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Article Review

The Effect of Acupressure on Increasing Breast Milk Production: A Scoping Review

Pariqa Annisa[1*], Mufdlilah[1]

[1]Master of Midwifery, Faculty of Health Sciences, Universitas 'Aisyiyah Yogyakarta, Yogyakarta, Indonesia

(Correspondence author's email, pariqaannisa22@gmail.com)

ABSTRACT

Breast milk is the main source of nutrition for newborns under six months. During the first six months of life, babies receive full breast milk. This literature analysis aims to find the latest data from scientific research on the effect of acupressure in increasing breast milk production. The method used as a research design is Scoping Review. A scoping review is a precursor to a systematic review, which aims to identify the types of evidence available on the topic being discussed. They used the PRISMA-ScR framework by searching for articles through relevant databases. The research showed that acupressure effectively increased breast milk production, and acupressure at the SI 1, ST 18, ST 16, ST 17 and LU 1 acupressure points could affect breast milk production. This is because acupressure is a non-pharmacological technique that can increase breast milk production by pressing, rubbing and massaging various body parts to increase breast milk production and calm the body. Of the total 199 articles obtained, according to the inclusion criteria, there were ten relevant articles. Articles published between 2019 and 2023, articles available in Indonesian and English, articles that discuss improving acupressure to increase breast milk production, and articles available in full can all be accessed easily.

Keywords: *Acupressure, Scoping Reviews, Breast Milk Production*

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INTRODUCTION

Breast milk is a white liquid produced by the mother's breast glands through the breastfeeding process. Breast milk cannot be replaced with anything, including the production of breast milk (ASI) formula milk, because the nutrients it contains are not the same as breast milk [1]. Breastfeeding is an activity that can bring special happiness to mothers. Breast milk (ASI) is useful for maintaining the baby's immune system because it contains anti-infection substances and nutrients. Uniquely, the main protein is lactalbumin, which is easily digested and contains vitamins and many minerals [2].

Breast milk is the only food that should be given to babies during their first six months of life, according to the World Health Organization (WHO) [3]. Breast milk (ASI) is the healthiest food choice for babies and has a role that cannot be fulfilled by consuming other types of food or drinks. [4]. Breastfeeding is a right that must be given to every woman and her child. It is common knowledge that children who are exclusively breastfed and well cared for have the best outcomes in terms of health, growth and development. Breastfeeding can also help mother and baby form an emotional connection, which improves the prospects of raising an independent and strong child [5].

According to the World Health Organization (WHO), in 2018, almost forty per cent of babies received breast milk as the only source of nutrition [6]. obtained data for The Global Breastfeeding Scorecard from a total of 194 countries; Of these countries, only 23

countries have an exclusive breastfeeding rate of more than 60%. Even though WHO itself has set a target of at least fifty per cent exclusive breastfeeding by 2025 [7].

According to Indonesia's 2020 profile projection, in that year, 66.06% of babies in that country will receive special breast milk. This figure is much higher than the 40% target set for 2020 in the Strategic Plan. The percentage of babies receiving exclusive breastfeeding decreased from 68.74% in 2018 to 66.06% in 2020 [8]. Likewise, the achievement of National Exclusive Breastfeeding was 80% (Ministry of Health of the Republic of Indonesia, 2021), even though the Strategic Plan goal was lowered from 47% in 2018 to 40% in 2020. The challenge that arises when breastfeeding is the breast milk production process [9].

A reduced and sluggish milk supply can prevent the mother from meeting the nutritional needs of the newborn baby [10]. Nipple sucking triggers the release of oxytocin from the posterior pituitary, which is important for the initiation and maintenance of breastfeeding along with the hormone prolactin. The mother's joy affects the oxytocin reflex, which in turn induces the cells surrounding the mammary alveoli to contract, which in turn causes the mammary glands to produce milk [11]. Emotions including worry, tension, and uncertainty[12] can hamper breastfeeding. Acupressure, in which pressure is applied using the fingers, can offer stomatic sensory stimulation. It is another approach that, like baby sucking, can trigger an oxytocin reaction. Acupuncture compression in a touch tool has been proven to increase breast milk production by increasing hormonal activity in the hypothalamus and pituitary[13].

