

Utilization of Plants as Traditional Medicine by the Community in Sumillan Village, Alla'District, Enrekang Regency

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ABSTRACT

The purpose of this study was to find out what types of plants are used as traditional medicine in Sumillan Village, Alla' District, to find out how to process medicinal plants, and to find out which parts are used as medicinal plants in Sumillan Village, Alla' District. This research was carried out for approximately two months, from November to December 2020. Data collection techniques were carried out using in-depth interviews, field surveys and questionnaire techniques. The results of this study indicate that the types of medicinal plants used by the people in Sumillan Village were identified as many as 18 plant species used as traditional medicinal ingredients, the way the people in Sumillan Village processed these plants for treatment was boiling and then drinking, boiling then washing, pounding and then smearing, baked and then smeared, grated and then drunk, grated and then smeared, cut and then smeared, chewed and then drunk, crushed and then drunk, kneaded and pasted. However, the people in Sumillan Village more often use the concoction by boiling it and then drinking it to sick patients and the parts used are 5 parts of the plant that are used as ingredients for traditional medicine, namely leaves, stems, fruit, roots and sap.

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1. INTRODUCTION

Various ingredients of leaves, roots, fruit, wood and tubers have been used for a long time to gain health and cure various diseases, known as herbal medicine. The more famous the term back to nature, the more it encourages the use of herbs that have an effect on health and the more often research or studies related to herbs are carried out by scientists. According to Aswarina Nasution (2018), the vast tropical forest and the biodiversity in it are priceless natural resources. Indonesia is also known as a storehouse of medicinal plants (herbs) so that it is nicknamed the live laboratory.

As we know the term healthy is expensive, because being healthy is priceless. The use of traditional medicine as an alternative to health services is of course very appropriate considering the fact that health costs are increasing in line with the Indonesian nation's economic conditions which have so far been uncertain (Chasanah, 2010).

Modern life, which has unhealthy habit patterns, makes humans more susceptible to disease. Not all people visit doctors or hospitals for treatment. Some people still lack funds or have homes that are far from health centers and still believe in natural ingredients. They still use medicinal

plants and many medicinal plants are grown in their yards and are used by the community because users of these medicinal plants do not get many side effects.

The village of Sumillan, as part of the Enrekang Regency, has been using plants for a long time as a treatment for all kinds of diseases. All layers of the Sumillan community, from children to the elderly, are diligent in consuming traditional herbal medicines known as jamu, but currently only certain people, especially parents, still maintain this tradition, so that the existence of herbal medicines is gradually being neglected. Sumillan village has a wealth of traditional knowledge and the field of traditional medicine, especially to cure other diseases.

2. METHOD

2.1 Time and Place of Research

This research will be carried out for approximately two months, from November 2020 to January 2021 in Sumillan Village, Alla District, Enrekang Regency.

2.2 Research Tools and Materials

The tools used in this study were writing instruments, questionnaires to fill in the questionnaire, books to fill out the questionnaire, cameras for documentation and voice recorders.

2.3 Data Type

Data taken in the implementation stage of this research includes data taken in the implementation stage of this research including, secondary data, namely data obtained indirectly from the object or research subject.

2.4 Research methods

Interview, namely by interviewing key informants and the people of Sumillan Village by taking 30% of the sample as respondents using a questionnaire, Observation, namely by making close observations, taking notes and taking documents, Literature study by reading and recording research papers of various studies related to the study traditional medicinal plants.

2.5 Sampling method

The sample in the study was 15% of the total population, namely 202, so that the research sample was 30 people. Sampling technique using simple random sampling method (sampling with simple random).

2.6 Data analysis

Data obtained in the field are presented in tabulation form, then analyzed descriptively with a quantitative approach. Data collection on the use of plants as traditional medicine was carried out by interviewing respondents.

3. RESULTS AND DISCUSSION

3.1 Research results

3.1.1 Characteristics of Respondents

Based on the results of the study, 30 respondents were interviewed in Sumillan Village, Alla District, Enrekang Regency. Characteristics of the use of medicinal plants as traditional medicine can be seen in Table 1.

Table 1. Identification of Respondents Based on Gender.

No	Gender	Number of Respondents	Percentage (%)
1	Woman	19	63.33%
2	Man	10	33.33%
Amount		30	100%

Source: Primary Data After Processing, 2020

Based on Table 1, it shows that a total of 30 respondents who used medicinal plants as traditional medicine in this study were mostly women, namely 19 respondents with a percentage of 63.33% and male respondents as many as 11 respondents with a percentage of 36.67% who used medicinal plants as traditional medicine.

