

Identification of Medicinal Plants In South Aesesa Sub-District, NTT Indonesia

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Abstract. Medicinal herbs are plants that have medicinal properties. People in Tengtiba village, South Aesesa sub-district, East Nusa Tenggara (NTT), are still using medicinal herbs to cure diseases. These medicinal herbs have not yet been identified so it is necessary to identify these medicinal herbs that is in the community. The aim of the study was to identify the types of medicinal herbs that exist in South Aesesa District, NTT. The research methods used are: field observations, interviews and documentation. The results showed there were 30 types of medicinal herbs used community. The part that is utilized are the leaves, roots, tubers, stems, sap and seeds. Diseases that are cured including asthma, lumbago, bruising, fever, cold & cough, hives, worms, and burns. The benefit of the study was to produce information on various types of medicinal herbs in the South Aesesa District, NTT.

Keywords: Identification, Medicinal Herbs, South Aesesa.

1. Introduction

People in each region have their own ways in keeping and maintaining their health and lives by using herbs that have medicinal potential to cure diseases [1]. People in Tengtiba village, South Aesesa sub-district, NTT have a variety of local potentials; one of which is the utilization of some types of medicinal herbs that is used to cure diseases. The community still uses medicinal herbs to cure disease but some medicinal herbs in the Tengtiba village of the sub-district of South Aesesa, NTT have not been identified yet. Medicinal plants contain bioactive substances, antioxidants, flavonoids, and phenolic substances that have good effects on health. [2], [3], [4]. Medicinal herbs are one of Indonesia's forest products that are beneficial in terms of ecology, socio-culture, and economy that must be managed as long as their utilization is done rationally by considering the present and future generations [5]. Medicinal herbs are also a basic ingredient or basic materials that are important for healing or inhibiting disease [6]. Traditional medication is usually used as a first aid. Traditional medicine is easy to get since it is located in a residential environment. Traditional medicine does not require a high costs compared to modern medicines [7].

Some plant species diversity in Belu District, East Nusa Tenggara. This study aims to determine the local potential of the Bunaq tribe community in the use of plants [8]. Utilization of medicinal herbs is very important in terms of survival [9]. Herb parts that can be used as medicine are including leaves, bark, flowers, fruit, and seeds until the roots. Most ways to use these parts of the plant are by boiling it, however, squeezing, making loloh, and concocting the parts of the plant are also can be done [10].

Based on interviews with the community, the used of medicinal herbs in the Tengtiba village community in the sub-district of South Aesesa NTT are still running but medicinal herbs have not been identified. Identification of these medicinal herbs can help people know and continue to use medicinal herbs, maintain it, preserve and cultivate local potential in this area as well. The purpose of the study is to identify what types of medicinal herbs exist in the District of South Aesesa, NTT.

2. Method

The research was conducted in April - May 2019, in the Tengtiba village of South Aesesa sub-district, NTT. Data collection was carried out by using explorative sampling techniques. How to collect data is done through direct observation in the field; interviews are conducted to find out and utilize medicinal herbs. Every plant called by the traditional healer or society, recorded according its local name and the part used. Identification of the herbs for writing its scientific names refers to the book Flora of Java (Van Steenis) and other references. Interviews are conducted according to the conditions in the community to know the types of medicinal herbs. Observations were made to see the types of medicinal herbs directly in the community and documentation as evidence of the types of medicinal herbs used by the community. The analysis technique in identifying medicinal plants was qualitative descriptive.

3. Results and Discussion

Tengtiba Village is an area that is located in South Aesesa district, NTT. This area has various local potentials, one of which is the use of medicinal herbs by the community in curing diseases. Based on the results of research obtained through the interview process with traditional healer and the community, information was obtained that there were 30 types of medicinal herbs used by the community to overcome various types of diseases. For more details regarding the names of medicinal herbs, parts of plants used, types of disease that can be cured can be seen in Table 1.

Based on Table 1, the results of medicinal herbs identification above, the part of the plants used as medicine there are 15 types of leaves plants, there are 1 type of root plants, there are 6 types of Tuber plants, there are 2 types of Stem plants, there are 1 type of sap plants, there are 1 type of seeds plants, there are there are 2 types of fruit plants and there are 2 types all parts of the plants and diseases cured include asthma, backpain, bruises, fever, cough and cold, stopping bleeding, dandruff, oral thrush, blood circulation, weak body, cleaning teeth, diarrhoea, body odour, itching, parasitic worms and burns. Most of the way to use these parts of the plant is by boiling, in addition, squeezing the parts of the plant, taped it directly, grated or pounded can also be done.

