

**PROGRAM STUDI SARJANA KEBIDANAN FAKULTAS KEBIDANAN
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***Kemangmint Therapy* (Solusi Cerdas Atasi Puting Lecet Ibu Menyusui)**

XII + 9 Halaman + 2 Tabel + 6 Lampiran

ABSTRAK

Puting lecet merupakan tantangan umum menyusui yang menyebabkan nyeri dan gangguan pemberian ASI. Prevalensi puting lecet mencapai 32% dalam bulan pertama pasca-persalinan dan berhubungan dengan teknik menyusui yang tidak tepat. Penelitian ini bertujuan mengembangkan *Kemangmint Therapy*, salep alami berbahan dasar kemangi (*Ocimum basilicum*) dan mint (*Mentha piperita*), serta mengevaluasi sifat fisik dan kelayakan bisnisnya. Pengembangan produk melibatkan empat fase: persiapan bahan baku lokal, produksi salep dengan basis minyak zaitun dan lilin lebah, serta uji laboratorium sederhana (organoleptik, pH, daya sebar, daya leleh, stabilitas) yang diikuti strategi pemasaran. Produk mencapai tingkat keberhasilan 89%. Uji laboratorium menunjukkan produk aman dengan pH netral (6,5–7,0), daya sebar baik (5,2–5,5 cm), dan titik leleh sesuai suhu tubuh (37°C–40°C). Produk terbukti stabil secara fisik dan layak secara ekonomi dengan harga Rp 23.000. Formulasi ini berhasil menggabungkan sifat antibakteri dan pelembab untuk penyembuhan luka, sekaligus mendukung kewirausahaan hidroponik lokal yang ramah lingkungan. *Kemangmint Therapy* adalah inovasi herbal yang aman, stabil, dan terjangkau untuk mengatasi trauma puting, memberikan solusi kesehatan bagi ibu menyusui dan peluang ekonomi masyarakat.

Kata Kunci : *Kemangmint Therapy, Puting Lecet, Herbal, Ibu Menyusui, Inovasi Produk.*

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Kemangmint Therapy (Smart Solutions to Treat Sore Nipples for Breastfeeding Mothers)

Xiv + 9 Pages + 2 Tables + 6 Attachments

ABSTRACT

Sore nipples are a common challenge for breastfeeding mothers, causing pain and interruptions in the breastfeeding process. In the first month postpartum, the prevalence of sore nipples can reach 32%, often related to improper breastfeeding techniques. This study aimed to develop Kemangmint Therapy, a natural ointment formulated with basil (*Ocimum basilicum*) and mint (*Mentha piperita*), and to assess its physical properties and commercial viability. The product development consisted of four stages: preparing local raw materials, producing the ointment using olive oil and beeswax, conducting simple laboratory tests (including organoleptic evaluation, pH measurement, spreadability, melting point analysis, and stability tests), and developing a marketing strategy. The product attained an 89% success rate. Laboratory tests indicated that the ointment is safe, with a neutral pH level (6.5–7.0), good spreadability (5.2–5.5 cm), and a melting point consistent with body temperature (37°C–40°C). Moreover, the product was found to be physically stable and economically feasible, priced at Rp 23,000. This formulation effectively combines antibacterial and moisturizing properties to aid in wound healing, while also supporting local, environmentally friendly hydroponic entrepreneurship. Kemangmint Therapy is a safe, stable, and affordable herbal innovation for treating nipple trauma, offering a viable health solution for breastfeeding mothers and creating economic opportunities for the community.

Keywords : Kemangmint Therapy, Sore Nipples, Herbal, Breastfeeding Mothers, Product Innovation.

Reference : 5(2019-2024)