

**APPLICATION OF OXITOSIN PIJAT USING FENNEL ESSENTIAL OIL
TO SPEED UP THE TIME OF COLOSTRUM DELIVERY IN POST
PARTUM**

Asriani, Dr. Lumastari Ajeng, S.Kp., M.Kes., Sp.Mat.

Dr. Nurul Pudjiastuti, S.Kep., Ns., M.Kes

Professional Nursing Education Study Program, Department of Nursing

Polytechnic Health Ministry of Health Malang

Email: asriani.aasriani@gmail.com

ABSTRACT

Background: Breast milk is very important for infants because breast milk is a very important source of nutrition. "However, colostrum is difficult to come out due to not smooth breast milk on the first day of post partum especially in primiparous mothers. **Objective:** to analyze the application of oxytocin massage using fennel essential oil to accelerate colostrum ejection time in post partum mothers. **Methods:** case study conducted on two primiparous post partum patients who had colostrum expulsion problems on February 27-March 6, 2025 in the Dewi Kunthi room at Ngudi Waluyo Wlingi Hospital. **Results:** patient 1 who was given oxytocin massage with fennel essential oil had faster colostrum discharge compared to patient 2 who was given oxytocin massage without fennel essential oil. **Conclusion:** This case study is expected to consider in performing nursing care for patients who experience problems ineffective breastfeeding to be taught how to do breastfeeding properly and oxytocin massage, especially using fennel essential oil so that patients are able to do independently at home.

Keywords: Oxytocin Massage, Fennel Essential Oil, Colostrum, Post Partum