor, namun hasil *uji t independen* diperoleh p value > 0,05, berarti tidak ada perbedaan yang signifikan lama defikasi antara konsumsi teh daun kelor dan yogurth .

Kesimpulan tidak terjadi konstipasi ibu post partum yang diberikan teh daun kelor dan yogurth. Rata-rata waktu defikasi pada kelompok yogurt lebih cepat dari kelompok teh daun kelor, tetapt tidak ada perbedaan yang signifikan diantara kedua kelompok. Saran untuk ibu post partum dapat diberikan teh daun kelor atau yogurth sebagai upaya untuk mencegah terjadi konstipasi. .

Kata kunci ; ibu post partum, kelor, konstipasi, yogurth

ABSTRACT

The postpartum period is a critical phase for a mother due to the risk constipation. The incidence of constipation is relatively high, ranging from 8–25% . If constipation is not properly managed, it can lead to abdominal pain, discomfort, and an increased risk of bleeding due to hemorrhoids. Furthermore, it may cause other health problems such as gastrointestinal or urinary tract infections and delayed initiation of breastfeeding, which can reduce the mother's quality of life and interfere with the postpartum recovery process.

The purpose of this study was to determine the effect of consuming moringa leaf tea and yogurt on the incidence of constipation in postpartum mothers.

The research design of this study was an experimental study with a two-group design. In Group 1, respondents were given moringa leaf tea at a dose of 4 grams, divided into two administrations (morning and afternoon) for five days. Meanwhile, Group 2 was given yogurt for five days at a dose of 142 ml, administered twice daily.

The population in this study consisted of all postpartum mothers at PMB Marlina Turnip, Bandar Lampung, during the research period. The sample size was determined using a quota sampling technique, resulting in a total of 60 postpartum mothers (30 respondents in each group). The minimum sample size determination was in accordance with the opinion of (J & N, 1993).

The results showed that the average time to defecation in the moringa leaf tea group was 42.97 hours, while in the yogurt group it was 40.47 hours. This indicates that the average defecation time in the yogurt group was faster than in the moringa leaf tea group. However, the results of the independent t-test showed a p-value > 0.05, indicating that there was no statistically significant difference in defecation time between the consumption of moringa leaf tea and yogurt.

In conclusion, postpartum mothers who were given moringa leaf tea or yogurt did not experience constipation. Although the average defecation time in the yogurt group was faster than in the moringa leaf tea group, there was no significant difference between the two groups. It is recommended that postpartum mothers be given moringa leaf tea or yogurt as an effort to prevent constipation.

Keywords: postpartum mothers, moringa, constipation, yogurt

INTRODUCTION

Constipation is a condition characterized by difficulty in defecation, marked by infrequent bowel movements and hardened stools. According to the 2018 Basic Health Research data (Ruliati & Lestari, 2023), more than 2.5 million people in Indonesia experience frequent complaints of constipation. Approximately 12.9% of the population suffer from constipation, (Ahmad et al., 2023), and a study by (Nisa, 2020) reported that the prevalence of constipation among adults is around 21.6%. Constipation can occur in various conditions, including during the postpartum period.

The postpartum or puerperium period is the time after childbirth up to 42 days, during which physiological recovery of the body organs occurs following pregnancy and childbirth, returning to the pre-pregnancy condition. Several factors are affected during the postpartum period, one of which is the digestive system (Hidayati & Susilo, 2023). Under normal postpartum conditions, constipation is a common complaint. This condition may occur during the first week up to several weeks after delivery, even though the normal frequency of defecation ranges from three times a day to three times a (Utami et al., 2025). The incidence of constipation is relatively high, ranging from 8% to 25% and may reach up to 33% (Bradley & Dkk, 2007), cited in (Laili & Nisa, 2019). Approximately 24% of women experience constipation during the first three months postpartum (Sulistiyowati, 2016), and some studies report rates as high as 30–40% (Ruliati & Lestari, 2023).

Various problems or adverse effects may arise from untreated postpartum constipation, including abdominal pain, discomfort, and an increased risk of bleeding due to hemorrhoids. It may also lead to other health problems such as gastrointestinal or urinary tract infections, as well as delayed lactation in breastfeeding mothers. These conditions can reduce maternal quality of life and interfere with the postpartum recovery process (Laili & Nisa, 2019).

Postpartum constipation may occur due to several factors, including hormonal changes (elevated progesterone levels) that can slow intestinal motility, inadequate fiber and fluid intake, side effects of analgesic medications, lack of physical activity, stress, postpartum perineal wounds, and conditions such as hemorrhoids (Yuliandini & Diah, 2024). According to (Bahiyatun, 2016), cited in (Ruliati & Lestari, 2023), postpartum constipation is generally caused by insufficient fiber intake during labor and the habit of delaying defecation. (Sembiring, 2017) stated that a diet low in fiber, particularly from vegetables and fruits, increases the risk of constipation. Based on this background, the researcher is interested in examining the effect of moringa leaf tea and yogurt consumption on the incidence of constipation in postpartum mothers.

