

Utilization of Medicinal Plants as a Source of Local Herbal Medicine in East Kuripan Village, West Nusa Tenggara

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ABSTRACT

Indonesia is one of the tropical countries that is rich in various natural resources such as flora and fauna. Indonesia has the ability to produce medicinal plants because it is a multicultural country with rich natural resources. Medicinal plants are a type of plant that is efficacious and used for traditional medicine. One type of traditional medicine is herbal medicine. Herbal medicine is a traditional herb used by the community to treat minor illnesses and prevent diseases from developing. This study aims to analyze the level of utilization of medicinal plants as ingredients for making local herbal medicine in East Kuripan Village. This study uses a qualitative method that produces descriptive data in the form of written or spoken words from the community. Sampling was carried out using a simple random sampling method in the people of East Kuripan Village. The instrument used in this study is interview guidelines. This study uses a triangulation method that aims to study the same phenomenon and to increase the credibility of the research. Based on the results of interviews that have been conducted with several communities in East Kuripan Village. The researcher obtained interesting information about the manufacturing process, types of herbal medicine, and the benefits felt by the community. The types of herbal medicine obtained are uyup-uyup jamu, sour turmeric jam, kencur rice jam, herbal drinks and 2 types of jamu whose names are not found.



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INTRODUCTION

Indonesia is widely recognized as one of the tropical countries endowed with abundant biodiversity, including a vast array of flora and fauna that serve as valuable resources for human life. The tropical climate, fertile soil, and diverse ecosystems enable the growth of thousands of plant species, many of which possess medicinal properties. In addition to its biological richness, Indonesia is also characterized by cultural diversity, with hundreds of ethnic groups and local traditions that have developed unique systems of traditional knowledge over generations. These knowledge systems include practices related to health, medicine, agriculture, and environmental management. The integration between natural resource availability and cultural knowledge has shaped the long-standing tradition of utilizing medicinal plants in Indonesian communities (Kartini et al., 2026; Wulandari et al., 2026; Kastanja, 2022; Sazali et al., 2020).

Ethnographically, Indonesian society consists of numerous ethnic groups, each possessing distinctive cultural practices and local wisdom regarding the use of medicinal plants. This traditional knowledge is often transmitted orally from one generation to another through family traditions and community practices. Each ethnic group typically has its own understanding of which plant species can be used for specific health conditions, which parts of the plant are most beneficial, and how the plants should be processed and administered. Such knowledge reflects a close interaction between humans and their natural environment and represents an important component of ethnobotanical heritage. In many regions, traditional healers and community elders play a crucial role in maintaining and disseminating this knowledge (Nuryati et al., 2026; Nisa et al., 2026; Prastiyo et al., 2018; Mulyani et al., 2017).

The utilization of medicinal plants within Indonesian communities can be conducted in different forms depending on the type of illness and the available plant resources. In some cases, medicinal plants are used in a single form, meaning that only one plant species or one specific part of the plant is utilized for treatment purposes. This method is often applied in simple treatments, where leaves, roots, bark, or fruits are directly processed or consumed. For example, certain plants may be boiled, crushed, or applied topically to alleviate minor health problems. The simplicity of this approach reflects the practical knowledge developed by local communities through long-term empirical experience (Wulandari et al., 2026; Winara & Mukhtar, 2016).

However, in most cases, people prefer to combine several medicinal plants into a mixture commonly known as herbal medicine or traditional herbal formulations. These mixtures are typically prepared through boiling, grinding, or extracting plant materials to produce herbal drinks or remedies. One of the most widely recognized forms of traditional herbal medicine in Indonesia is jamu, which has been practiced for centuries as part of the cultural heritage of the Indonesian people. Jamu is commonly consumed to treat mild illnesses, enhance body immunity, maintain stamina, and support overall health. The continued use of herbal medicine demonstrates the strong cultural attachment of Indonesian communities to traditional healing practices that rely on natural ingredients (Isnawati, 2021; Sazali et al., 2024).