One action to increase breast milk production is acupressure. Acupressure is a healing approach originating from the East that uses Massage of certain points in the body (energy flow lines/meridians) to reduce pain or change organ function [14]. Apart from that, acupressure is a massage technique that is easy to learn and has been used safely and effectively for hundreds of years. Acupressure points are points that are sensitive to stimulation (physical, mechanical, thermal, electrical), which have a certain effect on certain organs or body systems [15].

Acupressure is a non-pharmacological treatment technique that is closely related to acupuncture by applying pressure to certain points in the body [16]. Acupressure as an art and science of healing is based on the theory of yin and yang balance. Yin and Yang are two aspects that underlie each other, influence each other, are not absolute and both conflict with each other but form a unified whole in a harmonious and dynamic balance. Acupressure can produce effects through several different mechanisms. Acupressure points have electrical properties that, when stimulated, can change the body's chemical neurotransmitter levels. Acupressure is believed to release pain and muscle tension, improve circulation and release endorphins [17].

Non-pharmacological acupressure can increase breast milk supply in women who are struggling [18]. The science of healing presses kneads and kneads areas of the body to ignite vital energy or increase blood circulation and endurance. Acupressure may help women with low breast milk supply [19]. Acupressure can reduce pain, stress and anxiety, thereby improving the quality of breast milk. This study aimed to investigate the available scientific data on the role of acupressure in increasing breast milk production [20].

METHOD

The author intends to use Scoping Review research as a research design. A scoping review is used as an introduction to a systematic review, aiming to identify the types of evidence available on the topic under discussion, providing an overview of how research is conducted on a particular subject or field and identifying important characteristics or factors associated with a study. Concepts, and explains the systematic review. Two from the same educational institution, one lecturer and one student, wrote this scoping review [21].

Preparation of this scoping review using guidance from selected Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) expanded scoping review checklist. The adapted review includes: (1) Identification of documents through systematic search. (2) Screening of articles based on title and abstract. (3) Assessment of the suitability of articles in full text. (4) Critical Appraisal. (5) nclusion of relevant articles [22].

Publications exploring the impact of acupressure on increasing breast milk production were one of the inclusion criteria for this study. Other criteria are publications

published between 2019 and 2023, articles written in Indonesian and English, complete and easy-to-access reports, and essays published in two languages. Meanwhile, the exclusion criteria are grey literature in papers, news, etc. There were 53 duplicates among the 199 original articles. After this first screening, 132 of the 146 articles were removed due to inappropriate titles or abstracts. Ten of the original fourteen publications were found to be applicable and consistent with this study after a second round of screening using established inclusion criteria.

