

# Preventive Postpartum Depression with Holistic Pilis Care for 40 Days: A Qualitative Study

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Within a year of giving birth, postpartum depression is one of the most prevalent psychiatric problems that women encounter. Raising awareness and lowering the prevalence of postpartum depression requires screening initiatives in addition to a non-pharmacological, holistic approach to prevention. To identify postpartum maternal care practices for 40 days for postpartum moms based on the perspective of the Javanese community, and to prevent postpartum depression with holistic pilis care for 40 days. This study use a case study methodology in conjunction with a descriptive qualitative design. In-person interviews was place in Demak Regency between December 2023 and January 2024. Three parents of postpartum moms, one village midwife, and seven postpartum mothers who took tablets for forty days made up the eleven participants in this study. The interviews were audio recorded, verbatim transcribed, and then replayed for confirmation. Thematic data analysis is the method that is employed. Postpartum prevention is implemented as a preventive measure utilizing a holistic strategy, consisting of 40 days of non-pharmacological therapy with tablets because the treatment targets three important areas: the body, the mind, and the spirit. With pilis therapy, postpartum moms experience less psychological strain in the form of anxiety and sadness; as a result, they feel more at ease and happier. A combination of bioactive substances and essential oils are included in pilis's components, which support holistic treatment. The traditional therapy of Pilis is rich in essential oils that stimulate the hypothalamus, preventing postpartum depression. These oils are applied to the forehead and have a calming and relaxing impact on mothers.

**Keywords:** Preventive, Depression, Postpartum, Holistic, Pilis.

## 1. Introduction

A mother's capacity to provide her baby with the best care possible may be impacted by postpartum depression, which might have negative effects on both moms and babies (1). The integration of diverse healthcare experts working collaboratively to address the complex needs of expectant and new mothers is known as the multidisciplinary approach to maternal health (2). Because postpartum depression affects maternal care and has risk factors including economic, social, maternal, lifestyle, and genetic aspects, it is something that can be avoided by any woman going through periods of breathing or family. The condition is treated with

antidepressants and psychological interventions (3).

One of the most prevalent psychiatric diseases affecting women is postpartum depression. It normally happens a year after giving birth. Severe depression, which can start four weeks after giving birth and linger for months or years, might result from it if it is not treated appropriately (4). Since holistic treatment promotes individuals and acknowledges the close relationship between body, mind, and spirit, each feature of the human dimension is different and distinctive from every other aspect. Even while integrity is seen as a fundamental concept for well-being and personal growth, it also emphasizes the necessity of taking into account the spiritual effects of sickness in addition to its outward symptoms. The notion of holistic care states that holistic treatment approaches, as well as holistic diagnostic and therapy methodologies, are to be evaluated in tandem (5).

All the necessary elements of holistic postpartum care are included to promote the health of both mother and child. A multidisciplinary team's early screening for mental health issues is one of the essential components. Holistic postpartum care can promote mother and child well-being, enhance healing, and avoid long-term issues by including these elements (2). Because the body is changing at its fastest rate at this time and is directly affecting the mind and body, postpartum care requires extra attention on both the physical and mental levels. In many countries in Asia, it has been demonstrated that using traditional products as a supplement to primary treatment can be effective. One such product is pilis. Traditional medicine and local knowledge, along with local methods and plants, are used to care for mothers during the postpartum period.

The postpartum mother will experience a range of physical, psychological, and social changes during this time. She will also need the midwife's help and the support of her family in order to go through this phase normally throughout her breathing period. Pilis are still used in certain places to treat postpartum women, however. Pilis therapy is administered to women as part of a customary postpartum healing regimen. This care is provided from the moment of delivery until 40 days following the birth (6).

According to the findings of earlier studies, pilis is inexpensive, easy to procure, and offers several advantages for postpartum moms. It is thought that using pilis to treat postpartum women can help them in three ways: 1) by giving warmth and comfort to parts of the head that are feeling lightheaded, 2) by preventing the production of more white blood cells, and 3) by distorting or blurring eyesight. According to the community, treating pilis in postpartum women may help them feel at ease and relaxed. It can also help their bodies stay healthy, particularly by lowering the stress that comes with not getting enough sleep during the postpartum period—particularly at night when taking care of their infant.