Historically, herbal medicine has become deeply rooted in Indonesian society and serves as a symbol of cultural identity and traditional knowledge. Traditional herbal recipes have been inherited from ancestors and preserved across generations in various regions of Indonesia. These herbal formulations are typically derived from plant parts such as roots, stems, leaves, bark, flowers, and seeds that are processed using traditional methods. The persistence of herbal medicine practices illustrates how indigenous knowledge systems remain relevant in addressing health needs, especially in rural communities where access to modern healthcare may be limited. Consequently, the preservation and documentation of this

knowledge are essential for safeguarding Indonesia's ethnomedicinal heritage (Sopia et al., 2026; Mulyani et al., 2017; Sazali et al., 2020).

Despite the richness of medicinal plant resources and traditional knowledge, the utilization of these plants has shown signs of decline in certain communities. Based on preliminary observations conducted by the author, the use of medicinal plants as ingredients for local herbal medicine in East Kuripan Village remains relatively low. Furthermore, the preservation of Sasambo ethnobiological cultural heritage is increasingly threatened due to the limited transfer of knowledge to younger generations. Modernization, lifestyle changes, and the growing dependence on modern medicine contribute to the gradual loss of traditional knowledge related to medicinal plants. Therefore, this study aims to analyze the level of utilization of medicinal plants as ingredients for making local herbal medicine in East Kuripan Village, as well as to highlight the importance of preserving ethnobotanical knowledge for future generations.

METHOD

This study employs a causative qualitative approach aimed at identifying and describing the types of medicinal plants utilized by the community of East Kuripan Village as ingredients for traditional herbal medicine. Qualitative research is particularly suitable for exploring local knowledge systems, cultural practices, and community-based health traditions because it focuses on understanding social phenomena through descriptive data derived from words, narratives, and lived experiences of participants (Creswell & Creswell, 2018). In the context of ethnobotanical studies, qualitative approaches are often used to document indigenous knowledge related to plant utilization, preservation, and traditional healing practices (Martin, 2014). Through this approach, the research seeks to uncover the diversity of medicinal plants and the local wisdom embedded in their use by the community.

This research was conducted in East Kuripan Village, Kuripan District, West Lombok Regency, West Nusa Tenggara, during April–May 2025. The research instruments consisted of field notebooks, cameras for documentation, interview guidelines, and identification of medicinal plant species used by the community. The data collection process involved direct observation and interviews with community members who possess knowledge about traditional herbal medicine. According to qualitative research principles, the use of interviews and observation allows researchers to obtain rich and contextual information regarding social practices and traditional knowledge systems (Patton, 2015). In ethnobotanical studies, documentation tools such as photographs and plant identification records are also important for validating plant species and preserving local biodiversity knowledge (Cotton, 1996).

The initial stage of this research involved determining the research location and conducting preliminary observations to gain an overview of community practices in utilizing medicinal plants. Following this stage, data were collected using semi-structured interview guidelines to obtain in-depth information from community members regarding the types, preparation methods, and benefits of medicinal plants used in traditional herbal medicine. The interview process and the medicinal plant species mentioned by informants were then documented through field notes and photographic records. The final stage involved analyzing the data obtained from in-depth interviews using qualitative descriptive analysis to interpret patterns of medicinal plant use and the cultural context surrounding these practices. Such analytical processes enable researchers to interpret local knowledge systems and understand how communities maintain traditional health practices across generations (Bernard, 2017).

To ensure the validity and credibility of the findings, this study applied data triangulation techniques. Triangulation is widely recognized in qualitative research as a strategy to examine a phenomenon from multiple perspectives in order to enhance research

reliability and credibility (Denzin, 2017). In this study, triangulation was conducted by comparing information obtained from different informants, data collection methods, and documentation sources. Through this process, the researcher was able to verify the consistency of information related to medicinal plant usage across various sources and contexts. Triangulation can therefore be understood as an effort to cross-check data obtained from different sources, methods, and times to ensure the accuracy and trustworthiness of the research findings (Flick, 2018). By applying this approach, the study strengthens the validity of the documented ethnobotanical knowledge within the East Kuripan community.

RESULTS AND DISCUSSION

Based on the results of interviews that have been conducted with several people who are still making herbal medicine in East Kuripan Village. That various interesting information was obtained about the manufacturing process, types of herbal medicine, and the benefits felt by the community. The types of herbal medicine obtained are uyup-uyup jamu, sour turmeric jam, kencur rice jam, herbal drinks and 2 types of jamu whose names are not found.