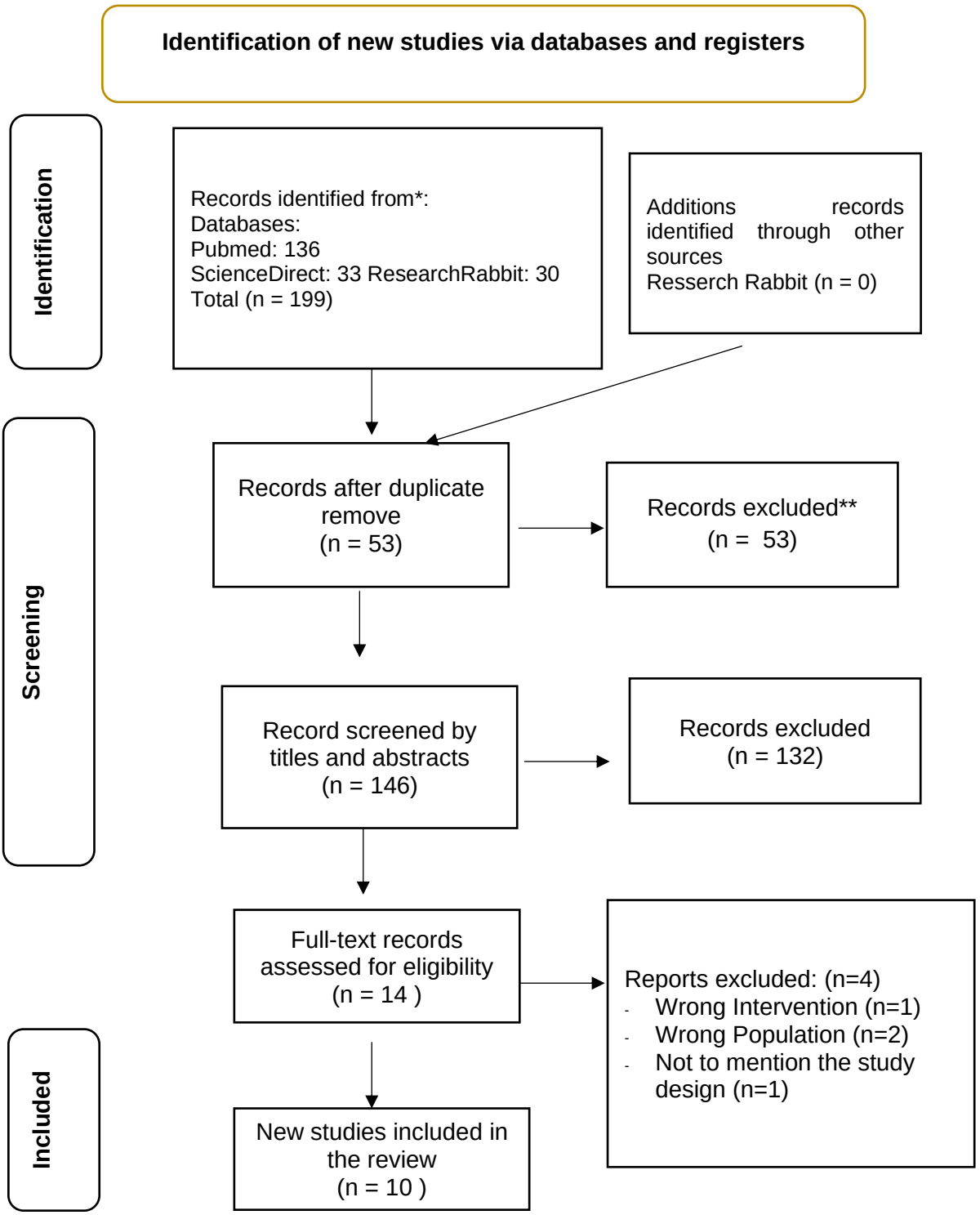

Figure 1. PRISMA Flowchart

Table 1. Data Charting

No	Title/author/year	Country	Objective	Types of research	Participants/sample	Results
1	Pengaruh Acupresure Point For Lactation Terhadap Produksi Asi Ibu Menyusui/ [23]	Indonesia	To determine the effect of maternal breast milk production with acupressure point for lactation intervention	Quantitative: quasi-experimental design with control group pretest posttest design	118 people, with purposive sampling of 16 people.	According to the findings of this study, the average amount of breast milk produced by breastfeeding mothers after using acupressure points specifically designed to stimulate lactation was 85.7 ml. This suggests that there is a connection between acupressure points for lactation and the formation of breast milk in the breast.
2	The Influence Of Galbladder Acupressure Point 21 (Jian Jing) And Stomach 18 (Ru Gen) In Increaseing Breastmilk Production/ [24]	Indonesia	To determine the effect of gallbladder 21 (Jian Jing) and stomach 18 (Ru Gen) acupressure points on breast milk production.	Quantitative: quasi-experimental design with pretest posttest with control group design.	The number of samples was 22 postpartum mothers who were in the postpartum period of 3-7 days.	In the treatment group, the difference in average baby weight as an indication of breastfeeding before and after the intervention was 2889 grams to 2776 grams, with a difference of 112 grams; in the control group the difference was 2901 grams to 2683 grams, with a difference of 246 grams. The results showed that the difference in average baby weight was 112 grams in the treatment group and 246 grams in the control group.
3	The Effect of Acupressure on Breast Milk Production/ [25]	Indonesia	To determine the effect of acupressure on breast milk production (ASI)	Quantitative: quasi experimental design with a non-randomized control group pretest-posttest design.	The total number of respondents was 34, divided into 17 experimental groups and 17 control groups.	This research produced Mann-Whitney test analysis findings with a p value of 0.000 (0.05) which shows that acupressure has an impact on breast milk production. Furthermore, the Wilcoxon test showed a p value of (0.05) in the experimental group and a p value > (0.05) in the control group, indicating that acupressure could increase breast milk production by 3.00 points.
4	The effect of acupressure therapy on the improvement of breast milk production in postpartum mothers/ [26].	Indonesia	To determine the effect of acupressure therapy on increasing breast milk production in	Quantitative: quasi-experimental with a pre-post test control group design	The total sample was 70 people consisting of 35 intervention groups and 35 control groups.	The milk production capacity of the group that received acupressure increased significantly, while that of the control group increased very little.