According to the background information provided, the researcher hopes to prevent postpartum depression by treating pilis holistically for 40 days. To that end, the research will identify methods for treating pilis for 40 days in postpartum mothers living in the Javanese tribe of Demak Regency, Central Java.

## 2. Methods

### Study Design

To enhance treatment, this research employs a qualitative descriptive approach that entails analyzing patient experiences and viewpoints (7). The research methodology facilitates an easy-to-understand explanation of the phenomenon, especially in the case study of postpartum mothers undergoing prophylactic pilis therapy. By collecting data from individuals who are postpartum moms and who took pilis for 40 days during their treatment period, this technique enables a detailed study of critical competences. After that, the data is assessed thematically. Giving a thorough summary of the results without requiring the acquisition of in-depth theoretical knowledge is the aim (8).

This strategy guarantees that the research stays grounded in the experiences and viewpoints of the participants, offering a succinct and straightforward explanation of the 40-day pilis therapy for postpartum moms. Since its design lacks a philosophical or epistemological foundation, no theoretical perspective has been manipulated in any way. This conclusion is solely based on data coding, which is consistent with the nature of the study (9). Even though the researchers did not formulate a hypothesis, a qualitative descriptive approach was chosen above alternative designs since continuous comparison analysis was utilized. Additionally, a community perspective on the views regarding care in the real healing process was included, which is why a qualitative descriptive design was chosen (8).

### Ethical Consideration

The STIKES Telogorejo Semarang Research Ethics Committee granted research permission (No. 112/XI/KE/STIKES/2023, authorized on November 13, 2023). The hospital also issues study permits. To take part in this study, participants must complete an informed consent form outlining the specific research goals. Please take notice that participation in this study is entirely optional, and individuals may opt out after data collection is finished. Strict measures are taken to preserve data confidentially, and it is kept on a safe computer. When reporting the findings, the researchers did not use their true identities. Rather, P1–P11 numbers are utilized.

### Participants

Accidental sampling was employed by research participants, a technique that has been documented in several studies across other nations. study when time, resources, or other constraints restrict the selection process frequently uses inadvertent sampling, which yields insightful results across a range of study domains (9). There is faith in the elite since participants in the mother-in-law's research used ellipse therapy for 40 days. to convey real-world occurrences and specifics from their perspective in the field.

### Data Collection

With clearance for study, data was gathered in Demak's Puskesmas Mranggen 3 district from December 1, 2023, to January 31, 2024. The nearby village of Bidan was consulted by the researchers. Bidan employed the elixir in the postpartum care of the newborn mother and assisted in providing her name and phone number prior to 40 days. The postpartum moms were then contacted by the researchers by SMS and phone calls, and the village maidens helped to conduct the house visits with the postpartum mothers. They are invited to participate

based on the inclusion criteria, and those who accept the invitation and are available are arranged to meet for an interview at a time that works for both of them.

Face-to-face semi-structured interviews serve as the main means of gathering data. The audio recordings of the interviews were made, meticulously transcribed, and verified by a second listen. NV and DS, two researchers, performed the interview. The interview was conducted in the participants' homes, at their convenience. It should be mentioned that NV and DS have no substantial past relationships with the participants, guaranteeing their objectivity during the interview. To improve communication with the participants, the interviews were done in Java, or Indonesian.

The researchers also employed communication apps like WhatsApp as an extra way to gather data. Nevertheless, this technique only purposefully makes the participants' response more understandable if the recording is unclear at the moment of the verbatim transcription. One of the interviewees used WhatsApp to record his voice response to the interviewer's inquiries. The researchers' phones record the discussion automatically, then afterward, they repeat and transcribe each speaker word for word. Results from a single research that included information gathered from several sources were reliable and reliable (8). When the data is saturated, the research process comes to an end. Prior to the subsequent interview, the contents of each participant's interview data are analyzed. Thus, the researchers noted whether or not other individuals responded in the same way. Each participant's interview lasts around 30 minutes on average.