Table 1. Interview on the use of medicinal plants as a source of local herbs

Yes	Name of Jamu	Benefits	Medicinal plants that Used	Organs used	How to get it	How process	to
1.	Herbal Medicine	Dirty blood cleanser after childbirth and postpartum care drinks	Turmeric, white pepper, galangal, ginger	Turmeric (rhizome), white pepper (seeds), galangal (rhizome), ginger (rhizome)	Cultivation and purchase	Crushed and boiled boiling	and until
2.	Sour turmeric herbs	Treating abdominal pain such as flatulence.	turmeric, ginger, galangal, pepper and coriander.	Turmeric (rhizome), ginger (rhizome), galangal (rhizome), pepper (seeds) and coriander (seeds).	Cultivation and purchase	boiled until boiled	until
3.	Kencur rice herbs	Treat abdominal pain such as nausea, vomiting and menstrual pain.	Kencur, turmeric, temulawak,	Kencur (rhizome), turmeric (rhizome), temulawak (rhizome)	Cultivation and purchase	It is crushed then boiled until boiled and filtered	
4.	Immunity herbal drinks	Treating heart disease and acid reflux.	Turmeric, temulawak,	Turmeric (rhizome), temulawak	Cultivation and purchase	in geprek then boiled until boiling	

			ginger, lemongrass	(rhizome), ginger (rhizome), lemongrass (stem)		
5.	The name of the herb was not found	Treats stomach acid and is able to control diabetes	Turmeric and coconut	Rhizomes and fruits	Cultivation	Crushed then cooked until boiling
6.	The name of the herb was not found	Appetite booster	Turmeric and galangal	Turmeric (rhizome), and galangal (rhizome)	Cultivation and purchase	It is crushed then boiled and ready to drink.