RESEARCH METHODS

The research design of this study was quasi experimental study with a two-group design. The population is The population in this study was all postpartum clients who gave birth at TPMB Marlina in 2025. The sample size was determined using the Lemeshow formula. The sample size was determined using a quota sampling technique, resulting in a total of 60 postpartum mothers (30 respondents in each group) The sampling technique used was purposive sampling. The inclusion criteria in this study were clients in normal postpartum status. The exclusion criteria were clients with multiple perineal sutures.

In Group 1, respondents were given moringa leaf tea at a dose of 4 grams, divided into two administrations (morning and afternoon) for five days. Meanwhile, in Group 2 was given yogurt for five days at a dose of 142 ml, administered twice daily. After the 5th day, respondents were asked

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the date and time of their first decate. The data analysis used was univariate and bivariate T-test.

RESEARCH RESULTS

Characteristics of Respondents

The characteristics of the respondents included age, gravidity, parity, education, occupation, and the birth weight of the newborn. The characteristics of the postpartum mothers who were given moringa leaf tea and yogurt are presented as follows:

Table 1
Characteristics of Respondents

Characteristics	Moringa Leaf Tea Group		Yogurt Group	
	n	%	n	%
Age				
< 20 and > 35 years	1	3.3	0	0
20- 35 years	29	96.7	30	100
Gravidity				
Primigravida (first pregnancy	20	67.7	19	63
Multigravida (2–4 pregnancies)	9	32	11	37
Grande Multigravida (>4 pregnancies)	1	0.33	0	
Education				
Primary (SD-SMP)	0	0	0	0
Secondary (SMU/SMK)	12	40	8	26.7
Higher education (Diploma- Bachelor's degree)	18	60	22	73.3
Occupation				
Unemployed/Housewife	14	44.67	19	63.33
Employee (Corporate employee, goverment employees)	16	55.33	11	37
Birth Weight of the Newborn				
1500- 2499 gr	0	0	0	0
2500- 4000 gr	29	96.7	30	100
> 4000 gr	1	0.33	0	0

Based on Table 1, the majority of respondents were aged 20–35 years in both the moringa leaf tea group (96.7%) and the yogurt group (100%). In terms of gravidity, most respondents were primigravida in both the moringa leaf tea group (66.7%) and the yogurt group (63.3%). Similarly, the majority of respondents in both groups were primiparous, accounting for 66.7% in the moringa leaf tea group and 66.3% in the yogurt group. Regarding education level, most respondents had a higher education in both the moringa leaf tea group (60%) and the yogurt group (73.3%). With respect to occupation, more than half of the respondents in the moringa leaf tea group were employed (53.3%), whereas the majority of respondents in the yogurt group were unemployed (63.3%). Furthermore, the most common birth weight of newborns was 2500–4000 grams in both the moringa leaf tea group (96.7%) and the yogurt group (100%).

Duration of Defecation After Moringa Leaf Tea Intervention

After postpartum mothers were given moringa leaf tea intervention twice daily, the duration of the first and second defecation can be seen in Table 3 below.

Table 2
Duration of the First and Second Defecation After Moringa Leaf Tea Intervention (Hours)

Defecation	n	Time to First and Second Defecation			Sd
		Minimum	Maximum	Mean	
First	30	2	96	42.97	25,38
Second	30	35	148	80.20	27,82

Based on Table 2, the average time to the first defecation after consuming moringa leaf tea was 42.97 hours, while the average time to the second defecation was 80.20 hours.

Duration of Defecation After Yogurt Intervention

After postpartum mothers were given yogurt intervention twice daily, the duration of the first and second defecation can be seen in Table 4 below.

Table 3
Duration of the First and Second Defecation After Yogurt Intervention (Hours)

Defecation	n	Time to First and Second Defecation (Hours)			Sd
		Minimum	Maximum	Mean	
First	30	2	99	40.47	26.95
Second	30	13	144	70.06	32.00

Based on Table 3 above, the average time to the first defecation after consuming yogurt was 40.47 hours, while the average time to the second defecation was 70.06 hours.

The Effect of Consuming Moringa Leaf Tea and Yogurt on Postpartum Constipation

The effect of the intervention of moringa leaf tea and yogurt consumption on the incidence of constipation in postpartum mothers in this study was assessed based on the average time from the administration of the intervention to the first and second defecation in the study groups. The duration of time referred to is presented in Tables 5 and 6 below.