### Data Analysis

Three steps are taken in this research to analyze the data: (1) data reduction, which occurs when the researcher learns a lot in the field and has to be meticulously and thoroughly documented. Reducing data entails summarizing, selecting the essentials, concentrating on what matters, and searching for patterns and themes. (2) Because the findings of this qualitative research are not subject to additional theoretical examination, the data presentation in this study is done using theme analysis. The findings of the interviews will be presented by researchers in the form of intercategory correlations, charts, and succinct summaries, among other formats. (3) Data verification or conclusion The preliminary conclusion is still provisional and subject to revision in the event that further substantial evidence is discovered. Nonetheless, the findings made at an early stage are believable if they are backed up by reliable and consistent evidence when the researcher goes back to the data gathering area. In order to be able to modify the results of the interviews with the participants, the researchers DS and NV manually carried out the analysis in the study, which was specified based on the responses of the participants following the interview in Indonesian. Researchers NV also developed Java.

## 3. Results and Discussion

### Participant's Demographic Information

Demographic information of participants is shown in Table 1, including age (years), status, marriage status, educational background and postpartum care process.

Table 1. Characteristics of the interview participants (n=11)

No.	Age	Status	Marital Status	Educational Level	Postpartum Care Process (Day)
P1	20	Postpartum mother	Married	High school	29
P2	25	Postpartum mother	Married	bachelor	20
P3	19	Postpartum mother	Married	High school	40
P4	30	Postpartum mother	Married	Secondary school	35
P5	24	Postpartum mother	Married	bachelor	36
P6	22	Postpartum mother	Married	High school	40
P7	35	Postpartum mother	Married	bachelor	40
P8	55	postpartum mother's family	Married	High school	-
P9	30	postpartum mother's family	Married	Secondary school	-
P10	56	postpartum mother's family	Married	Secondary school	-
P11	36	Midwife	Married	midwife profession	-

Theme 1. Mother's Feelings When Going through the Postpartum Period

Moms' emotions throughout the postpartum phase, particularly for young mothers without prior child-rearing experience. If postpartum moms are not attended and supported, they will be susceptible to depression.

“During his breathing period it felt a lot of tension especially when the baby was crying it felt like crying because I felt I had not been able to take care of my child even though this was the first child and had not had any experience in taking care of the child. Besides, my baby often wakes up in the middle of the night and it's been a long time until dawn it feels tired body, my mind mumet, my stress becomes sis.” (P3)

“It really feels like my neck is constantly tense, plus I don't get enough rest because I'm constantly emotional. Sometimes without me realizing it, the baby gets angry to the point of screaming if the crying doesn't stop. It feels like my mood is going up and down, sis.” (P1)

“Yes, sis, I sometimes feel sorry for my wife and children, especially if my wife is tired and doesn't get enough rest when my baby fusses to the point of yelling or crying too. So I took over calming my baby so that my wife could calm down and rest. Moreover, this is your first experience taking care of your child.” (P9)

Theme 2. Pilis Treatment

One of the postpartum therapies for postpartum moms is pilis, a traditional mixture that is administered for 40 days to women who have just given birth.

“This is the care I did from the birth of my first child until the birth of my second child. I did this treatment when I left the health center, then I did this treatment and now I have entered the 35th day of treatment that I did by doing this pilis treatment, my body feels like it is recovering more quickly as before.”(P4)

“When I was my first child, I was indifferent and didn't use it, it turns out I got tired easily, plus taking care of my first child felt like my body was feeling beat up. The body's recovery process seems to take a long time, sis. So, learning from previous experience, when I gave birth to my second child, I immediately did this pilis treatment and now after 40 days of using it, my body feels so good, lighter and more relaxed.”(P7)

“Pilis is a belief in our family that has been passed down from generation to generation, especially when my daughter-in-law was due to give birth, I immediately applied pilis that I had previously prepared and smeared it on my forehead twice a day in the morning and evening. We believe that using pilis prevents white blood from rising and makes postpartum mothers calm. We use this treatment for 40 days according to the length of the mother's postpartum period.” (P10)

“My treatment using pilis has been 20 days, so I have to undergo treatment using this pilis for 40 days to achieve maximum healing, my mother said, sis. When I use this pill, my forehead relaxes, and my head becomes lighter too.”(P2)

Theme 3. Postpartum mothers have to carry out this pilis treatment for Javanese people in their postpartum health

Pilis therapy is a popular technique in postnatal health care in Java. A complete support system for maternal well-being is necessary since midwives are crucial in providing postpartum moms in Indonesia with holistic care, including mental health treatment.