			postpartum mothers.			
5	The Effect of Acupressure Therapy on Increasing Breast Milk Production in Post Partum Mothers At PKU Muhammadiyah Bantul/ [27]	Indonesia	To determine the effect of acupressure therapy on increasing breast milk production in postpartum mothers at PKU Muhamadiyah Bantul	Quantitative: quasi-experimental research design with Pre-test and Post-test nonequivalent control groups.	The number of respondents for each group was 17 people.	The results of this study show that postpartum mothers at PKU Muhammadiyah Bantul who received acupressure therapy experienced an increase in the amount of breast milk produced after giving birth.
6	Efektifitas Refleksi Titik Acupresure Pada Titik Laktasi Terhadap Peningkatan Produksi ASI Pada Ibu Nifas Di PMB Nislawaty Desa Ridan Permai Kecamatan Bangkinang Kota Tahun 2020/ [28]	Indonesia	To analyze the effectiveness of acupressure at the lactation point in increasing breast milk production in postpartum mothers.	Quantitative: quasi-experimental design, one group pretest-post test design	The sample for this study was 10 postpartum mothers aged 0-16 days	According to research findings, acupressure treatment was successful in increasing the amount of breast milk produced by the women who participated in the study. Before receiving treatment, the mean frequency was found to be 4.9 while the standard deviation was 1.792. On the other hand, after being given treatment, the average rate of mothers breastfeeding their children was 3.7 with a standard deviation of 2,300.
7	The Effect Of Back Acupressure On The Breast Milk Secretion And Infants Weight At The Maternity Ward, Fastabiq General Hospital, Pati, Central Java/ [29]	Indonesia	To determine the effect of acupressure on increasing breast milk volume and baby weight.	Quantitative: quasi-experimental design pre-post test no control group.	Sample of 30 postpartum mothers	The research results showed that the mean breast milk volume score after the intervention (Mean = 7.40; SD= 1.24) was higher than before (Mean= 4.93; SD= 0.96) and was statistically significant ($p<0.001$).
8	The effect of acupressure on lactation in non-breastfeeding mothers after preterm cesarean delivery/ [9]	Indonesia	To determine the effect of acupressure on lactation in mothers who do not breastfeed	The research sample consisted of 64 mothers. 32 intervention groups and 32 control groups	Data Collection was Obtained from the subject of primigravida pregnant women directly for the intervention group of 30 people and the control group of 30 people	Research results show that acupressure used in the early postpartum period of mothers with babies staying in the NICU after premature cesarean delivery helps initiate colostrum earlier and increases the amount of breast milk, thereby increasing maternal satisfaction.