Table 4
Duration of the First Defecation After Moringa Leaf Tea and Yogurt Interventions (Hours)

Intervention	n	Time to First Defecation After Postpartum (Hours)			Sd	Sig (2-tailed)
		Minimum	Maximum	Mean		
Moringa Leaf Tea	30	2	96	42.97	25.38	0,71
Yogurt	30	2	99	40. 47	26.95	

Based on Table 4, the fastest time to the first defecation after the intervention was the same in both groups, at 2 hours, while the longest time occurred in the yogurt group, at 99 hours. The average time to the first defecation in the yogurt group was faster (40.47 hours) compared to the moringa leaf tea group (42.97 hours). The results of the independent t-test showed that there was no statistically significant difference between the two groups studied ($p > 0.05$).

Tabel 5
Duration of the Second Defecation After Moringa Leaf Tea and Yogurt Interventions (Hours)

Intervention	n	Time to Second Defecation After Postpartum (Hours)			Sd	Sig (2-tailed)
		Minimum	Maximum	Mean		
Moringa Leaf Tea	30	35	148	80.20	27.82	0.19
Yogurt	30	13	144	70.06	32.00	

Based on Table 5, the fastest time to the second defecation after the intervention was observed in the yogurt group, at 13 hours, while the longest time occurred in the moringa leaf tea group, at 148 hours. The average time to the second defecation in the yogurt group was faster (70.06 hours) compared to the moringa leaf tea group (80.20 hours). The results of the independent t-test indicated that there was no statistically significant difference between the two groups studied ($p > 0.05$).

DISCUSSION

Characteristics Respondent

The characteristics of respondents in this study included age, gravidity, parity, education,

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occupation, and birth weight of the newborn. In general, the characteristics of both study groups were nearly similar, except for occupation (Table 1).

The findings of this study indicate that the two groups had comparable characteristics; therefore, respondent characteristics were expected not to produce different effects between the groups studied.

Respondent characteristics may influence the occurrence of constipation in postpartum mothers, such as older age (>35 years), multigravidity, multiparity, lower educational level, less active occupations (unemployed), and neonatal birth weight greater than 4,000 grams, all of which are associated with a higher risk of postpartum constipation (Aslamiyah, 2013), (Indrianita et al., 2022). These risks are related to decreased abdominal muscle function and hormonal changes (older age), hormonal changes and increased intestinal pressure (multigravidity), abdominal muscle changes and increased intestinal pressure (multiparity), limited knowledge regarding health and self-care (lower education level), insufficient physical activity (less active occupation or unemployment), and increased intestinal pressure and hormonal changes (neonatal birth weight >4,000 grams) (Sulistiyowati, 2016), (Fatin, 2019).

Duration of Defecation After Moringa Leaf Tea Intervention

The fastest time to the first defecation after the administration of moringa leaf tea was 2 hours, while the fastest time to the second defecation was 35 hours. The average time to the first defecation after consuming moringa leaf tea was 42.97 hours, and the average time to the second defecation was 80.20 hours.

This study found that, on average, postpartum mothers experienced their first defecation within less than two days, with some respondents defecating as early as 2 hours after receiving moringa leaf tea. These findings indicate that the consumption of moringa leaf tea may help prevent constipation in postpartum mothers, preventing it from persisting for several days. The results of this study are consistent with previous research conducted by (Yuliandini & Diah, 2024), which reported that the administration of Mogitrus tea (moringa leaf tea) had a significant effect on constipation.

Constipation in postpartum mothers is a condition characterized by difficulty in defecation as a result of the physiological processes of pregnancy and childbirth (Nuursafa Fitriaz Zahroh, 2021). To manage this condition, postpartum mothers may be given moringa leaves (Moringa oleifera), a plant native to India that has long been used in India and China as a natural laxative. Moringa leaves help improve digestion by increasing stool volume and water content (Erliyani, 2022), (Arma et al., 2025). In addition to its laxative properties, moringa leaves provide various other benefits, including increasing breast milk production, reducing inflammation, and accelerating perineal wound healing (Berkovich & Al, 2013) cited in (Yuliandini & Diah, 2024). Furthermore, research by (Gonzalez-Burgos & Al, 2021), cited in (Yuliandini & Diah, 2024) revealed that moringa leaves are also rich in dietary fiber.

Dietary fiber plays an important role in maintaining digestive health, particularly in promoting regular bowel movements, preventing constipation, and reducing the risk of intestinal diseases (Lestari, 2024). Fiber also helps regulate cholesterol and blood glucose levels, supports weight management, promotes cardiovascular health, and enhances immune function (Muawanah & Nindya, 2016), In the digestive system, fiber facilitates bowel movements by increasing fecal bulk and softening stool, making it easier to pass and thereby preventing constipation. Additionally, fiber can absorb excess fluid in loose stools, helping to solidify stool consistency and manage diarrhea (Yanti, 2022) (Fauzan Rabani, 2025).

