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Types of Medicinal Plants in Ombo Village, Sirenja Sub-District and Their Use as Learning Media

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ABSTRACT

The purpose of this research is to describe the types of medicinal plants, parts of medicinal plants and the processing of medicinal plants and to produce learning media in the form of pocket books. This research was carried out in January-July 2024 in Ombo Village, Sirenja District. This type of research is in the form of descriptive qualitative research with data collection techniques of Observation, interviews, surveys and documentation and using the purposive sampling method. The results of the research obtained are 28 species of medicinal plants. Processing by boiling is the most, which is as many as 16 species, in addition to the processing by grinding and pounding and boiling. The leaves are the most widely used, namely 18 species, besides that the parts used are also the stems, fruits, rhizomes and roots. The results of the research on the types of medicinal plants in Ombo Village, Sirenja District, are very feasible to be used as a learning medium with an average score of 82.64%.

INTRODUCTION

Indonesia has around 90,000 types of plants, of which around 9,600 are known to have medicinal properties and there are 300 types of plants that are used as traditional medicinal ingredients (Larasati, 2019). Traditional medicine in Indonesia is commonly known as jamu, which generally contains a mixture of herbal medicines derived from plants (Anugrah et al., 2022). Plant parts that are commonly used as medicinal ingredients are leaves, roots, stems, tubers or all parts of plants. There are 9,600 species of medicinal plants that have been used by 400 tribes or ethnicities in Indonesia (Paramita et al.,

2019). Medicinal plants are plants that have medicinal properties and are used as drugs to cure various diseases. Medicinal plants contain active substances that function to treat various diseases (Sari & Andalia, 2019).

Donggala Regency, especially in Ombo Village, Sirenja District, there are still many people who use traditional medicinal plants to treat various diseases experienced. However, the medicinal plant still uses the local name of each region or local tribe. Through research on these types of medicinal plants, it is hoped that the public will be more familiar with the scientific name of each medicinal plant used, thus it is necessary to conduct further research in Ombo Village.

Ombo Village is one of the villages in Sirenja District which consists of 3 hamlets. Hamlets 1 and 2 are located on the Trans Sulawesi road while hamlet 3 is located on the east side which is the access that is commonly used by the people of Ombo Village to go to the plantation. The people of Ombo Village consist of several tribes including the Kaili tribe, the Bugis tribe, and the Javanese tribe. The most dominant tribe is the Kaili tribe and some people have a livelihood as farmers and fishermen (BPS Donggala Desa Ombo Kecamatan Sirenja, 2020). The people of Ombo Village still tend to use medicinal plants as an alternative treatment because they do not need to spend money and the side effects are relatively small. In addition, its efficacy is very effective in curing various diseases such as itching, wounds, postpartum care, fever, malaria, and others.

Based on the results of observations and initial interviews that have been conducted in Ombo Village, Sirenja District, the life of the people in Ombo Village, tends to still use medicinal plants as an alternative treatment. Although in Ombo Village there are already health services in the form of Puskesmas which are located in Ombo Village, there are still many people who still use plants that are believed to be medicine because they do not need to spend money and the side effects are relatively small. In addition, its efficacy is very effective in curing various diseases such as itching, wounds, postpartum care, fever, malaria, and others.

The knowledge and experience of the people of Ombo Village about the use of medicinal plants is passed down from generation to generation to children and grandchildren. However, the use of names on medicinal plants still uses local names due to a lack of knowledge about the scientific names of the medicinal plants. In addition, the drug processing techniques used are not known to all the people of Ombo Village, so the processing is still carried out according to conjecture and experience. Therefore, based on the above problems, it is necessary to conduct research on Types of Medicinal Plants in Ombo Village, Sirenja Sub-District which is expected to add information to the community about the scientific name and processing of these medicinal plants. Based on this background, the formulation of this research problem is, what are the types of medicinal plants used by the people of Ombo Village, Sirenja Sub-District and how they are processed and what parts of the plant are used as medicinal plants and whether the results of this research are suitable as a learning medium in the form of a pocket book. This study aims to describe the types of medicinal plants in Ombo Village, the parts of medicinal plants used, and the processing of medicinal plants used by the people of Ombo Village, Sirenja District and to produce learning media in the form of pocket books about the types of medicinal plants in Ombo Village, Sirenja Sub-District.

