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**THE EFFECT OF GOLOBE FRUIT (*Zingiberaceae*) IN THE HEALING OF  
PERINEUM INJURY AT PORTURITION MOM IN THE TIBERIAS  
MATERNITY HOSPITAL**

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**ABSTRACT**

According to WHO (2012), the number of mom death rate (AKI) in Indonesia in 2010 per 100.000 live birth came into 220 moms with midwifery complication such as postpartum hemorrhage 40%, premature/pre-labor rupture of membrane 30%, distosia 20%, and puerperalis infection 10%. Ruptur is a perineum wound caused by the damaged of tissue naturally because of the exhortation process of fetus' head or shoulders at the partus process. Perineum wound which is ignored and not taken care could be an infection and then caused death. The effort to care the perineum wound is giving antibiotic. One way of healing the perineum wound is by giving herbal medicine, Golobe fruit, because the total content of flavanoid and antioxidant in Golobe potentially prevent free radical. Alpha-Humule which contains of antibiotic, anti cancer, anti bacteria, anti allergy, anti fungi, anti virus, anti malaria is also used for healing injury and infection. **The aim** of this research is to analyze the effect of Golobe in healing perineum wound at porturition mom in Tiberias Maternity Hospital WKO Village. **The research method** was experiment research by using design pretest and posttest control group, with number of samples are 4 porturition moms with perineum wound who were divided into experiment and control groups.

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**The result** showed that at experiment group who consumed Golobe fruit, the perineum wound was dry on 3 days, whereas at the control group who didn't consume Golobe fruit, the perineum wound was dry on 4 days. Thereby, it could be concluded that there was an effect of Golobe in healing the perineum wound at porturition mom who consumed the fruit.

## INTRODUCTION

According to WHO (2012), the number of mom death rate (AKI) in Indonesia in 2010 per 100.000 live birth came into 220 moms with midwifery complication such as *postpartum hemorrhage* 40%, *premature/pre-labor rupture of membrane* 30%, *distosia* 20%, and *puerperalis infection* 10%. (WHO 2012).

Information about the pregnancy proportion of 10-54 years old is 2,68%, in the urban area is (2,8%) higher than in rural (2,55%). Different pregnancy pattern is based on age and domicili groups. Among those women of 10-54 years old, there were pregnancy at the very young age (<15 years old), although it was very small proportion (0,02%), especially occurred in rural area (0,03%). Pregnancy proportion at adult (15-19 years old) was 1,97%, in the rural area was (2,71%) higher than urban area (1,28%). Riskesdas 2013 asked all women of 10-54 years old who had born the child. Then, at those respondents who had born the child (live birth and death birth) on the period of 1 January 2010 until the time of interview, were asked about their experience of getting health care service during the pregnancy until porturition period.

The analysis was done toward 49.603 births in order to get description of health care service for pregnancy, partus, until porturition periods. There were 2 indicators MDGs obtained from this parts, that are ANC terms minimum 1 time and ANC minimum 4 times and the proportion of posturition helper by competent paramedic. (Direktorat Bina Kesehatan Ibu, Kemkes RI, 2010). What is meant by those paramedics are Gynecologist, Specialist, medical doctor, midwife, and nurse. (Riskesdas,2013)

According to the profile of Health Department of North Halmahera, AKI in 2015 was 5 persons with *postpartum hemorrhage* 3 (6%), SC 1 (2%), and metabolic problem 1 (2%). Whereas, in 2016, January to May, AKI was 2 persons with *postpartum hemorrhage* 1 (5%) and eclampsia 1 (5%). (Dinkes Halut,2015)

From the survey on 1 January 2016 in Tiberias Maternity Hospital, there were 96 porturition moms, among of them of 20 moms (29%) had porturition with perineum wound. The perineum injury was the problem which was quite a lot occurred in the people of Asia, 50% from the perineum injury occurred in Asia. Prevalensi of

maternity mom who experienced with perineum injury in Indonesia at the group of 25-30 years old was 24%, whereas at the maternity mom of 32-39 years old was 62% (Campion, 2010). That one of five maternity moms who got perineum injury would die had percentage of (21,74%) which caused by *postpartum hemorrhage* and infection (Siswono, 2011).

The effort which was done to cope with the perineum wound at porturition mom were caring the injury and giving antibiotic.

Golobe Halmahera (*Zingiberaceae*) is a plan which grows in tropical area, included in Halmahera. The people in Halmahera uses the plan as energy supplier when they hunted in the forest, used when there were injury and infection, as herbal for peptic problem, the fruits and seeds were consumed by all ages, children and adults continuously, more than 4 generations. Golobe Halmahera contains flavonoid and anti oxidant and there were Alpha-Humules (12,46%), anti inflammation and *Hexadecanoid Acid*, *Ethyl ester* (1,22 %) which contains of antibiotic, anti cancer, anti skin inflammation, anti allergy, anti bacteria, anti fungi, anti virus, anti malaria is also used for healing injury and infection. It contains Vitamine E which is strong enough to inncrease stamina, protect the red cell which brings oxygen to all bodies, from the damage, solve the stress, minimalize cancer risk, cardiovascular problem such as coronary hearth and hyhypertensi. (Mapanawang Arend L,2015).

As the paramedic, especially midwives, thing that can be done was trying that every partus was helped or assisted by midwife and gave obsterik service closely to the expectant mom, so that the complication could be detect early and could be solved as soon as possible. Based on the number of cases and the midwife roles in carrying on the perineum, so the researcher interested to analyze the Effect of Golobe Fruit (*zingiberaceae*) toward the Healing of Perineum Wound at Porturition Mom.