“This pilis is one of the beliefs of the people of the Demak area, as long as its use does not have negative effects there are no problems, and we know that this pilis has an aroma that makes mothers calm and relaxed due to the warm sensation with the use of pilis compresses so mothers who use it indirectly look fitter. This pilis provides holistic care to mothers in traditional ways through culture.”(P11)

“We believe that using this pilis will speed up the healing of mothers who have just given birth and can also relieve headaches due to lack of sleep and taking care of the child, right.”(P5)

Theme 4. health care for postpartum mothers benefit from using pilis

In Indonesia, postnatal care is traditionally provided through the practice of pilis. This custom offers postpartum moms a variety of health advantages by rubbing natural herbs over their foreheads.

“It turns out that after using it for 40 days it feels really comfortable, especially the headaches and stress of caring for a baby are reduced, plus the aroma makes you calm. So when I was resting, I smelled the aroma of the pilis, which was delicious because I also used it on my forehead, it felt warm, so it felt good, it felt light.”(P6)

“There are many benefits for mothers to feel calmer, more relaxed and less stressed because of the aroma of the pilis ingredients used, and the processing and use method is very easy.”(P8)

Preventive Postpartum Maternal Depression

Pregnancy-related social support, namely intrapartum and postpartum support, has been found to be a major factor in reducing postpartum depression (10).

Reduced Brain-Derived Neurotrophic Factor (BDNF) levels brought on by stress may cause harm to neurological function, which in turn raises a person's biological susceptibility to the behavioral characteristics of Postpartum Depression (PPD) (11). In order to identify high-risk individuals and carry out preventative treatments, it may be helpful to develop customized risk prediction models for PPD that take into account many characteristics, including maternal age, education level, past mental history, and pregnancy-related problems (12). Postpartum mother

depression can be effectively prevented by addressing enhanced social support, nutritional requirements, and the use of prediction models.

According to Om Suryawanshi IV et al., a mix of psychological and physiological variables often contribute to postpartum depression. The activation of the kynurenine pathway, increased proinflammatory cytokines, and altered T-cell activation are all important components of PPD. As a result, the mother's body has significantly lower levels of the hormones progesterone and estrogen, which leads to chemical changes in the brain that ultimately affect the liver.

Taking care of a newborn might keep a woman from receiving the rest she needs to heal from giving birth. Postpartum moms who don't get enough sleep may become emotionally and physically exhausted, which may lead to postpartum depression. In order to avoid postpartum depression and its possible effects on moms and babies, it is vital to take preventive actions including early detection through screening, support from partners and medical professionals, and access to appropriate care.

#### Holistic Pilis Treatment in Postpartum Mothers

A complete strategy that takes into account a woman's physical, psychological, and emotional well-being following childbirth is known as holistic care for postpartum moms. Furthermore, studies have shown that self-care techniques are helpful in lowering psychological distress, raising relaxation, elevating mood, and aiding in the healing process (13).

Adopting a comprehensive program will help support postpartum depression, promote strong mother-infant connections, and significantly lower anxiety levels. Healthcare professionals may guarantee a more thorough and advantageous postpartum experience for moms in order to promote their effective well-being by incorporating this holistic approach. A major focus of holistic postpartum care is on the mother, and well-parented families will take note of this and adapt their maternal care techniques accordingly. For postpartum moms, this can offer 40 days of successful coping in terms of physical, emotional, mental, and spiritual components of holistic care. It can also offer the advantages of many ways for future holistic care for mothers.

This strategy consists of a range of therapies that address the mother's general well-being following childbirth, such as stress management, emotional support, physical recuperation, and hormone balance restoration. Healthcare professionals may enhance the mother's overall experience at this crucial time by including holistic care methods into postpartum care routines. This will improve health outcomes and foster a good feeling of well-being in the mother.