METHOD

Based on the problems that occurred in Ombo Village, namely the lack of information about the scientific name of medicinal plants, how to process medicinal plants and what parts are used in medicinal plants, research was carried out using qualitative descriptive methods with data collection techniques of observation, interviews, surveys and documentation. The descriptive method aims to describe all types of medicinal plants obtained during the study. By using the *purposive sampling* technique method because the person to be interviewed is a person who has special knowledge about the types of medicinal plants. This research was carried out in Ombo Village, Sirenja Sub-District. The area where the research subject was taken was the residential area of Ombo Village which consisted of 3 hamlets, with the help of key informants. The time of this research was carried out in January-July 2024.

RESULTS AND DISCUSSIONS

Research Results of Types of Medicinal Plants in Ombo Village

Based on the results of research conducted in Ombo Village, Sirenja Sub-District, Donggala Regency, the total number of medicinal plants at the research site was obtained as many as 20 families consisting of 28 species. The results of the research on the types of medicinal plants in Ombo Village can be seen in the following Table 2.

Table 2. Types of Medicinal Plants in Ombo Village

No.	Familia	Species	Organs used	Benefit
1.	Piperaceae	<i>Catharanthus roseus</i> L.	Leaf	Diarrhea
		<i>Peperomia pellucida</i> L. Kunth.	Leaf	Gout and Burns
2.	Apocynaceae	<i>Catharanthus roseus</i> L.	Leaf	Diabetes
3.	Lamiaceae	<i>Orthosiphon aristatus</i> Benth	Leaf	Coughs and Rheumatism
4.	Achantaceae	<i>Coleus scutellarioides</i> L.	Leaf	Febrifuge
		<i>Andrographis paniculata</i> Nees	Leaf	Diabetes and itching
		<i>Strobilanthes crispus</i> L.	Leaf	Diabetes and Urinary stones
5.	Zingiberaceae	<i>Alpinia galanga</i> L.	Rhizome	Joint pain
		<i>Curcuma domestica</i> L.	Rhizome	Menstrual itching and Pain
6.	Caricaceae	<i>Zingiber officinale</i> Rosc.	Rimpang	Cough and Fatigue relief
		<i>Carica papaya</i> L.	Leaf and Fruit	Malaria and Indigestion
7.	Poaceae	<i>Cymbopogon citratus</i> DC.	Trunk	Cholestrol
		<i>Cymbopogon nardus</i> L.	Trunk	Burns and Body mold
8.	Annonaceae	<i>Annona muricata</i> L.	Leaf	Gout
9.	Anacardaceae	<i>Lannea coromandelica</i> (Houtt.)	Trunk	Cut wounds
10.	Euphorbiaceae	<i>Acalypha indica</i> L.	Root and Leaf	Gout
11.	Oxalidaceae	<i>Averrhoa bilimbi</i> L.	Fruit	Hypertension and Cholesterol
12.	Crassulaceae	<i>Kalanchoe pinnata</i> L.	Leaf	Boils and Sores
13.	Apiaceae	<i>Centella asiatica</i> L.	Leaf	Joint pain and Brain memory boost
14.	Rubiaceae	<i>Morinda citrifolia</i> L.	Leaf	Arthritis
15.	Moringaceae	<i>Moringa oleifera</i> Lam.	Leaf	Diabetes
16.	Malvaceae	<i>Abelmoschus manihot</i> L.	Leaf	Maagh
		<i>Hibiscus rosa-sinensis</i> L.	Leaf	Relieve fever
		<i>Abelmoschus esculentus</i> L.	Fruit	Diabetes
17.	Astraceae	<i>Ageratum conyzoides</i> L.	Leaf	Diarrhea
18.	Liliaceae	<i>Cordyline fruticosa</i> L.	Leaf	Bloody urine
19.	Cannaceae	<i>Canna indica</i> L.	Root	Hipertensive
20.	Araliaceae	<i>Nothopanax scutellarium</i> Merr.	Leaf	Treat wounds and promote breastfeeding

Results of the Validation of the Feasibility of Learning Media

The results of the validation assessment were carried out by a team of 3 expert validators, namely content experts, design experts and media experts and 15 small group students and 20 large group students. The results of the assessment can be seen in the following Table 3:

Table 3. Results of the Validation of the Feasibility of Learning Media

No.	Validator	Presentation
1.	Contents Member	86,6 %
2.	Design Expert	80%
3.	Media Members	76,3%
4.	Small Group Trial	83,5%
5.	Large Group Trial	86,8 %
	Sum	413,2 %
	Average	82,64 %

