

## **ABSTRACT**

*Amalia, Rifky Riva, 2022. The Effect of Cabbage Leaf Compress (Brassica Oleracea Var. Capitata) in Overcoming Post Partum Maternal Breast Swelling (Literature Review). Malang Applied Midwifery Undergraduate Study Program. Ministry of Health Malang Health Polytechnic. Main Supervisor: Herawati Mansur, SST. M. Pd., M. Psi. Companion Supervisor: Ita Yuliani, S.Kp., M.Kes.*

*Introduction: Breastfeeding problems, especially breast swelling that is felt by the mother when giving breast milk, will have an impact on the lack of breastfeeding for babies. The aim of this research is to determine the effect of cabbage leaf compresses (Brassica Oleracea Var. Capitata) in treating post-partum maternal breast swelling. Method: Research design using literature study. The literature search was obtained from 2 data bases, namely Google Scholar and PubMed, which were published from 2017 to 2022. The results and analysis obtained 10 journals explaining the effect of cabbage leaf compress applied to swollen breasts of post-partum mothers. Results and discussion: based on the results of journal research conducted by researchers, it is known that the mean value after the cold compress intervention with cabbage leaves for breast swelling in post partum mothers decreased in 5 articles with a mean value range of 0.23-8.26, 1 article with a value mean 47.47 without a pretest mean value, and 4 articles that did not include a mean value after intervention. And from specific data it is known that before the cold compress intervention was given to cabbage leaves, there were 5 articles experiencing breast swelling and pain with a mean range of 2.60-9.06 and there were 5 articles that did not include a mean value. The results of these 10 journals show that cold cabbage leaves and regular treatment (warm compresses) are effective in reducing breast swelling. There is an effect of cabbage leaf compress (brassica oleracea var. capitata) in treating breast swelling in post partum mothers. Cold cabbage leaves can relieve pain and hardness in breast swelling, cabbage leaves have a better effect which can be recommended for post partum mothers who can overcome breast swelling. The conclusions contained in the 10 journals reviewed found that there was an effect of cabbage leaf compresses (Brassica Oleracea Var. Capitata) in treating post-partum maternal breast swelling.*

*Key words: cabbage leaf compress, breast swelling, post partum mother*