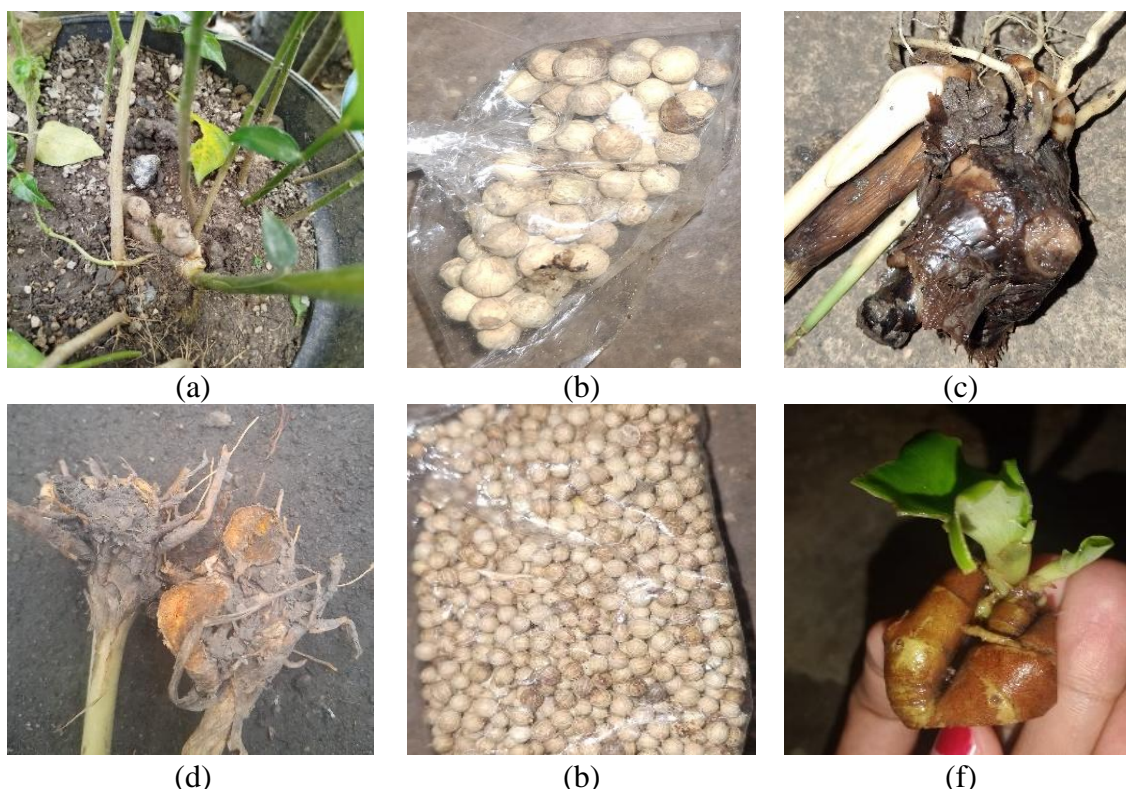


Figure 1. Medicinal plants used as a source of processing local herbs (a) Ginger, (b) Pepper, (c) Galangal, (d) Turmeric, (e) Coriander, (f) Kencur

Jamu is a word that originated in the Javanese language in 16 AD. The word Jamu comes from two words, "Jumpi" and "Oesodo", which means healing using herbs which means medicine, prayer, and magical smell. Jamu first appeared during the Mataram Kingdom or about 1300 years ago (Nurbaidah, 2022). Jamu is a traditional Indonesian herbal medicine that has been practiced for centuries in Indonesian society to maintain health and treat diseases. Even though there are many modern medicines, herbal medicine is still very popular in rural

and urban areas. Especially when a cure for a disease has not been found, people will return to using plants as an alternative treatment with their various benefits. In addition, with low prices and easy-to-find raw materials, herbal medicine can be made and consumed at home (Kusumo et al., 2020).

a. Herbal Medicine

Jamu uyup-uyup is made from traditional medicines such as white pepper, turmeric, galangal and ginger. The parts used in this traditional medicine are fruits and rhizomes. The acquisition of the ingredients is by cultivation and purchase. These ingredients are in a blender when boiled and added with complementary ingredients such as lime, brown sugar and a little water tape. Herbal medicine can be used as a cleanser for dirty blood after childbirth and a postpartum treatment drink.

Herbal medicine is generally consumed by women after giving birth with the aim of improving and facilitating breastfeeding. However, there are also those who consume it as a treatment drink during the postpartum period (Adriani & Pritasari, 2024). Jamu uyup-uyup is also trusted to eliminate unpleasant body odor in both mothers and babies Respondents added white pepper, galangal and a little water tape to the process of making jamu uyup-uyup. Pepper (*Piper nigrum*) It is widely used in herbs as a treatment for mothers after childbirth. Pepper has warming properties and improving blood circulation (Nasution, 2021). Galangal is used to help speed up wound healing, improve blood circulation. Air tape is used in herbal herbs as a cleanser for dirty blood after childbirth.

b. Sour turmeric herbs

Sour turmeric is a drink made from the base of turmeric rhizome juice (*Turmeric domestica*), Tamarind Fruit Flesh (*Tamarindus indica*) and granulated sugar (Afiah et al., 2025). Sour turmeric herbs are made from traditional medicines such as turmeric, ginger, galangal, pepper and coriander. The part used of this traditional medicine is the rhizome and its fruit. The acquisition of the ingredients is by cultivation and purchase. These ingredients are boiled and added with complementary ingredients such as tamarind, brown sugar and lime. Sour turmeric herbs can be used to treat stomach pain such as flatulence.

Tamarind turmeric herbal drinks are widely consumed by the public, made from turmeric rhizomes, tamarind fruits, water, sugar and with the addition of lime juice. Several research results show that the basic ingredients of the herbal drink have biological activity that is good for health because of the content of bioactive compounds (such as organic acids, polyphenolics, and flavonoids). For example, turmeric as the main ingredient of sour turmeric herbal drinks has benefits as an antioxidant and antibacterial due to the role of curcumin compounds. In addition, there are also those who add lime juice which is considered to add freshness to the sour turmeric herbal drink. Lime contains bioactive compounds in the form of phenolic groups, flavonoids, and ascorbic acid which are antioxidant compounds (A'yunin & Santoso, 2019).

