



## THE EFFECT OF RATUS-V ON FLUOR ALBUS ON WOMEN WORKING IN PT. SAI NGORO MOJOKERTO DISTRICT

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<i>ABSTRACT</i>	<i>Keywords</i>
<p>Fluor albus is prone to occur in women of reproductive age. Ratus-V can be a non-pharmacological therapeutic choice for treating fluor albus. They consider this treatment can prevent fluor albus. And maintain moisture in intimate areas so that the cleanliness and intimate health of the area is maintained. The purpose of this study was to identify the effect of Ratus-V on Fluor Albus. This research uses Pre-experimental. The research design used was the One-Group Pretest - Posttest Design, with a population of all women working in the cable assembly section at PT. SAI Ngoro Mojokerto sub-district was 180 respondents. The sample in this study amounted to 30 respondents. The sampling technique uses Purposive Sampling. The results showed 29 respondents (97%) experienced a decrease in fluor albus symptoms, and one respondent (3%) did not experience a reduction in fluor albus symptoms. From the results of data analysis using the Wilcoxon test found that the value of a-Symp. Sig (2 tailed) equal to 0,000 because of the value of asymp.sig (2-tailed) <math>&lt; \alpha 0.05</math>, meaning the influence of Ratus-V on fluor albus in women who work in cable assembly at PT. SAI Ngoro Mojokerto Regency. As for the conclusion of this study, working women who have entered childbearing age who have fluor albus can use Hundred-V as a natural vaginal treatment as well as an alternative non-pharmacological drug in dealing with fluor albus.</p>	<p><i>Ratus-V, Fluor Albus</i></p>

## INTRODUCTION

Women of reproductive age are vulnerable to reproductive health problems, so they need to get serious attention, while the question that often occurs is the problem of fluor albus. Fluor albus is a symptom of genital disorders in women, in the form of a yellowish-white or greyish-white discharge from the vagina. Usually, women can experience fluor albus. However, fluor albus can also occur due to infections caused by bacteria, viruses, and fungi (Tjitraesmi, Kusuma, & Rusmiatri, 2010). Fluor albus can be physiological (normal) and pathological (abnormal). Female reproductive organs are more sensitive than men because their reproductive tract is shorter, in the area of the external genital device which empties into the urethra and anus. If it does not treat the vagina properly, bacteria, fungi, and parasites will spread to the genital organs. Also, in the case of sexual intercourse, there will sometimes be abrasions that affect fluor albus. Therefore special attention is needed to prevent fluor albus. The phenomenon of fluor albus problems, vaginal odour, doormat does not make some vaginal care providers such as salons and obstetrics, and obstetric specialist clinics offer treatments to overcome this problem. Usually, using procedures include Ratus-V (Salon) or using Ozone (Clinic).

According to a World Health Organization study, women's reproductive health problems have reached 33% of the total burden of disease suffered by women in the world, one of which is fluor albus. Around 75% of women in the world will experience fluor albus at least once in a lifetime, and as many as 45% of women experience fluor albus twice or more. In contrast, in women in Europe, the Fluor Albus rate is 25%, of which 40-50% will experience recurrence of the National Center for Biotechnology Information (Madden,

2013). In 2013 in Mojokerto District, Mojokerto showed that 60 women claimed to have experienced vaginal discharge, with 27 women (17,5%) having physiological vaginal discharge, and 33 female students (21.5%) experienced pathological vaginal discharge. This condition shows the high incidence of vaginal discharge in the Mojokerto region (Fitriyanti, 2019). Preliminary survey results at PT. SAI of Ngoro Mojokerto Subdistrict, it was found that out of 10 women, seven women experienced vaginal discharge, they said they had a yellowish-white or grey-white release from the vagina and were sometimes accompanied by itching in the genital area. Factors causing fluor albus are viruses, bacteria, germs, an activity that is too tired, hormonal cleanliness, and vulva (Rahman Bubakar & Dali Amiruddin, 2012). The cause of Fluor Albus from fatigue only appears when the body's condition is worn and healthy when the body returns to normal (Pudiasuti, 2010). Treatment of intimate organs (vaginal practice) is one of the efforts made in the prevention of Fluor Albus. Ratus-V is a non-pharmacological therapy choice for treating the vagina and surrounding organs. Ratus-V is a way to manage the vagina by evaporation of the vagina from one Ratus-V burning fumes (herbs). The spice concoction for the Ratus-V will release fragrances into the vagina and stimulate the vaginal area. With warm steam, it will boost the pores to enlarge and remove toxins and impurities from the vagina and absorb the aroma of the spices. With this treatment, they considered to prevent Fluor Albus and maintain moisture in your intimate area so that cleanliness and health are maintained (Vandenburg & Braun, 2017).

