

The utilization of medical plants as a traditional drug in women in community of Mentok Sub-district, West Bangka

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Informasi artikel	ABSTRACT
Article History: Accepted : Feb 2 nd , 2022 Revised : March 29 th , 2022 Published : March 30 th , 2022	Many types of plants can be explored as ingredients in traditional medicine. One of the uses of plants as traditional medicine is herbal concoctions for postpartum mothers. Traditional healers (Hatra) use herbal ingredients in the treatment of postpartum mothers who have prepared these herbs in ready-to-use medicinal dosage forms (solid dosage forms such as pills, powders, and parem). The use of herbs or herbs should pay attention to the aspects of monitoring the distribution and supervision of traditional medicines. This research activity is carried out to increase public knowledge in the form of training in making traditional medicines and providing information related to registration and distribution permits for traditional medicines. The type of research used is experimental design with the pretest-posttest only control group. The intervention method used is providing counseling, discussion, and training in making traditional medicines in the treatment of postpartum mothers. The study was conducted in the Mentok Subdistrict in Tanjung Village, West Bangka Regency from March - to October 2020. The study used 29 people with total sampling techniques (health cadres and mothers of Family Welfare Empowerment) and analyzed bivariate using the dependent t-test. The results of this service activity resulted in 4 traditional herbal remedies for delivery, namely parem stomach and body parem to clean dirt / dirty blood, brewed herbal medicine to remove stiffness/increase stamina, and brewed herbal medicine to avoid colds. The conclusion is that service activities are effective in increasing skills in making traditional herbal medicine for delivery and increasing the number of people who know how to make herbal medicine for delivery, which so far has only decreased in one family.

Keyword:

Community empowerment;
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Introduction

Human health is one of the basic needs that must be met and one of the supporting health services in medicine. The function of medicine is to save lives and restore or maintain health. One of the drugs that are easily obtained by all levels of society is traditional medicine(1). The increasing use of medicinal plants from medicinal plants lately shows that this treatment is believed to be beneficial. Another thing that causes the increasing use of herbal medicines is the failure to use modern medicine for certain diseases. In curing a disease, herbal medicines are also available in the form of concoctions or ready-to-use preparations such as herbs and other packaged drugs(2). Many types of plants can be explored as ingredients in traditional medicine. One of the uses of plants as traditional medicine is herbal ingredients for postpartum mothers.

Based on the results of the research by the SP3T team of the Bangka Belitung Islands Province(3), it shows that in every district/city area of the Bangka Belitung Islands Province there are traditional healers who use herbal ingredients in the treatment of postpartum

mothers. In traditional healers in Mentok District, West Bangka Regency, there are advantages compared to traditional healers in other areas, namely that it has prepared these herbal ingredients in ready-to-use medicinal dosage forms (solid dosage forms such as pills, powders, and *parem*).

The use of herbs should pay attention to aspects of monitoring the circulation and supervision of traditional medicines. As stated by the Head of Pharmacy of the Bangka Belitung Provincial Health Office, the supervision of the circulation and supervision of traditional medicines has rules based on the Health Law, namely based on Ministry of Health Regulation No.006 of 2012 and Ministry of Health Regulation No.007 of 2012 concerning registration(3). There are two things related to traditional medicine, namely business licenses and products. He explained, that for herbal medicine there are several groups such as carrying herbal medicine and herbal concoction, it is not required a permit. Supervision is only limited to being registered.

Therefore, to utilize herbal ingredients as traditional medicines for postpartum mothers, the team is interested in conducting research in the form of providing education and training on making herbal ingredients in traditional medicine for postpartum mothers. In addition, the team synergizes with various parties so that the activities continue to be sustainable and beneficial for all parties (both the health department in providing information on herbal registration or related to distribution permits). The purpose of community empowerment was to train on making herbal concoctions for postpartum mothers effective in the Mentok Sub-district community and to produce dosage forms of herbal ingredients where beneficial for postpartum mothers.

Method

The type of research used is experimental design with the pretest-posttest only control group. The intervention method used is providing counseling, discussion, and training in making traditional medicines in the treatment of postpartum mothers. The study was conducted in the Mentok Subdistrict in Tanjung Village, West Bangka Regency from March - to October 2020. The study used 29 people with total sampling techniques (health cadres and mothers of Family Welfare Empowerment) and analyzed bivariate using the dependent t-test.

Results and Discussion

The implementation of community empowerment activities made by the Implementing Team was attended by 29 mothers of PKK and health cadres. Furthermore, they were divided into 3 groups with each group consisting of 10 people, and only 1 group consisting of 9 people. The results of the training activities are 4 traditional herbal medicine products, namely: group 1 produces body *parem* and stomach *parem* which are efficacious in cleaning dirt / dirty blood which is called body *param*; group 2 produces brewed herbs to restore stamina after giving birth, which are called false herbs; and group 3 produces brewed herbs to avoid colds which are called cooking herbs. The resource person gives traditional ingredients in the form of a stew consisting of various kinds of medicinal plants that have been dried and chopped.