Table 1.Name, parts of the plants used, and diseases that can be cured.

No	Local name	Species	Parts of Plants Used	Diseases that can be cured
1	Alang-alang	<i>Imperata cylindrical</i>	Root	Asthma
2	Binahong	<i>Anredera cordifolia</i>	Leaves	Backpain
3	Inggu	<i>Ruta angustifolia</i>	All parts	Bruises high fever
4	Kembang Sepatu	<i>Hibiscus rosa-sinensis</i>	Leaves	Boils
5	Kemiri	<i>Aleurites moluccana</i>	Seed	Cold and Cough
6	Kumis Kucing	<i>Orthosiphon stamineus</i>	Leaves	Back pain
7	Mengkudu	<i>Morinda citrifolia.</i>	Fruit	Dandruff
8	Jarak Pagar	<i>Jatropha curcas</i>	Fruit	oral thrush
9	Pegaga	<i>Centella asiatica</i>	Leaves	Blood circulation
10	Pepaya	<i>Carica papaya</i>	Leaves	Sore aches
11	Sirih	<i>Piper betle</i>	Leaves	Cleaning teeth
12	Sirsak	<i>Annona muricata</i>	Leaves	Prickly heat
13	Srikaya	<i>Annona sqamosa</i>	Shoot	Lower Heat
14	Labu Kuning	<i>Cucurbita moschat</i>	Fruit	Stop bleeding
15	Bawang merah	<i>Allium ascalanium</i>	Tuber	Cold and Cough
16	Jahe, Lea	<i>Zingiber officinale</i>	Rhizome	Hoarseness
17	Jahe Merah, Lea Toro	<i>Zingiber officinale</i> var. amarum	Rhizome	Cold and Cough
18	Kencur, Seku	<i>Kaempferia galanga</i>	Rhizome	Cold and Cough
19	Kunyit	<i>Curcuma domestica</i>	Rhizome	Defecate, Cold and Cough
20	Bayam Duri	<i>Amaranthus spinosus</i>	Leaves	Diarrhoea
21	Bluntas	<i>Pluchea indica</i>	Leaves	Body Odour
22	Jambu Biji	<i>Psidium guajava</i>	Leaves	Itchy
23	Kebo	<i>Euphorbia hirta</i>	Leaves	Asthma
24	Kelor	<i>Moringa oleifera</i>	Leaves	Stop bleeding
25	Bawang putih	<i>Allium sativum</i>	Tuber	Cold
26	Pisang Merah	<i>Musa acuminata</i>	Stem	Stop bleeding
27	Sereh	<i>Cymbopogon citratus</i>	Stem	Anthelmintic
28	Lumut	<i>Bryopsida</i> sp	All parts	Burns
29	Melinjo	<i>Gnetum gneumon</i>	Leaves	Burns
30	Paku	<i>Diplazium esculentum</i>	Leaves	Vegetable

Based on the results of the research, the most widely used parts of the plant as medicine were roots (56.75%), Stem (10.81%), bark / tree (10.81%), seeds (2.7%), sap (2.7%), and Fruit (2.7%) [11]. Other identification results show that there are 120 species of medicinal herbs. 55 families used for traditional potion, 61 types of concoctions and 17 types for female care [12]. The most widely used medicinal plants are leaves 37%, flowers (18%), fruit (15%), seeds (12%), stem and sap (8%) [13]. 35 types of traditional medicinal plants that are identified can have a good effect on healing [14]. 40 species of traditional medicinal plants used by the people in Tafila can cure various diseases. Preservation and knowledge of medicinal plants is

very important to preserve traditional and traditional cultural resources but also as a resource for future drug development [15].

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The results of identification of plants in the Tengtiba village of Aesesa Subdistrict, South NTT provide information to the community about the types of medicinal plants, their uses and the parts used to cure the disease.

4. Conclusions

The types of medicinal herbs used by the people in Tengtiba village that were identified were 30 plant species. The parts of the plant used as medicine are leaves, roots, tuber, stem, sap and seeds. plant species that have been identified can be used to cure asthma, lumbago, bruising, fever, cold cough, stop bleeding, dandruff, oral thrush, improve blood circulation, fatigue, clean teeth, diarrhoea, body odour, itching, parasitic worms and burns.

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