Medicinal plants are a type of plant that can be used as traditional medicine ingredients where the ingredients can be used as synthetic medicinal ingredients either alone or in combination which are believed to be able to treat a disease and can have a good influence on health (Kusuma, 2018; Almagfira et al., 2024; Supriyatman et al., 2024). Based on research that has been carried out in Ombo Village, Sirenja Sub-District, the medicinal plants used by the community are 28 species. Based on their habitus, the 28 types of plants are distinguished into types of herbs, shrubs, trees and shrubs. Where the most herbaceous plants were found, namely 15, shrubs 5 and trees and shrubs each 4. This is in line with research conducted by Musaicho et al., (2022) on the Utilization of Medicinal Plants by the Community in Sebalo Village which obtained results that the plants found to have more herbaceous habitus, namely 13 types. In addition, the results of this study are also relevant to the research of Yusrof et al., (2019) The most widely used habitus as a medicinal ingredient of the Dayak Iban tribe is the herbal group, which is as much as 43%.

The plant parts that are used by the people of Ombo Village as medicinal ingredients are very diverse and almost all plant parts can be used as medicine. The parts of the plant can be seen in Table 2. Based on Table 2, the most widely used plant parts are the leaves of 18 types of plants. This is because the young leaves are processed and obtained compared to the roots, stems, and fruits. This is in line with research conducted by (Riadi et al., 2019), that the Dayak people use more leaves because the leaves are easy to process and have been used by the community for generations. This research is also in line with research conducted by Sauji (2019), in Gunung Sembilan Village, which obtained the results that the most widely used part is the leaf part as many as 10 types. In addition, the stem part is 3 types of plants, the fruit part is 3 types of plants, the rhizome part is 3 types of plants, the root part is 2 types of plants, the leaf and fruit part is 1 type of plant and the root and leaf part is 1 type of plant. This is in accordance with research conducted by (Agung et al., 2021) where the most widely used plant part of the Kaili Rai tribe in Sisere is the leaf part, with a percentage value of 65.07% or more than half of the use of plant parts. While the parts that are rarely used are the roots, rhizomes, stems and fruits. In addition, research by Maharani et al., (2021) that the Dayak Mahap and Malay Tribe communities in Tembesuk Village also use the most leaves, which is as much as 60%.

The use of medicinal plants can treat various kinds of diseases, there are several plants that have the same benefits including *Catharanthus roseus* L., *Moringa oleifera* L., *Strobilanthes crispus* L., *Abelmoschus esculentus* L. which is used as a diabetes drug. *Cymbopogon citratus* DC. and *Averrhoa bilimbi* L. which are used as cholesterol drugs. *Annona muricata* L., *Acalypha indica* L. and *Peperomia pellucida* L. Kunth. which are used as gout remedies are in line with research conducted by (Hariani, 2018) that the *Annona muricata* L. plant is used by the Budi Mukti community as a medicine to treat

gout. *Acalypha indica* L., *Alpinia galanga* L., *Centella asiatica* L., and *Morinda citrifolia* L. which are used as medicines for rheumatism and joint pain. *Piper betle* L. and *Ageratum conyzoides* L. which is used as a diarrheal medicine. *Orthosiphon aristatus* Benth. and *Zingiber officinale* Rosc. which are used as cough medicines. This is relevant to research conducted by Irmawati, et al. (2022) that one of the alternative ingredients used as a remedy for coughing is the ginger plant or *Zingiber officinale* Rosc. *Lannea coromandelica* Houtt., *Kalanchoe pinnata* L., *Peperomia pellucida* L. Kunth., *Nothopanax scutellarium* Merr., *Cymbopogon nardus* L. which is used as a medicine for external wounds such as cuts, burns and ulcers. This is relevant to the research conducted by, Meisia et al., (2020) the plant *Peperomia pellucida* L. is used by the Malay Tribal Community in Sungai Daun Village as a medicine for external wounds. *Averrhoa bilimbi* L. and *Canna indica* L. which are used as hypertension drugs. *Coleus scutellarioides* L. and *Hibiscus rosa-sinensis* L. are used as fever-reducing drugs. *Andrographis paniculata* Ness and *Cymbopogon nardus* DC. are used as medicines for itching and fungi on the body. While other plants have different benefits, including *Curcuma domestica* L. as a medicine for menstrual pain, *Carica papaya* L. as a medicine for malaria and difficult bowel movements, *Zingiber officinale* Rosc. is used as a medicine to relieve fatigue, *Centella asiatica* L. as a medicine to improve brain memory, *Abelmoschus manihot* L. as a medicine for maagh, *Cordyline fruticose* L. as a blood urine drug and *Nothopanax scutellarium* Merr. is used as a drug to promote breast milk.