			after cesarean delivery.			
9	Effectiveness of Oxytocin Lactation Massage Therapy and Zhongfu Point Acupressure on Breast Milk Production in Post Partum Mothers/ [31].	Indonesia	to analyze the effectiveness of oxytocin massage therapy and acupressure at the Zhoufu point (LU-1) on breast milk production.	Quantitative: quasi-experimental design, one group pre and post test.	The sample in this study was 20 mothers	The results of this research were that after carrying out oxytocin lactation massage therapy, 7 people (70%) said that breast milk production was smooth, whereas after carrying out acupressure therapy at the Zhoufu point (LU-1), 8 people (80%) said that breast milk production was smooth. .
10	Effect of rolling massage and ST-18 acupressure on breast milk production and decrease in fundal height[32]	Indonesia	to determine the effect of rolling massage and ST-18 acupressure on breast milk production and decreasing fundal height in postpartum mothers.	Quantitative: Randomized Control Group quasi-experimental design with Pre-Test and Post-Test	The sample in this study was 32 postpartum mothers	The research results showed that there was a relationship between rolling massage and ST-18 acupressure and breast milk production (p-value 0.001). Breast milk production was measured using the baby's weight gain before and after treatment. The average weight gain in the treatment group was 3254 grams higher than the control group's 3150 grams.

RESULTS AND DISCUSSION

The results of the study showed that there was a difference in breast milk production before and after the acupressure intervention, which increased to 46.8% [33]. Acupressure or pressure is a non-pharmacological intervention or treatment to stimulate the release of the hormone prolactin. Acupressure has an influence on breast milk production compared to the control group because the pressure applied can influence the release of the hormone prolactin, which will then help increase breast milk production [34].

Acupressure can stimulate the nerves of the breast glands; the response to the stimulation is sent to the hypothalamus to produce the hormone prolactin and flows to the anterior pituitary to release the hormone prolactin to the breasts [2]. Next, the hormone prolactin will stimulate alveoli cells to form breast milk. This is what causes there to be a connection with the effect of acupressure on the production of breast milk (ASI) [1].

Breast milk production occurs due to stimulation of the hormone prolactin released by the anterior pituitary gland in the breast. The baby's sucking on the nipple stimulates the release of breast milk from the lactiferous sinus. Several factors that influence a decrease in breast milk production include psychological factors, breast care, inappropriate breastfeeding methods, and joint care, where these factors will influence an increase in breast milk production [4].

Of the 10 relevant articles that met the inclusion criteria, the quality of the articles was then assessed using the Joanna Briggs Institute (JBI). The results of the assessment of the 10 articles received a grade of A. Then, the 10 articles were looked at based on country and research methods.

1. Characteristics by Country

It depicts the characteristics of articles from various countries, including [1] articles from Turkey and [9] articles from Indonesia, based on the graph located above.

1. Characteristics Based on Research Methods

Based on the diagram above, it explains regarding the characteristics of articles based on research methods, namely, all articles use quantitative methods. The impact of acupressure on breast milk production is analyzed in this review, which is based on 10 different papers. [5]. Other variables that influence milk production are also considered. For the theme of the influence of acupressure on breast milk production, there are sub-themes such as breast milk volume, baby's weight, and pressure points. Meanwhile, on the theme of factors that influence breast milk production, there are sub-themes such as age, education, type of delivery and parity. In the theme analysis, the author attaches theme mapping to make grouping easier. [6].

The effect of acupressure on breast milk production, as measured by the amount of breast milk produced, can be seen here. According to Pollard (2016), the average amount of breast milk given to newborns when breastfed is as follows: at birth, 5 millilitres of breast milk within 24 hours, 7-123 millilitres per day, between 2-6 days of age 395-868 millilitres per day, between the ages of 1 month 395-865 millilitres per day, and at the age of 6 months 710-803 millilitres per day [8]. Article 1 is one of the publications that shows the fact that the impact of acupressure on breast milk production can be assessed based on the amount of breast milk. This is one of the articles included in the review. Based on the research findings presented in the article, the volume of breast milk produced by breastfeeding mothers was 67.9 ml before the Intervention. Still, after

the Intervention, the volume of breast milk increased to 85.7 ml. This shows an increase in breast milk production as measured by breast milk volume. According to research conducted by Noviyawati (2022), acupressure treatment can increase breast milk production. This is consistent with the finding that acupressure can create a feeling of calm in breastfeeding mothers, which in turn can affect the production of breast milk [9].