3.1.2 Types of Medicinal Plants Used as Traditional Medicines

Based on the results of field research, it is known that there are 18 types of medicinal plants that are used by the community in Sumillan Village as presented in table 2.

Table 2. Medicinal Plants in Sumillan Village, Alla District

No	Plant Name		
	Local Name	Scientific name	Family
1	Kumis Kucing	Orthosiphon aristatus	Lamiaceae
2	Karsen	Muntingia calabura	Muntingiaceae
3	Ciplukan	Physalis angula	Solanaceae
4	Jambu Menté	Anacardium occidentale	Anacardiaceae
5	Jambu Biji	Psidium guajava	Myrtaceae
6	Coppeng	Syzygium cumini	Myrtaceae
7	Patah Tulang	Euphorbiaceae	Euphorbiaceae
8	Sirsak	Annona muricata	Annonaceae
9	Daun Katuk	Sauropus androgynus	Phyllanthaceae
10	Sukun	Artocarpus altili	Moraceae
11	Jahe	Zingiber officinale	Zingiberaceae
12	Putri Malu	Mimosa pudica	Fabaceae
13	Belimbing Wulu	Averrhoa Bilimbi	Oxalidaceae
14	Kelapa	Cocos nucifera	Arecaceae
15	Keji Beling	Strobilanthes crispa	Acanthaceae
16	Pariya	Momordica charantia	Cucurbitaceae
17	Daun Sirih	Piper betle	Piperaceae
18	Buah Pinang	Areca catechu	Arecaceae

Source: Primary Data After Processing, 2020

Based on Table 2, it can be seen that there are 18 types of plants used by the people in Sumillan Village, Alla district. The medicinal plants that are most often used by the community are cat's whiskers and broken glass. While the most rarely used is Coppeng or Jamblang (*Syzygium cumini*). According to Dewi's research (2018), it is known that the substances contained in jamblang leaf decoction can be used as an anti-inflammatory (anti-inflammatory).

3.1.3 The part of the plant used

Based on research on the types of medicinal plants used by the community as medicinal materials, of course there are similarities and differences in the ways of using plants depending on the type of each. The difference in how to use each medicinal plant depends on the form of the plant and the type of disease. This is so that the substances contained in each medicinal plant can come out and function in healing quickly.

The results of interviews with respondents regarding the use of medicinal plants by the community in Sumillan Village, Alla District, Enrekang Regency. So, some parts of the plants used by the people in Sumillan Village can be seen in Table 3.

Table 4. Percentage of Plant Parts Utilized by the Community in Sumillan Village

No	Part	Number of Species	Percentage (%)
1	Leaf	14	46.66667
2	Root	2	6.66667
3	Fruit	10	33.33333
4	Sap	1	3.33333
5	Stem	3	10
Amount		30	100

Source: Primary Data After Processing, 2020

Based on the interview and identification data presented in Table 3, there are five types of plant parts that are used by the people of Sumillan Village as medicine, namely leaves, roots, fruits, sap and stems. Traditional medicine obtained at the research location in Sumillan Village, leaves were found as the most widely used medicine by the community as much as 47%, using fruit as much as 33%, using stems as much as 10% and using roots as medicine as much as 7% while the use of medicinal plants with using sap is very small, namely only 3%.

3.1.4 Methods of Processing Medicinal Plants

The results of the interviews obtained in the field on how to manage medicinal plants, several ways to process medicinal plants by the community in Sumillan Alla Village, Enrekang Regency, can be seen in Table 4.

Table 4. Percentage of Processing Methods of Medicinal Plants

No	processing method	Species	Processing Method Composition (%)
1	shredded	3	16.66667
2	Kneaded	4	22.22222
3	pounded	3	16.66667
4	Boiled	6	33.33333
5	No Processing	2	11.11111

Total	18	100
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Source: Primary Data After Processing, 2020

Based on the data presented in Table 4 above, it can be seen that there are five ways of processing medicinal plants by the Sumillan Village Community, namely grated, kneaded, pounded, boiled, and without processing. Medicinal plants by boiling the most, namely there are six species. One of the results of the interview said that there are many ways to process medicinal plants, namely boiling and then drinking, boiling and then washing, grinding and then rubbing, burning and then rubbing, grating and then drinking, grating and then rubbing, cutting and then rubbing, chewing and then drinking, crushing and then rubbing drink, squeezed and pasted.

Based on the percentage of how medicinal plants are processed, it can be seen in the table, namely the highest percentage by boiling is 33%, squeezing is 22%, while grating and pounding is 17% and without processing it is only 11%.

3.1.5 How to use Medicinal Plants

Some of the results of interviews conducted in the field with the people of Sumillan Village found several ways to use medicinal plants used by the people of Sumillan Village, Alla District, Enrekang Regency, presented in Table 5.