This respondent added ginger, coriander and pepper to the process of making sour turmeric herbal medicine. Ginger is believed to stimulate the production of digestive enzymes and bile, help relieve flatulence, and facilitate the digestive process (Toxicology, 2024). Ginger contains bioactive compounds such as gingerol and shogaol which have stimulant properties and can increase appetite. Coriander is used to relieve gastrointestinal, respiratory discomfort, and urination complaints. In addition, the coriander plant has traditional medicinal uses to treat flatulence, dysentery, diarrhea, and vomiting. Pepper (*Piper nigrum*) contains active ingredients in the form of piperine alkaloids. Piperine can be used extensively in the treatment of pain, chills, rheumatic arthritis, influenza, and fever.

Piperine is reportedly used to improve blood circulation, salivation, appetite stimulation, hypotension, and vascular cell modulation (Aini dkk., 2025).

c. Kencur rice herbs

Kencur rice herbal medicine is a nutritious herbal drink that is processed from various ingredients. The main ingredients that make up kencur rice are kencur and rice (Sofiatunnufus et al., 2022). Kencur rice herbal medicine is made from traditional medicines such as Kencur, turmeric and temulawak. The part used in this traditional medicine is the rhizome. The acquisition of the ingredients is by cultivation and purchase. The traditional medicine is crushed then boiled and mixed with complementary ingredients such as rice and lime. Kencur rice herbal medicine can be used to treat stomach pain such as nausea, vomiting and menstrual symptoms.

Kencur rice is the type of herbal medicine that is most in demand by the public. This type of herbal medicine can be consumed by children and adults who do not like the bitter taste but still expect the benefits of herbal medicine. In addition, kencur rice is usually drunk as an antidote after drinking herbal medicine that tastes bitter (Monita et al., 2021). Kencur contains 2.4-2.9% essential oils consisting of ethyl parametoxycinnamic (30%), camphor, borneol, cineole and pentadecane which can treat cough. removes wind from the stomach and warms the body. Kencur is used as a herbal ingredient because it has many benefits for health. Benefits of kencur for health, such as stomach heartburn, stomach inflammation, cough, sprains, cold medicine, and diarrhea (Wiratama & Arianty, 2023). Rice has a high carbohydrate content reaching 78.9 g/100 g of substance. The main carbohydrate contained in rice is starch. Rice starch consists of two glucose polymers, namely amylose and amylopectin.

d. Herbal drinks

Immunity herbal drinks are made from traditional medicines such as turmeric, temulawak, ginger and lemongrass. The parts used in this traditional medicine are the rhizomes and stems of lemongrass. The acquisition of the ingredients is by cultivation and purchase. The traditional medicine is crushed then boiled and mixed with complementary ingredients such as brown sugar, lime and passion fruit. Processing by boiling is a simple and common way in the community. This herbal drink can be used to treat heart disease and stomach acid.

Ginger (*Zingiber officinale*) is a group of rhizomes of the family *Zingiberidae* which has a variety of potentials and can be used as a spice for cooking, traditional medicine, or made into drinks. In general, ginger contains nutrients and active chemical compounds that function as preventive and curative. As an ingredient in traditional medicine, ginger has properties to prevent and treat various diseases, such as: impotence, cough, aches, dizziness, headache, rheumatism, low back pain, cold, bronchitis, stomach pain, muscle pain, vertigo, nausea during pregnancy, osteoarthritis, digestive system disorders, pain during menstruation, high levels of bad cholesterol and blood triglycerides, cancer, heart disease, impaired brain function, Alzheimer's, infectious diseases, asthma, impaired breast milk production, low sexual arousal, and low body stamina (Savero et al., t.t.). Temulawak (*Turmeric xanthorrhiza*) Traditionally it is widely used for medicinal purposes or as a drink to maintain health. Temulawak can be used as an ingredient in traditional medicine because curcuma contains many nutrients and chemical compounds that are very important and good for health (Rudy et al., t.t.). This plant has a variety of biological activities such as anti-inflammatory, anticancer, wound healing, and lowering serum cholesterol levels. In addition, temulawak is also used to increase endurance and stamina (Dewi et al., t.t.).

