

**UNIVERSITI TEKNOLOGI MARA**

**POSTNATAL MASSAGE: A SEARCH FOR  
EVIDENCE IN PUTRAJAYA HOSPITAL**

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**Dissertation submitted in the partial fulfilment of the requirements  
for the Bachelor of Pharmacy (Hons.)**

Faculty of Pharmacy

2012

APPROVAL SHEET

I hereby recommend that the thesis prepared under my supervision by Intan Syahira Binti Sahrom entitle “Postnatal Massage: A Search for evidence in Putrajaya Hospital” accepted in partial fulfilment of the requirements for Degree of Pharmacy from Faculty of Pharmacy, UiTM.

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## **ACKNOWLEDGMENTS**

I would like to express my gratitude to all those who gave me the possibility to complete this thesis. I owe my deepest gratitude to Allah S.W.T the one who has given me the strength, ability and ideas to complete this study.

I am heartily thankful to my supervisor, Prof Aishah Adam who was very helpful and offered invaluable assistance, support, guidance, advice and comment to complete my thesis. I am indebted to Mr. Muhd Nor Hazli bin Nordin, pharmacist from Hospital Putrajaya for his supervision, advice, comment and guidance. His valuable ideas, suggestions, advices, comments and help throughout the process of preparing this thesis are really appreciated.

I am most grateful to thank my lovely husband, Ahmad Thibraani bin Termizi for his personal support and great patient at all time. He has made available his support in a number of ways. I would also like to show my gratitude to my beloved parent, Sahrom bin Mohmod and Maziah binti Hussain for their support and blessing.

Lastly, I offer my regards and blessing to my friends and to all of those who supported me in any respect during the completion of this thesis.

Intan Syahira Binti Sahrom

# TABLE OF CONTENTS

	Page
TITTLE PAGE	i
ACKNOWLEDGEMENT	ii
TABLE OF CONTENT	iv
LIST OF TABLE AND FIGURES	vi
LIST OF ABBREVIATIONS	vii
ABSTRACT	
CHAPTER ONE (INTRODUCTION)	
1.1 Introduction	1
1.2 General objective	3
1.3 Specific objective	3
CHAPTER TWO (LITERATURE REVIEW)	4
CHAPTER THREE (MATERIALS AND METHOD)	11
CHAPTER FOUR (RESULTS)	12
4.1 Demographic data	12
4.2 Patient's perception on effectiveness of postnatal Malay massage	21
CHAPTER FIVE (DISCUSSION)	30

## ABSTRACT

Traditional complementary medicine (TCM) unit in Hospital Putrajaya offers traditional Malay postnatal massage which consists of postnatal body massage and refreshment massage. The aim of this study are to identify and describe the prevalence and frequency of the use of TCM modality specifically, postnatal massage. The idea is to identify the reason why patients seek postnatal massage and the benefit or effectiveness of this TCM modality. The data was collected from the data archive of the postnatal patients from August 2010 till August 2011 and by interviewing patient. Data was analyzed by using descriptive method. Based on finding, majority of patient undergo refreshment massage compared to postnatal body massage. Postnatal massage in TCM unit Hospital Putrajaya was popular among Malays and most patients who undergo postnatal Malay massage were aged between 20 to 29 years old. Postnatal massage were effective in reducing aches or stiffness on the muscle and joint, able to reduce wind, (buang angin), able to reduce exhaustion, patient felt good after the treatment (sedap badan) and patient felt fresh and more relaxed after treatment. Information on herbal use provided to the patient by the TCM unit were important to promote safety use of traditional method, prevent any harmful beliefs and practice and reduce risk of unproven and misused herbs.

Keywords: Traditional Complementary Medicine, Hospital Putrajaya, Traditional Malay Postnatal Massage, Postnatal Body Massage, Refreshment Massage