Moringa leaf tea contains dietary fiber and various bioactive compounds that support gastrointestinal health. Therefore, the consumption of fiber-rich foods or beverages, such as moringa leaf tea, is strongly recommended to prevent or manage constipation in postpartum mothers.

Duration of Defecation After Yogurt Intervention

The fastest time to the first defecation after yogurt administration was 2 hours, while the fastest time to the second defecation was 13 hours. The average time to the first defecation after consuming yogurt was 40.47 hours, and the average time to the second defecation was 70.06 hours.

The findings of this study indicate that, on average, postpartum mothers experienced their first defecation in less than two days, and some had bowel movements as early as 2 hours after consuming yogurt. These findings suggest that yogurt consumption can help prevent constipation in postpartum mothers, thereby preventing prolonged constipation (Ahmad et al., 2023). The results of this study are consistent with research conducted by (Evayanti & Ediyono, 2024), which found that yogurt administration had an effect on constipation.

Constipation prevention and management can also be achieved through the consumption of yogurt containing probiotics, which play an important role in enhancing intestinal motility and maintaining gut health. Yogurt contains beneficial bacteria that help soften stool, thereby facilitating defecation. One type of yogurt that can be used is probiotik Yogurt Drink, a popular packaged beverage made from fresh cow's milk fermented with beneficial bacteria, particularly Lactobacillus casei Shirota. This beverage contains key nutrients, namely probiotics containing Lactobacillus casei Shirota, which help maintain the balance of intestinal microflora and promote digestive health, thereby preventing digestive disorders such as diarrhea and constipation. In addition, probiotics can stimulate antibody production, thereby enhancing the immune system.

Based on the above discussion, yogurt beverages containing probiotics provide various benefits for digestive tract health. robiotics (Good Bacteria): Yogurt contains live bacteria that help maintain a healthy digestive system, reduce acidity in the colon, and stimulate bowel movements. Improve Bowel Movements: The probiotics in yogurt help relieve constipation by stimulating more regular bowel movements.

Balanced Microflora: Yogurt helps maintain a balance of good bacteria in the gut, which prevents digestive disorders such as diarrhea and constipation. Overcome Constipation: Regular consumption of yogurt can help relieve constipation and speed up stool movement. Therefore, yogurt consumption can be considered an effective option for preventing and managing constipation in postpartum mothers.

Effect of Moringa Leaf Tea and Yogurt Consumption on the Incidence of Constipation in Postpartum Mothers

The effect of consuming moringa leaf tea and yogurt on constipation in postpartum mothers in this study was assessed based on the average duration of time to the first and second defecation after both groups received the interventions of moringa leaf tea and yogurt.

The results showed that the average time to the first defecation in the yogurt group was faster (40.47 hours) compared to the moringa leaf tea group (42.97 hours). Similarly, the average time to the second defecation was also faster in the yogurt group (70.06 hours) compared to the moringa leaf tea group (80.20 hours). However, the results of the independent t-test indicated that there was no statistically significant difference between the two groups ($p > 0.05$). Although the statistical analysis did not show a significant difference, the descriptive findings revealed that the average time to both the first and second defecation after intervention was consistently shorter in the yogurt group compared to the moringa leaf tea group.

Moringa leaf tea and yogurt are both beverages that can be consumed and provide various health benefits, including for postpartum mothers. However, in terms of nutritional content, yogurt not only contains beneficial nutrients but also probiotics, particularly Lactobacillus casei Shirota, which help maintain the balance of intestinal microflora, promote digestive health, and prevent digestive disorders such as diarrhea and constipation. In addition, probiotics can enhance the immune system by stimulating antibody production (Amara et al., 2025). Based on the findings of this study, yogurt consumption may be considered a primary option for preventing and managing constipation in postpartum mothers compared to moringa leaf tea. On the other hand, moringa leaves also provide substantial benefits, particularly in increasing breast milk production, which is beneficial for breastfeeding mothers experiencing insufficient milk supply.

CONCLUSION

Normally, postpartum mothers will have their first bowel movement within 2 to 5 days after delivery. While bowel function ideally returns to normal more quickly, some mothers may need a few days due to body adjustments, medication effects, or post-surgery recovery.

The study found that giving Moringa leaf tea and yogurt effectively prevented constipation because bowel movements occurred at slightly different times, and there was no statistically significant difference in the time.

RECOMMENDATIONS

Based on the conclusions of this study, the following recommendations are proposed: Midwives can provide care to postpartum mothers to consume lots of fiber and drink as needed as a preventative measure against constipation, consuming yogurt and morinaga leaf tea as a companion when constipation occurs. Future researchers are recommended to conduct further studies on the benefits of moringa leaf tea or yogurt using different dosages and involving intervention groups with more homogeneous characteristics to strengthen the research findings.

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