This result is by the definition of traditional medicine, which is a medicinal herb made from parts of plants, or animals, to cure disease or to maintain health, this medicine can be in the form of powder, chopped, liquid, tablet, capsule, *parem*, liniment, and others. These drugs are usually made by households, carrying herbal medicine vendors, *sinse*, *shamans*, healers, herbal medicine companies, pharmaceutical manufacturers, and others. Drugs made by pharmaceutical factories or herbal medicine companies have a registration number at the Ministry of Health with the initial code TR (*Traditional*) on various brands of herbal medicine made in the country, TRI (various brands of imported traditional medicines) for example on various brands of imported traditional medicines, TRL (various brands of foreign traditional medicines that have obtained a license)(4). 'In many countries, 80% or more of the population living in rural areas are cared for by traditional practitioners and birth attendants'(5).

According to the Big Indonesian Dictionary, *parem* is a lubricating drug such as wet powder that is smeared on body parts to relieve soreness (tension in veins) or feel sprained(6). In addition, another name is *tapel*. Maternity herbs are very easy to find in the environment.

Maternity herbs function to tighten loose abdominal muscles, restore stamina, facilitate breastfeeding, clean dirty blood in the uterus and help wound recovery and help the uterus shrink back to its original shape(7). Post-delivery care includes post-natal care, energy recovery, treatment of cervical wounds after delivery, headaches, purification of postpartum blood, curing abdominal pain, improving conditions after miscarriage, and promoting breastfeeding(8). A strong reason for traditional treatments is the benefits for post-natal health recovery and for maintaining a healthy body for good activity(9).

Jamu Salah consists of basic ingredients of 2 ounces of dry ginger and 3 ounces of *Kaempferia galanga* as well as spices consisting of 1 gr cloves, 1 gr nutmeg, 1 gram cinnamon, 1 gram pepper, 1 gram black cumin, and 1 handful of kaffir lime peel (If there is any). As for how to make it, all the ingredients are dried in the sun and then ground until smooth and sifted. How to consume the herb 1 teaspoon brewed with a cup of warm water and drink twice a day.

Jamu Masak consists of 2 ounces of ginger, 3 ounces of *Kaempferia galanga*, 2 ounces of turmeric, 1 gram of *Quercus infectoria* (4 seeds), 2 grams of cinnamon, and 1 gram of nutmeg, 1 gram of pepper, 1 gram of cloves, and 11 sticks of Javanese chili. The way to make it is that all the ingredients are dried (roasted), ground until smooth, and finally sifted. How to consume the concoction 1 teaspoon brewed with a cup of warm water and drink twice a day.

Param body and *param* stomach each made from rice flour kg and 3 grams of herbal medicine. How to make that is all ingredients mixed with water little by little until smooth and then shaped round and dried in the sun. How use this drug is dissolved in water and then applied to the whole body 2 times a day after every shower.

The stew prepared by Hatra was made from *Cinamomum poretum* root, *pelempang* root, *carik* root, *kibuy* root, *kelita* root, and *salak* root. The method of manufacture is that all the ingredients are chopped and then dried in the sun, then consumed, namely boiled and drunk. Based on the materials presented, it is the theory that shows the function of each of these materials. In use, plants it is used as a single herb and mixed ingredients. A total of 64.30% of plant medicine is used as a single herb and 35.70% is used as a mixed herb. The results of the study are also by research which showed that medicinal plants used by the Dayak Pope and Malay for the Care of Mothers and Children after Childbirth in Pengadang Village, Sanggau Regency, West Kalimantan were used by pounding, grating, boiling, unprocessed, and burned. The highest use is found in the Zingiberaceae family, *herbaceous habitus*, and rhizome plant(10). The other research showed the plant that much benefit respondent is kinds of rhizomes from the family Zingiberaceae such as turmeric. Part of plant organs that are utilized as caring medicine prenatal and after bearing such; leaf, rhizome, fruit, bark, and root. Kinds of caring that are done are to make bearing easier, smoothen mother's milk, smoothen menstruation, care face, slimming body, and productivity mother's hair postnatal. Kinds of caring or therapy are done is smoothen mother's milk and make easier of bearing process(11). There are several plants with the highest Fidelity Level value (100%) in 10 treatment categories, of them for care mother after childbirth is namely mother treatment (*manjakani*, *asam gendis*, and *perenggi*), increase the breastmilk (*jantung pisang*, and *cangkok*), and discontinue bleeding (*simpur*)(12).

This community empowerment activity did not go according to plan due to the delivery of distribution permit information or registration of traditional medicines in Micro Small and Medium Enterprises could not be carried out because the source was not available from the West Bangka Health Office due to the Covid-19 pandemic and the resource person who had approved this activity died. After coordinating in West Bangka Regency, the party authorized for the information is the Department of Industry and Trade.

However, the implementation team asked participants to follow up in the form of Micro Small, and Medium Enterprises involving the Tanjung Village. The Tanjung Lurah has also agreed to follow up on this activity so that MSMEs can be formed that can produce maternity herbs. It is hoped that there will be information from the relevant Department in the future.

Conclusion

Based on the results and outputs of the activity, it can be concluded that community service activities using medicinal plants as traditional ingredients for postpartum mothers in Tanjung Village, Mentok District, and West Bangka Regency are effective in increasing the number of people who know about traditional ingredients so that it is not only in 1 family but 29 people who know about it are increased. During the training, there were 4 concoction products produced, namely stew, body *parem*, stomach *parem*, false herbs, and cooking herbs. The dosage forms produced are all solid.

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