**MATERIALS AND METHODS**

The research design was to use the Pre-Experimental One-Group Pretest-Posttest Design. In this study, the population used was all women who worked in the assembly line at PT. SAI Ngoro Mojokerto sub-district was 180 respondents. The sample in this study were some of the women who worked in the cable assembly section at PT. SAI of Ngoro Mojokerto Subdistrict, who met the inclusion criteria as many as 30 respondents. The sampling technique used purposive sampling, with inclusion criteria including 1) Married, 2) Experienced Albus Fluorine outside the menstrual cycle for three consecutive months. Exclusion Criteria include: 1) Not willing to be a respondent 2) Fluor Albus that occurs more than seven days, 3) Using drugs to treat vaginal discharge, 4) Having a history of gynaecological diseases: Sexually transmitted diseases, Gonorrhoea, Syphilis, etc. The instrument used for fluor albus intervention was the Ratus-V treatment, while for assessing fluor albus using questionnaire sheets and observations. As for the research procedure, before giving Ratus-V treatment, the researchers observed the symptoms of fluor albus by using an observation sheet. After that doing Ratus-V treatment, by boiling the spices first, then the respondent sits in a Ratus-V chair for 15-20 minutes. After giving treatment, the researchers made observations again to determine the decrease in the symptoms of fluor albus respondents. Data analysis using a statistical Wilcoxon signed ranks test.

**RESULTS**

Table 1 Reduction of Fluor albus symptoms in working women before and after the Ratus-V treatment

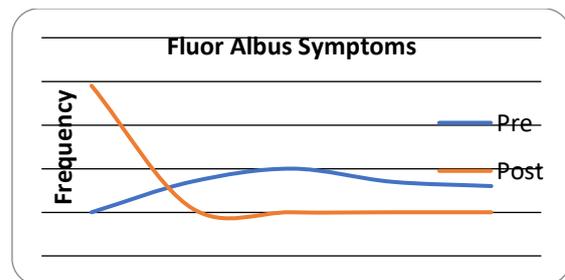
Examination	Criteria	Pre		Post	
		F	%	F	%
Fluor albus	Reduced	0	100	29	97
	no changes	30	0	1	3
Total		30	100	30	100

**Wilcoxon Signed Ranks Test** **0,000**

Source: Primary data in 2019

Wilcoxon signed ranks test results obtained by the output of 0,000 and  $\alpha$  of 0.05. Because of the value of asymp.sig (2-tailed)  $< \alpha$  0.05 then H0 is rejected H1 is accepted, meaning that there is an effect of Ratus-V on fluor albus in women working in the cable assembly section at PT. SAI Ngoro Mojokerto District.

Chart 1 Fluor albus symptoms in working women before and after the Ratus-V treatment



Source: Primary data in 2019

Based on Chart 1 it is found that the distribution of data after being given Ratus-V treatment tends to go down to the lower right, this shows that in the treatment of Ratus-V technique there is a significant influence on Fluor Albus.

## **DISCUSSION**

### **1) Fluor albus condition before treatment Ratus-V**

Based on the data obtained, all respondents experienced fluor albus, as many as 30 respondents (100%) with an average age between 29-37 years who did not have prior knowledge of fluor albus. Of the symptoms that exist in the condition of the highest fluor albus symptoms, 10 respondents (33%), almost half of them are whitish. Information about fluor albus by looking at general data on 30 respondents (100%) obtained health information from health workers when they were going to consult about family planning. The education of respondents is almost entirely high school / vocational school with 23 respondents (77%). Age is one of the factors that can influence knowledge, namely with increasing age, there will be changes in a person's physical aspects, which can later affect one's experience. Sufficient education will then be able to change attitudes and behaviour (Mubarak, Chayatin, & Santoso, 2009). However, at the age of women of childbearing age susceptible to fluor albus problems in women. Women of childbearing age-aged 20-45 years are sensitive to the occurrence of fluor albus, due to psychological tension as a trigger, which can increase the burden of the mind from conditions that are less pleasant or difficult to overcome. Information is a source of knowledge from local health workers. In the current era, the availability of information and access to information has made it easier for respondents to find experience. Interpersonal and environmental factors also influence a person to obtain and disseminate information. Respondents have less knowledge about health because people with low levels of education will digest information collected with difficulty (Notoatmodjo, 2010). People with a high education level will usually have a lot of