## RESEARCH METHOD

The research used *Eksperiment Design with pretest dan posttest Control Group*. First group was given the treatment and second group wasn't. Group which was given treatment called experiment group and group which wasn't given treatment, called control

group.

After that, it was done one time measurement early (pretest) for both groups, then it was given the treatment for first group (experiment group) whether the second group (control group) wasn't given. Next, it was done other measurement (posttest) for both groups. This had a purpose to see the ratio at the group with treatment (experiment group) and group without treatment (control group). The method of data collecting in this research was Primary Data including interview, observation, and Secondary Data.

## SAMPLE

The technic of sampling in this research was sampling incidental, that was sampling which based on the sample met incidentally. Number of sample were 4 porturition mom with perineum wound who divided into experiment group of 2 respondents and control group of 2 respondents.

## RESULT AND DISCUSSION

The research was done in Tgiberias Maternity Hospital of WKO Village, Central Tobero Subdistrict, North Halmahera Regency, started from 1 June – 1 July 2016. Material used in this research is Golobe fruit (*Zingiberaceae*) which eaten directly of three cloves every morning and night at porturition mom with perineum wound.

General characteristic of the respondents based on the ages were 20-30 years old of 3 respondents (75%) and 31-40 years old of 1 respondent. Respondent parity of this research were primipara 3 respondents (75%) and multipara 1 respondent (25%).

**Table 1.** Effect of Consuming Golobe Fruit with the Healing of Perineum Wound

NO	COMSUMING GOLOBE FRUIT	DURING 7 DAYS
1.	Consumed	3 Days
2.	Didn't Consume	4 Days

The data showed that respondents who consumed Golobe Fruit that were 2 persons (50%), their healing of perineum wound was quick a lot of 3 days. Whereas the respondents who didn't consume golobe, that were 2 persons (50%), the healing process needed 4 days.

## DISCUSSION

Perineum wound was the torn happened in perineum area or epysiotomi intentionally done in order to make the fetus birth easier. Torn of perineum almost happened at the first partus and possible for the next partus. Phase of healing the wound including inflammation phase for about 1 to 4 days, polyperation phase for about 5 to 20 days, and maturation phase for about one month indeed years.

**Table 2.** Effect of Consuming Golobe Fruit with the Healing of Perineum Wound

NO.	DAY	WOUND HEALING PROCESS	
		Eating	DO NOT CONSUME
1.	1 Day	Wet, moist, pain, there is no sign of infection	Wet, moist, pain, there is no sign of infection
2.	2 Days	Moist, slightly dry, with no signs of infection	Moist, Slightly Dry, Pain, no sign of infection
3	3 Days	Dry wound	Moist, slightly dry, with no signs of infection
4	4 Days		Dry wound

Porturition period (*puerperium*) started after the born of placenta and finished after all the obstetrical organs back to the condition as before getting pregnant. Porturition period was about 6 weeks. period for the mom and baby. It was approximated that 60% of mom death happened after the meternity process and 50% of death happened at the first 24 hours (Saefuddin, 2009 hlm.123).

Golobe fruit (*Zingiberaceae*) contains flavanoid as the preventive of free radical. The human body produced antioxidant which oftentime not enough to netralize the free radical which entered into the body. Chemical component which roled as anti oxidant were felonic and flavanoid. Those compounds were contained in the nature, especially plants and have the ability to catch free radical. It contained Alpha-Humules (12,46%), anti inflammation and *Hexadecanoid Acid*, *Ethyl ester* (1,22%) which contains of antibiotic, anti cancer, anti skin inflammation, anti allergy, anti bacteria, anti fungi, anti virus, anti malaria is also used for healing injury and infection. (Mapanawang Arend L,2015).

In the Golobe fruit, it contains Vitamine E which is strong enough to increase stamina, protect the red cell which brings oxygen to all bodies, from the damage, solve the stress, minimalize cancer risk, cardiovascular problem such as coronary hearth and hyhpertensi. Because there were many useful substances, golobe fruit has wide benefit as medicine materials. The consumption

of golobe fruit can be done by directly infused, picked from the tree and then directly eaten, and also dried first then made of powder in capsules.

The people of Halmahera consumed golobe caused by some factors, such as economic factor, that was relevant with the people's work as farmers, golobe fruit was able to grow at any season and easy to be found so that could save the family's cost, the fertile land was also factor that cause golobe fruit didn't need special care. In addition, the benefit of golobe fruit was proven by almost people, where the number of people who consumed the fruit was increasing from year to year. Considered from the benefit and side effect, golobe fruit was one of herbal medicine where it's benefit was greater than its side effect. It was different with modern medicine which its dangerous degree and risk was higher.

The chemical content in Golobe fruit was undoubt, the people sure were and believe that Golobe fruit can be used as medicine for some diseases. There were many people consumed it. Moreover, recently, golobe fruit had been packaged in the form of capsule and gel, so that it made easy to consume and use it. Mother who born the baby also could consume golobe to make faster the healing process.

## CONCLUSION

From the research result, it could be concluded that there were different healing process of perineum wound at porturition mom who consumed golobe fruit and they who didn't consume it, where mom who didn't consume golobe experienced with slow healing process whereas they who consumed golobe experience with quick healing process. This because golobe (*Zingiberaceae*) contains flavonoid.

Moreover, other factors which influenced the injury healing process are environment, tradition, knowledge, social economy, officers care, nutrient status, ages, personal hygiene. There were many factors that support the healing process, so that a midwife should be able to give counselling to every post partum mom about personal hygiene and nutrient and also give information about new matters which could support the healing process such as by consuming Golobe fruit.

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