According to Chontira Rubngam et al. (2014), postpartum moms in Northeastern Thai villages have benefited from the usage of traditional holistic care techniques including Yu Fai, Tab Maw Gleau, and herbal massage treatment in order to alleviate physical discomfort and encourage a speedy recovery. quicker. The goal of this all-encompassing strategy is to lower cortisol levels, balance the nervous system, enhance flexibility, self-esteem, body image, and general comfort—all of which will help the mother have a happy and healthy postpartum experience.



## Prevent Postpartum Depression with Holistic Pilis Treatment for 40 Days

A 40-day holistic Pilis therapy can be an effective way to prevent postpartum depression. This method is centered on treatment that incorporates numerous important ideas from a holistic perspective on healthcare. Pilis is used in holistic treatment to decrease the body-mind-spirit link in postpartum moms. This effectively reduces psychological illnesses including sadness and anxiety in postpartum mothers and has a beneficial effect on mood and relaxation (5).

According to Kris Herawan Timothy et al. (2015), pilis is a term for a variety of herbal remedies that are native to Indonesia. These remedies are often used topically and consist of a complex blend of essential oils, fatty acids, and other nonpolar compounds. Essential oils play a significant role in the treatment of pilis. The plant known to contain the highest concentration of essential oils is pilis, which also contains the main bioactive components, such as amryn, eugenol, cinnamaldehyde, and zingerone, as well as eighteen botanical components that are classified as essential or non-essential. These unique ingredients are composed of intricate molecules that can permeate beneath the epidermis and spread throughout the tissue, stimulating the hypothalamus to lower anxiety and mood disorders, act as a natural anti-inflammatory, and lessen the pain associated with childbirth during the postpartum healing period for the mother.

A comprehensive approach, like the 40-day Pilis treatment for postpartum depression, is supported by the holistic nature of depression treatment, which emphasizes psychotherapy as the foundation for healing and preventing relapse (14). Consequently, a holistic approach with a focus on psychological support and well-being may help prevent postpartum depression.

Desi Soraya and Nella Vellen (2024) have argued that to successfully address a mother well-being, the use of pilis in the context of holistic therapy during the postpartum period requires a complete strategy that combines pharmacological knowledge with an anthropological viewpoint. Especially in Indonesia's diverse societal landscape marked by geographic and ethnic variations, family support, community involvement, and the fundamentals of postnatal care are important elements in promoting holistic healing for mothers. Traditional care rooted in local wisdom can also be applied. By adopting this strategy, the primary objectives of Postnatal Care (PNC) are met by promoting physical health, illness prevention, and healing.

## 4. Conclusion

Quick action is necessary to treat postpartum depression in order to alleviate symptoms and promote mother-child attachment. Because pilis is a non-pharmacological treatment that targets the mother's body, mind, and spirit during the postpartum period, and because it is effective in reducing psychological illnesses like depression and anxiety, postpartum prevention is implemented as a form of prevention using a holistic approach. Consequently, it enhances mood and feelings of relaxation in postpartum women. The 18 botanical components that make up the pilis treatment, which is divided into essential and non-essential categories along with the main bioactive elements like eugenol, zingerone, amryn, and cinnamondehyde, are important in preventing postpartum depression. The holistic pilis treatment is applied to the forehead area because its essential oil content is absorbed beneath the skin, stimulating the hypothalamus and, after 40 days, having a calming and relaxing effect on postpartum mothers.



The effectiveness of pilis in holistic therapies and its traditional therapeutic qualities are attributed to its rich combination of essential oils and bioactive substances, which make up its essential constituents.

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#### Data Availability Statement

The datasets used and analyzed during the current study are available from the corresponding author on reasonable request.

#### Credit Authorship Contribution Statement

Desi Soraya: Conceptualization, Methodology, Validation, Formal analysis, Investigation, Data curation, Writing e original draft, Writing, review & editing, Project administration, Funding acquisition. Nella Vallen Ika Puspita: Conceptualization, Methodology, Validation, Formal analysis, Investigation, Data curation, Writing original draft, Writing, review & editing, Project administration, Supervision.

#### Declaration of Competing Interest

The researcher has no conflicts or interests with others

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