Turmeric is a type of plant that belongs to the *Zingiberaceae* family which has pseudo-stems formed from the fronds of its leaves. The main part of the turmeric plant is its rhizome which is where the shoots grow. Turmeric rhizomes have compounds that contain 28% glucose, 12% fructose, 8% protein, 52% essential oils consisting of 25% sesquiterpene ketones, 25% zingiberine and 50% curcumin and their derivatives. Turmeric rhizomes have the main compounds which are curcuminoids and essential oils. Curcumin is the main compound present in turmeric and is responsible for the yellow color of turmeric. Curcumin is an antioxidant that can treat coronary heart disease because it is able to suppress the formation of atherosclerosis and lower cholesterol levels in the blood. Turmeric has antioxidant and anti-inflammatory properties that play an important role in preventing heart disease.

e. Name of jamu not found

This herbal medicine is made from traditional medicines such as turmeric and coconut milk. The parts used in this traditional medicine are the rhizomes and fruits of the coconut. The ingredients are obtained by cultivation. The traditional medicine is geprek then boiled and mixed with complementary ingredients such as lime, salt and sugar. Processing by boiling is a simple and common way in the community. This herbal medicine can be used to treat stomach acid and is able to control diabetes.

Turmeric is known by the name *Curcuma longa*, It has long been used in traditional medicine as a natural anti-inflammatory. In addition, turmeric also has antimicrobial properties that can help prevent infections that could potentially lead to gastritis. By reducing inflammation and fighting infections, turmeric can help reduce symptoms of gastritis such as abdominal pain, nausea, and vomiting. Turmeric is often used for natural herbal treatment because it contains the main active compounds in the form of curcuminoids and essential oils that are useful for relieving pain in the stomach (Syafila et al., 2024). The main ingredients of turmeric are curcumin and essential oils. These ingredients can help treat diabetes mellitus, typhoid fever, pyogenic, diarrhea, vaginal discharge, irregular menstruation, heartburn during menstruation, promoting breast milk, tonsillitis, stomach ulcers, anti-itching, disinfectant, anti-seizure, can reduce swelling in the mucous membranes in the mouth (Handayani et al., 2023).

f. The name of the jamu was not found

This herbal medicine is made from traditional medicines such as turmeric and galangal. The part used in this traditional medicine is the rhizome. The ingredients are obtained by cultivation. The traditional medicine is blended and then boiled and mixed with complementary ingredients such as lime, tamarind and coconut milk. Processing by boiling is a simple and common way in the community. This herbal medicine can be used to increase appetite.

Turmeric (*Curcuma longa*) It is a rhizome plant that is widely used by humans as an antibiotic, antiviral, antioxidant and improves the digestive tract. Curcumin in turmeric can stimulate the walls of the gallbladder to secrete bile fluid and stimulate the release of pancreatic sap which contains amylase, lipase and protease enzymes that are useful for improving the digestion of feed ingredients such as carbohydrates, fats, and proteins. In addition, the essential oils contained in turmeric can accelerate the emptying of stomach contents so that appetite increases (Novi Eka Wati & Miki Suhadi, 2020). Galangal is a biopharmaceutical plant because it contains various bioactive substances that function as medicinal ingredients, especially from the red galangal type. Galangal is often used to treat gastric disorders such as colic and to remove wind from the stomach, increase appetite, neutralize food poisoning, relieve pain, facilitate urination, overcome kidney disorders, and

treat herpes disease. Galangal is also considered to have anti-tumor or anti-cancer properties, especially tumors in the mouth and stomach, and is sometimes also used as an aphrodisiac or libido enhancer. Its efficacy, which has been scientifically proven through various studies, is as an anti-microbial.

CONCLUSION

Based on the results of interviews that have been conducted with several people who are still making herbal medicine in East Kuripan Village. That various interesting information was obtained about the manufacturing process, types of herbal medicine, and the benefits felt by the community. The types of herbal medicine obtained are uyup-uyup jamu, sour turmeric jam, kencur rice jam, herbal drinks and 2 types of jamu whose names are not found. Herbal medicine can be used as a cleanser for dirty blood after childbirth and a postpartum treatment drink. Sour turmeric herbs can be used to treat stomach pain such as flatulence. Kencur rice herbal medicine can be used to treat stomach pain such as nausea, vomiting and menstrual symptoms. This herbal drink can be used to treat heart disease and stomach acid. This unnamed herbal medicine can be used to treat stomach acid, be able to control diabetes and increase appetite.

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