

An evaluative study: Effect of reflex zone therapy on the improvement of lactation among postnatal mothers, Odisha

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Abstract

Background: Breastfeeding is essential for the health and survival of newborns, yet many postnatal mothers experience difficulties in initiating and maintaining adequate lactation due to physical, psychological, and hormonal factors. Reflex zone therapy is a complementary, non-pharmacological intervention that may promote relaxation and stimulate hormonal responses essential for lactation. The present study aimed to assess the effectiveness of reflex zone therapy on improvement of lactation among postnatal mothers in SCB MCH, Cuttack, Odisha.

Methods: A quantitative pre-experimental research approach with one-group pre-test post-test design was adopted. The study was conducted among 40 postnatal mothers selected through non-probability purposive sampling technique. The level of lactation was assessed using the LATCH Breastfeeding Assessment Scale. Reflex zone therapy was administered to the mothers, and post-test assessment was carried out after the intervention. Data were analyzed using descriptive and inferential statistics, including paired t-test and chi-square test.

Results: The findings revealed a significant improvement in lactation scores after the administration of reflex zone therapy, indicating its effectiveness. The calculated t value was statistically significant at the 0.05 level. There was no significant association between post-test lactation scores and selected demographic variables except gravida.

Conclusion: The study concluded that reflex zone therapy is an effective, safe, and simple complementary intervention to improve lactation among postnatal mothers. It can be incorporated into routine postnatal nursing care to promote successful breastfeeding.

Keywords: Reflex zone therapy, lactation, postnatal mothers, breastfeeding, LATCH scale