knowledge about health; with this knowledge, people will have awareness in maintaining their health (Ali, 2010). The level of education will affect one's ability to make changes in health behaviour (Notoatmodjo, 2010). Knowledge about fluor albus experienced by respondents is essential. Respondents who know and understand the problem can treat themselves and try to prevent in any way, including non-pharmacological treatment. Based on technical information and data evidence above, women of childbearing age will experience fluor albus problems is one of the factors of personal hygiene. One must have awareness related to the lifestyle that is lived and also knows the issues and consequences that can be caused by the disease. Respondents with low levels of education will find it difficult to digest the information he gets. Respondents who have good knowledge related to problems that can arise, then the respondent will try to prevent issues that will arise. Respondents must understand related matters that will occur if not handled properly, one of which is the problem of fluor albus in respondents of childbearing age who work often.

### **2) Fluor albus condition After treatment of Ratus-V**

The results of the analysis and interpretation of data on 30 respondents regarding the reduction of fluorine Albus symptoms after the administration of Ratus-V obtained the results of 29 (97%) of respondents with a discount of Albus fluorine, 1 (3%) respondents did not change (fixed). Still, at first, smell, itch yellowish or greenish. The average respondent before being given treatment Ratus-V experienced problems with fluor albus. This study showed that the majority of respondents after the administration of Ratus-V had decreased symptoms of fluor albus, which previously had fluorine Albus still reduced.

Based on the acquisition of data after the administration of the Ratus-V treatment, researchers found that 30 respondents who had fluor albus problems experienced 29 symptoms of fluor albus decreased, and one respondent did not experience fluor albus reduction. Almost all respondents will pay more attention to the condition of the vagina after the respondent knows the benefits of the Ratus-V treatment, the respondent is a woman who works in a factory, so she does not have time to do the Ratus-V treatment. Work becomes one of the factors that can influence knowledge, where the work environment can make a person gain experience and expertise, both directly and indirectly (Mubarak et al., 2009). Ratus-V is a treatment by evaporation in the female area by using herbs. This Ratus-V concoction consists of herbal plants, herbs, and plant roots such as green tea, Cempaka, rose, jasmine, which are then dried. Not only cleaning and scent, but Ratus-V can also be used to remove fluor albus. Some people even believe that Ratus-V can also provide sexual satisfaction because of the benefits of the other Ratus-V, namely tightening the muscles in the vagina (Vandenburg & Braun, 2017). The above theory is consistent with the reality in the field of decreased fluor albus symptoms in working female respondents can be prevented by giving Ratus-V treatment routinely two weeks. Doing treatment of Ratus-V that is not according to the procedure will risk the reproductive organs, fluor albus smell, itching, yellowish/greenish, the amount of fluid that comes a lot, and leaves spots on underwear and is at risk of cervical cancer. The less routine the administration of Ratus-V treatment to women of childbearing age, the higher the occurrence of fluor albus problems that can cause discomfort. Several factors cause the fluor albus problem. Not doing routine and correct treatment first, not maintaining the cleanliness of female

organs, not changing underwear, not using soap for the vaginal area because soap is also another factor that causes fluor albus. With the fact that by almost all respondents, 29 of them experienced decreased symptoms of fluor albus after treatment. Other vaginal care efforts other than the Ratus-V are implementing good hygiene behaviour by cleaning the outside of the vagina after urinating or defecating using clean, frequent water. Not using soap or spraying shower gel on the genitals, using underwear that absorbs sweat, changing underpants at least twice a day. Consult a doctor if you experience abnormal symptoms in the reproductive area such as vaginal discharge with greenish-yellow and a burning sensation on the lips of the vagina (Irianto, 2015).

### **3) Ratus-V To Reduce Albus Fluorine.**

After researchers gave Ratus-V treatment to respondents, researchers obtained data that almost all respondents, 29 respondents (97%) had decreased symptoms of fluor albus, and a small portion of respondents, namely one respondent (3%) did not experience decreased symptoms. Before giving Ratus-V treatment, almost all respondents, 29 respondents (97%), experienced fluor albus. This data shows that there is a significant decrease in the reduction of fluor albus symptoms experienced by respondents. Statistical test results using the "T-test statistic" test where the results obtained value  $p = 0,000$  with a value of  $p = 0,000$  with a value of  $\alpha = 0.05$ . The value of  $p = 0,000 < 0.05$ , then  $H_0$  is rejected, and  $H_1$  is accepted, which means there is an influence between the Ratus-V treatment on fluor albus in women working in the cable assembly section at PT. SAI Ngoro Mojokerto District. The provision of Ratus-V treatment before and after given to the reduction of fluor albus symptoms in women of childbearing age shows evidence

that Ratus-V treatment serves to reduce the symptoms of fluor albus.

