

THE UTILIZATION OF MEDICINE PLANTS IN AMBAN RESIDENTS IN INCREASING KNOWLEDGE TOWARDS HERBAL TREATMENT

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ABSTRACT

Medicinal plants are all species of medicinal plants that are known and believed to have efficacy as traditional medicine, then they can be used as self-medication. Amban Village is one of the villages located in Kab. Manokwari, West Papua. The majority of the villagers have large yards and gardens because the villagers are generally farmers. The yard as a living environment provides a variety of natural resources that have not been used optimally, one of which is the use of surrounding plants. There are unidentified plants which has role as traditional medicine. This causes the population become very dependent on chemical drugs even for treat minor ailments. In addition, these plants are considered weeds and must be destroyed, either by spraying herbicides or by clearing them. This will certainly disrupt the ecosystem and plant diversity in this environment. The condition of ignorance of Amban village community is the reason for this community activity. The purpose of this activity is to optimize the role of plants that around as an effort to self-medicate and to support the "back to nature" community interest. The method used in this activity is to use socialization for the participants consisting of several villagers. The results of the service showed that there was an increase in villagers' knowledge who were present at the service activity about the use of surrounding plants as herbal medicine. This can be seen from the ability of the participants to answer questions from the activist.

Keywords: Medicinal plants, Self-medication.

INTRODUCTION

Self-medication is an activity of self-medicating with drugs or without a prescription appropriately and responsibly (rationally). (Rahim, Kandowanko, 2013) In everyday life, many diseases and health disorders can be recognized and treated independently (self-medication) both by the sufferer and by society around him. This is considered cost and time efficient than seeing the doctor. However, self-medication often creates problems due to a lack of medicine knowledge (Harahap, N. A., Khairunnisa, & Tanuwijaya, 2017) Self-medication can be done by utilizing medicinal plants around. Medicinal plants are all plant species that

are known or believed to have medicinal properties, such as relieving pain, increasing immune, killing germs, and healing injured organs and inhibiting tumors and cancer. (Hariyanto., 2004) (Dalimartha, 2007) (Yulianti, 2009) (Nurmayulis & Hermita, 2015) (Radam, R., Soendjoto. M.A., & Prihatiningtyas, 2016)

Amban Village is one of the villages located in Kab. Manokwari, West Papua. The majority of the villagers have large yards and gardens because most of them are generally farmers. The yard as a living environment provides variety of natural resources that have not been used optimally; one of it is the use of surrounding plants. There are many

unidentified plants that able to become herbal medicine. This causes the villagers become very dependent on chemical drugs even for treating minor illness.(Harahap, N. A., Khairunnisa, & Tanuwijaya, 2017)

Despite the fact that the use of plants as herbal medicines is safe because it does not cause side effects, it can also reduce the dependence on chemical medicine, then it able to reduce the cost in purchasing chemical medicines. In increasing society knowledge regarding herbal medicines, it can be by providing information, such as counseling or socialization. Independent disease treatment needs to implement in helping government programs to improve nation's intelligence and health status. (RI., 2007) In addition, many plants are considered useless and destroyed, either by spraying herbicides or by clearing. This will certainly disrupt the plant ecosystem in this environment. (Tjitrosoepomo, 2005)

Regarding to public nescience condition about the types of surrounding plants as a source of medicines for self-medication provides an understanding of the need for community activities in conducting the socialization related to the use of surrounding plants as medicines. This community activity is socialization, which is educating the participants consisting of several residents of Amban village. This education serves to increase the villagers' knowledge and understanding about the surrounding plants that can be used as herbal medicines. This is to support the public's "back to nature" interest, as well as to optimize the role of surrounding plants as an effort to self-medicate. (Van-Steenis, 2005)

Villagers in Amban Village, Manokwari have a large yard, which they used to grow various medicinal plants and other plants. The plants utilization in their yard is still not as expected. There are some plants that are actually very potential as medicinal plants, but it is not used by villagers. Also, there are plants

that supposed to be used as medicine but the residents throw them away, because people don't really like its shape, and the villagers don't know that these plants have the potential for medical plant to treat their diseases. When observation, it was known that some residents had started to use medicinal plants growing in their yards, but their utilization was still not optimal. Residents sometimes use medicinal plants to treat minor ailments they suffer from, but sometimes their utilization is still wrong, because they are used the plant as medicine only based on friends and neighbors' recommendations. This happens because there is no knowledge that they know either from books or from socialization.