Table 5. Percentage of Methods of Use of Medicinal Plants

No	How to use	Amount	Composition Method of Use (%)
1	drunk	12	40.00
2	Smeared	3	10.00
3	Sticked	5	16.67
4	eaten	7	23.33
5	Gargling	3	10.00
Total		30	100.00

Source: Primary Data After Processing, 2020

Based on Table 5 presented above on how to use medicinal plants by the Sumillan Village Community, Alla District, Enrekang Regency, it can be seen that the most common way is to drink as much as 40%, eat as much as 23.33%, attach as much as 16.66% while use at least only 10%, namely smeared and gargling.

Based on the table it can be seen that the percentage of how to use the most widely used types of medicinal plant species, namely by drinking as much as 40%, eating 23%, attaching as much as 17% while for smearing and gargling is only 10%.

3.1.6 Use of Medicinal Plants by Communities in Sumillan Village

Based on the results of the research in the food field, several types of medicinal plants were obtained with different uses according to the diseases experienced by the people in Sumillan Lilin Alla Village, more details can be seen in Table 6.

Table 6. Use of Medicinal Plants by Communities in Sumillan Village

No	Plant Name		
	Local Name	Region Name	The benefits
1	Kumis Kucing	Kumis kucing	Medicine for urinary stones and smoothing the urinary tract
2	Karsen	Seri	Treat gout and prevent diabetes
3	Ciplukan	Lapo-lapo	Treating toxic gendo disease, flu and cough
4	Jambu Menté	Jambu monyet	Prevention of heart disease and appendicitis
5	Jambu Biji	Jambu batu	Treat diarrhea, dengue fever and thrush.
6	Coppeng	Angur bugis/plum hitam	Treating sugar bases.
7	Patah Tulang	Patah tulang	Toothache
8	Sirsak	Serigaja	Relieves high blood pressure and cancer
9	Daun Katuk	Daun katuk	Streamlining breast milk and preventing obesity
10	Sukun	Bakara	Wound medicine, overcoming fever
11	Jahe	Jahe	Relieves flu or cold and reduces pain during menstruation
12	Putri Malu	Bunga Jabe	Wound medicine, overcoming fever
13	Belimbing Wulu	Cuneneng	Medicine for diabetes and itching
14	Kelapa	Kaluku	Lowering high blood pressure and increasing endurance
15	Keji Beling	kaca-kaca	Diabetes medication, treat kidney cough and prevent cancer
16	Pariya	Pare	Reduces blood sugar levels, cures scabies and itching of the skin
17	Daun Sirih	Sirih	Treat bad breath and cough drops
18	Buah Pinang	Kalosi	Dental fertility and sugar

Source: Primary Data After Processing, 2020

3.2 Discussion

The first well-known medicinal plant is cat whiskers leaves. This medicinal plant is easy to find in a number of places in Indonesia. Kumis cat leaves are very well known for their effectiveness in treating bladder stones and launching the urinary tract because they have diuretic properties which can help increase urine production. Thus, dirty bacteria in the bladder can be wasted.

Guava fruit contains lots of vitamins and fiber, so it is very suitable for consumption to maintain health. The red color of guava flesh indicates that guava is rich in vitamin A for eye health and antioxidants.

Coconut trees have been supporting and playing a major role since thousands of years BC. The benefits of coconut trees that are often needed and sought by the community are the meat and water which are used as an intake to fulfill body fluids, reduce high blood pressure, increase endurance and prevent kidney coughs.

Now there are many medicines that use vile shard leaves as the main ingredient, both herbal and chemical. This plant also has a variety of ingredients that are very beneficial for the body. Keji shard leaves contain active chemical compounds that can be used as herbal medicine. These leaves also contain high levels of natural antioxidants. The leaves of vile shard also contain gallic acid, caffeine, vitamin C, vitamin B1, and vitamin B2 to a line of other nutrients which of course have good properties and are beneficial to the health of this plant, which can treat diabetes, treat kidney cough, prevent cancer and tumors.

4. CONCLUSION

Based on the results of the study, it can be concluded as follows: The types of medicinal plants used by the people of Sumillan Village are known to have 18 species of plants used as ingredients for traditional medicine. The way the people in Sumillan Village process these plants for treatment is boiling and then drinking, boiling then washing, pounding then rubbing, burning then rubbing, grating then drinking, grating then rubbing, cutting then rubbing, chewing then drinking, crushing then drinking, kneading then pasted. However, people in Sumillan Village more often use the concoction by boiling it and then drinking it to sick patients. The parts that are used or utilized by the community in Sumillan Village as traditional medicine are leaves, roots, fruits, sap and stems.

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