The method of processing medicinal plants, based on the results of interviews with several Ombo Village communities, found that processing by boiling is the most carried out, namely as many as 16 species of medicinal plants including *Caranthus roseus* L., *Orthosiphon aristatus* Benth, *Andrographis paniculata* Ness, *Alpinia galanga* L., *Cymbopogon citratus* DC., *Annona muricata* L., *Acalypha indica* L., *Zingiber officinale* Rosc., *Averrhoa bilimbi* L., *Centella asiatica* L., *Moringa oleifera* L., *Abelmoschus manihot* L., *Ageratum conyzoides* L., *Abelmoschus esculentus* L., *Cordyline fruticose* L., *Canna indica* L., *Peperomia pellucida* L. Kunth., *Strobilanthes crispus* L. and *Nothopanax scutellarium* Merr. This is in line with research conducted by (Hariani, 2018) that the Budi Mukti Village Community uses medicinal plants the most by boiling. This is also relevant to the research conducted by Maulidiah et al., (2020) that the people of Kebun Tebu District process a lot of medicinal plants by boiling. In addition, as many as 12 plant species are processed by pounding, including *Piper betle* L., *Andrographis paniculata* Ness., *Curcuma domestica* L., *Carica papaya* L., *Zingiber officinale* Rosc., *Kalanchoe pinnata* L., *Morinda citrifolia* L., *Coleus scutellarioides* L., *Hibiscus rosa-sinensis* L., *Peperomia pellucida* L. Kunth., *Nothopanax scutellarium* Merr. and *Cymbopogon nardus* L. This is relevant to the research conducted by Roza et al., (2020) that the Manggarai Tribe of Ndosso District processes medicinal plants in addition to boiling, processing is also carried out by mashing. A total of 4 types are processed by grinding and boiling, including *Andrographis paniculata* Ness., *Zingiber officinale* Rosc., *Peperomia pellucida* L. Kunth. and *Nothopanax scutellarium* Merr. This is in accordance with research conducted by (Aula et al., 2023) where the community around the slopes of Mount Kawi most processed medicinal plants by boiling, which was 52%, mashed or pounded as much as 14%, squeezed and brewed herbs as much as 10%, brewed as much as 7%, unprocessed as much as 2% and dried as much as 2%.

According to Vadilla et al., (2019) a pocket book is a small book that can be pocketed. So the pocket book can be taken anywhere and can be used to study easily at any time. In addition to being practical, pocket books contain materials that are short and packaged in attractive forms (many colors and pictures), so that they can increase interest in reading (Nurhayati, 2019). The contents of the pocket book include the classification of types of medicinal plants, descriptions of types of medicinal plants, the part of medicinal plants used and the benefits of medicinal plants. After completing the creation of the pocket book, then to find out whether the pocket book is suitable or not suitable for use as a learning medium, media validation is carried out by a team of experts and student groups. The results of the

assessment by the expert team and student groups will then be calculated based on the percentage category of the feasibility of learning media according to Arikunto (2010).

Based on the results of the assessment of the expert team and student groups, the results for content, media and design experts each received a percentage score of 86%, 76.3%, and 80%, while for the assessment trial by the student group, the percentages showed 83.5% and 86.8% respectively for small and large groups. Based on the assessment percentage, an average assessment score of 82.64% was obtained or very feasible according to the category of media eligibility percentage by Arikunto (2010).

CONCLUSION AND SUGGESTION

Based on the results of this study, it can be concluded that there are 28 types of medicinal plants used by the people of Ombo Village consisting of 20 families and 28 genera. Medicinal plants are processed by boiling, pounding and pounding boiled. The parts used as medicinal ingredients are leaves, stems, fruits, rhizomes and roots. The results of the assessment of pocket book media are included in the very feasible category with a percentage value of 82.64%. To the next researcher, to further study or focus research on the chemical content contained in these types of medicinal plants.

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