Treatment for Ratus-V is by giving warm steam to the vagina. With warm steam, it will stimulate the pores to enlarge and remove toxins and impurities from the vagina and absorb the aroma of the spices. If you want to do the Ratus-V, you should do the massage first so that the body will feel more relaxed and cleaner, then take a shower as usual. In doing this treatment, the condition of the body must be clean. Usually, giving Ratus-V once a month if only for treatment, but if you experience severe vaginal discharge can also be done two weeks. The use of the Ratus-V treatment for fluor albus is very beneficial for women of childbearing age because women of childbearing age have had a partner and have had sex very widely with the occurrence of fluor albus. The woman is very open to germs that come from outside. Ratus-V can have unfavourable effects on older women.

The Ratus-V treatment contains phytochemical compounds, namely essential oils, alkaloids, saponins, tannins, and flavonoids, in which their chemical content is potential as an antimicrobial power (Ong, 2008). The content of these beneficial chemical substances or compounds, Ratus-V treatment, has comprehensive benefits as herbal medicinal ingredients (Jubaedah, 2016). Following the theory of Bahari (2012) that the cause of fluor albus symptoms is one of them is *Candida Albicans* fungal infection. *Candida Albicans* is a classification of dimorphic mushrooms, where the fungus likes to damp and wet. *Candida Albicans* causes Candidiasis. The emergence of fluor albus, besides mushrooms, can also be caused by a lack of hygiene care of female organs, which can make *Candida Albicans* mushrooms develop. In this case, it does not rule out the possibility that side effects can occur in women of childbearing age, so they

conclude that the use of the Ratus-v treatment is very influential in reducing the symptoms of fluor albus (Angioni et al., 2004). Yohana and Yovita (2012) stated that fluor albus caused by parasites is usually accompanied by itching in the vagina and around the outer pubic lips so that women of childbearing age feel discomfort in the female area. Other factors can also often use tight and moist underwear. The external factors for fluor albus are the level of knowledge, environment, and personal hygiene.

Respondents who experienced fluor albus were 30 respondents before the Ratus-V treatment. After the Ratus-V treatment, respondents experienced a decrease of 30 respondents who declined, and one respondent did not reduce (fixed). And one respondent did not reduce (set). Data obtained from the observation sheet on the 7th question point that 7 out of 30 respondents before being given treatment Ratus-V experienced itching that occurs continuously, and after being given treatment Ratus-V respondents experienced a decrease in symptoms on fluor albus. Other data shows from the 6 point question point that 10 out of 30 respondents before the administration of Ratus-V experienced symptoms such as discharge that is yellowish or greenish. After administration of the Ratus-V treatment, decreased symptoms of fluor albus occur in women of childbearing age. Other analysis results from the observation sheet showed at point 8 that 5 out of 30 respondents before being treated with Ratus-V experienced a discharge in the female volume and leaving spots on underwear, after treatment of Ratus-V during decreased symptoms of fluor albus, i.e., decreased. These data indicate that Ratus-V treatment affects the reduction of fluor albus symptoms in women of childbearing age. The results obtained on the observation sheet before being given

treatment Ratus-V respondents felt discomfort and worried about him. After being given Ratus-V treatment and observed using observation sheets, almost all respondents experienced a decrease in fluor albus symptoms. When administering the Ratus-V medication, the respondents felt changes such as no itching, no smell, coupled with respondents who always routinely use this treatment. The process of decreasing the symptoms of fluor albus can run well. It states that Ratus-V treatment can reduce the symptoms of fluor albus.

### CONCLUSIONS

Ratus-V is one of the treatments performed accurately for the vaginal area. The reason for doing Ratus-V aims to maintain reproductive health and Fluor Albus. The benefits of doing Ratus-V refer to the influence of sexuality and generative health patterns. The impact of Ratus-V felt refers to the psychological side (self-confidence) and the physical side (the effect felt on the vagina). According to ob-gyn specialists, doing the Ratus-V usually once a month to maintain reproductive health, such as keeping the Ph within normal limits, reduces odour in cases of vaginal discharge. Use Ratus-V material that is suitable for vaginal PH. Ratus-V is useful for cleaning, scenting, and maintaining the health of intimate areas as well as rebalancing female hormones. Ratus-V boiled water ingredients made from herbs that are concoctions of secang wood, turmeric, roses, Intersection Lawak, nutmeg, to fragrant roots. So it's safe to use.

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