The use of traditional medicine that is not in accordance with the rules is feared to reduce the efficacy of the medicine itself. When the utilization is too much, it is feared that it will also have a toxic effect that will be harmful to the society. (Fitriani, Bela, A., Suryawati, S., 2016). It is necessary to educate the society in optimizing the use of medicinal plants and increasing the public health.

METHOD AND ACTIVITIES

The implementation of this community activity was conducted for one day on March 17th 2021 at the Amban village hall building, Manokwari Regency, West Papua. The stages of this activity consist of two stages, such as:

1. The initial stage, includes:
 - a. Surveys or observations to places that will be used as objects of the activities. This survey aims to obtain the information related to the local community knowledge and self-medication made from surrounding plants. This is intended in succession the community activity later.

- b. Partner's permission, the activist permits to partners while ensuring the activity's schedule.
 - c. Internal coordination between activist in making proposals and distributing job desks
2. The implementation stage, such as:
- a. The activist introduction that represent by the head of local village as partner leader.
 - b. Society counseling on how to use medical plants which includes how to select the right medicine, plant cultivation, and determine medicine doses for certain disease.
 - c. The socialization was conducted through power point, and villagers can see the pictures of plant types that can be used as medicinal plants. After that, villagers can to compare it with plants that grew in their yard,
 - d. The discussion, questions and answers regarding to the medicinal plants use in treating the disease for society's health. Discussion also continuing about the difference between traditional and modern medicine. The documentation of community activities can be seen in Figure 1.



Figure 1. The implementation of Community service activities.

RESULT OF ACTIVITIES

The Community service activities with the theme of using medicinal plants

in Amban village residents to increase knowledge in herbal medicine were conducted on Wednesday, March 17th 2021 from 1.00 Wit - 4.00 Wit, at the Amban Village Hall building, Manokwari Regency, West Papua.

1. Initial Stage

The survey that has been conducted obtained the data related to types of plants around the residents' yard. Based on the survey, the average of residents stated that the plant they mentioned were merely weeds so they had to be liquidated.

2. Implementation Stage

In accordance with the activities' schedule that had been previously planned, this activity was officially opened by the head of Amban village who really appreciated this activity. This activity was conducted at Amban village hall meeting building and was attended by the residents.

The implementation of this community activity aims to educate the society about surrounding plants that can be used as an effort in self-medicating. The socialization was implemented through counseling, the presenters conveyed several types of plants and their roles or benefits for health. The implementation of this activity was followed by great enthusiasm from participants. At the discussion stage, the presenter mentioned several garden plants and their useful characteristics. Participants are invited to mention the plant's name based on the area's name. At the end of the activity, a question and answer session was held. This aims to see participants' ability in remembering the plants' types that have been previously described, along with a list of medicinal plants names and their benefits can be seen in table 1.

Table 1. Some plants' name along with participants' answer.

NO	Plant Name	Benefit	Local Name (participant answers)
1.	betel leaf	Lowering gout arthritis level	Daun kaca-kaca
2.	Meniran	Urinary tract infection	Sibokorang
3.	Krokot	Healing the heart disease	Lengngalo
4.	Kitolot	Healing the swelling in eyelids.	Barakati
5.	Morinda citrifolia (noni leaves)	Deflating the breast swelling	Noni leaf

From the discussions result with the residents of Amban village, Manokwari, the results obtained that there is an increase in the participants' knowledge regarding to self-medication by utilizing natural plants around. The success indicators of this activity can be seen from the participants' ability in answering questions from the activist.

CONCLUSION AND SUGGESTION

The socialization about the use of traditional medicines made from local plants is the first step in increasing the knowledge and understanding of Amban villagers about self-medication by utilizing the surrounding environment. This community activity has the impact of increasing the participants' knowledge. In

the future, these community participants need to be followed up to see the behavior change after gaining knowledge about surrounding plants that can be used as traditional medicines.

It is hoped with this community activity, partners are able to take advantage of surrounding plant species for self-medication in reducing the dependence on chemical drugs, ease the family's economic burden and be able to preserve the local wisdom for the next generation.

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