Baby weight gain due to the effect of acupressure on milk production. The effect of acupressure on the production of breast milk as measured by the baby's body weight is discussed in one of the articles (Article 10). According to the article's research findings, babies whose weight was measured before and after the acupressure intervention both showed an increase, with the former measuring 3117 grams and the latter 3254 grams. Since the measurements were taken after birth, Article 2 also details the weight loss experienced by babies in the treatment group before the Intervention: from 2889 grams to 2776 grams, representing a difference of 112 grams, and from 2901 grams to 2683 grams, representing a difference of 246 grams; with weight loss among those receiving therapy not reaching 7% of their birth weight [11]. This is in accordance with research findings by Rahayu (2019), which found that indications such as baby weight can be used to estimate breast milk supply. It is also considered an increase in milk supply if the baby loses no more than 7% of its birth weight in the first week after delivery [12].

The effect of acupressure on increasing breast milk production can be seen from the acupressure pressure points given. Based on articles A1 to A10 state that the acupressure pressure techniques given generally use points or acupoints such as SI 1 (the point is on the left and right side of the little fingernail), ST 18 (the point is at the bottom of the breast), ST 16 (point is at the top of the nipple), ST 17 (point is near the nipple), LU 1 (point is below the clavicle) can increase breast milk production. When pressure is applied to acupuncture points with the fingers, it can produce stomatic sensory stimulation, which can alter breast milk production [13]. Acupuncture can be used to stimulate the posterior pituitary and pituitary gland, which in turn increases hormonal activity. This can be done to increase the supply of breast milk in breastfeeding mothers[14].

Women aged between 25 and 35 years mostly provide exclusive breastfeeding, according to the Ministry of Health of the Republic of Indonesia (2017). This is because breastfeeding information is widely available for this age group. In contrast, women under the age of 20 are seen as not being mentally, physically and psychologically ready for pregnancy, childbirth and motherhood [15].

Education is another aspect that may have an impact on the ASI generation. Educated mothers, according to Rahahrjo (2014), will gain more knowledge and motivation about breastfeeding, and they will also have a greater inclination to share only breast milk with their children. This is different from mothers who do not receive formal education [16].

According to research conducted by Sukma (2020), one of the factors that influences breastfeeding is the type of delivery. This is due to the fact that the rate of breast milk excretion from the body of women who have undergone a caesarean section is generally much slower than the rate of breast milk excretion from women who have undergone a normal postpartum period [17].

According to Notoadmojo (2010), parity is the frequency of mothers giving birth to children, alive or dead, but not having abortions. This aspect influences breast milk production because parity is the frequency with which a mother gives birth to children. Primiparous mothers tend to have more negative attitudes about breastfeeding compared to multiparous mothers. This is because multiparous mothers use the mother's previous experience as a principle for fulfilling vitamin consumption requirements during pregnancy and the postpartum period to increase breast milk production [18].

CONCLUSION

The results of the study show that acupressure is effective in increasing breast milk production, and acupressure at the acupoints SI 1, ST 18, ST 16, ST 17 and LU 1 can influence breast milk production. This is due to the fact that acupressure is a non-pharmacological technique that can increase the production of breast milk by pressing, rubbing and massaging various parts of the body to increase breast milk production and soothe the

body.

It is anticipated that new guidelines may be developed as a result of this scoping study, which would enable healthcare institutions to initiate alternative health programs such as acupressure, which would result in increased breast milk supply.

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CONFLICTS OF INTEREST

The authors declare no conflict of interest.

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