



Research Article

Inventory of plants by the community of Waur Village, Kei Besar District, Maluku Province

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ABSTRACT

Indonesia is one of the countries with very diverse natural resources, including the richness of plant species. The ancestors of the Indonesian people have used these natural resources very wisely, such as knowledge about traditional medicine. Indonesia is also inhabited by around 300-700 ethnic groups, each ethnic group has a different culture, tradition and local wisdom. This study aims to determine the types of medicinal plants, the organs used and how to process medicinal herbs by the people of Waur Village, District. Kei Besar, Southeast Maluku Regency, Maluku Province. This research is a qualitative descriptive study with data collection techniques through observation, interviews and documentation. The research data were then analyzed descriptively and presented in the form of descriptions and tables. The results of the study show that there are 20 species of plants that are used by the people of Waur Village, Maluku Province. The most widely used organs are leaves and the most widely used method of processing ingredients is boiling.

Keywords: *inventory, medicinal plants, herbs*

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INTRODUCTION

Indonesia is one of the countries with very diverse natural resources, including the richness of plant species. Total of about 17 thousand Islands, Indonesia is estimated to have 35 thousand types of high-level plants and 3500 species of which have medicinal properties. The ancestors of the Indonesian people have used these natural resources very wisely. Among them, we know a lot about heritage, such as knowledge about traditional medicine (Badrunasar & Santoso, 2016). Indonesia is also inhabited by about 300-700 ethnic groups, each ethnic group has a different culture, tradition and local wisdom (Kartawinata, 2010 in (Silalahi, 2016)). The ancestral heritage of the Indonesian nation in terms of medicine that we still know is herbal medicine to refer to plant ingredients that are used for medicinal purposes. has medicinal properties. Jamu comes from the ancient Javanese language, namely jampi and usodo which means healing efforts using herbs, prayers and spells. The use of plants or medicinal herbs as healing has been done since hundreds of years ago this can be seen from the evidence of writing on the leaves lontar, inscriptions and temple reliefs (Badrunasar & Santoso, 2016).

Waur Village is one of the located in Kei Besar District, Southeast Maluku Regency, Maluku Province. The people have also long practiced the use of traditional medicine by using medicinal plants in healing diseases. This knowledge has long been practiced by the community and passed down from generation to generation orally. Knowledge about this treatment is currently only known by very few people, generally only known by parents. However, this knowledge is slowly being eroded and displaced by advances in the health sector, such as easier access to chemical drugs and health facilities that are increasingly accessible. In addition, modern life that is instantaneous and practical is increasingly being adopted by the community, it is feared that it will eliminate local knowledge, especially regarding knowledge about the use of medicinal plants. Prevent this loss of knowledge, it is necessary to research the inventory of medicinal plant species used by the people of Waur Village. This study aims to determine the types of plants used as medicine, the organs used and the way of processing drugs by the people. This research is expected to provide information about the types of medicinal plants used by the people of Waur Village as an effort to save local knowledge and can then be used for further research in the laboratory such as isolation of bioactive compounds which can later be used as medicinal ingredients in the future.

METHODS

This research was conducted in November-December 2021. This research is a qualitative descriptive study with data collection through observation, interviews and documentation. The sources in this research are people who know and practice traditional medicine using medicinal plants to treat disease. Interviews were conducted referring to the interview sheets that had been made and were open. The types of plants mentioned by the resource persons are then recorded, documented and the names of the plants are searched in Indonesian. Identification is done by matching plant species with relevant reference sources. The research data were then analyzed descriptively and presented in the form of descriptions and tables.

RESULTS AND DISCUSSION

1. Species of plants used as medicinal plants

Based on the results in table 1. It is known that there are 20 plant species in 16 families that are used by the people of Waur Village to treat diseases. The most common species found were from the Fabaceae family with 3 species, followed by the Piperaceae and Zingiberaceae families with 2 species each and the other families with one species each. The results of this study are in line with the results of research (Manar & Zuhud, 2019) which reported the most common medicinal plant families found on the Dramaga campus of IPB Bogor, namely the Fabaceae and Euphorbiaceae families. The number of medicinal plants reported in this study is far more than research (Hastuti et al., 2022) which reported that there were 13 types of medicinal plants found in Golo Ketak Village, Gelo District, West Manggarai Regency, NTT. The difference in the use of medicinal plants in each region can be influenced by how much information is received and practiced by the community in treating diseases in their area. Usually people only practice knowledge in drug processing based on information obtained from generation to generation because it has proven its efficacy (Elfrida et al., 2017).

Some of the plant species used as medicinal plants come from the forest and grow wild, but some of them have been cultivated. Plants that have been cultivated are generally because their benefits are widely known, either as medicinal ingredients, as cooking spices or because they have economic value. Plants that have been cultivated such as lemongrass, temulawak, turmeric, soursop, betel, areca nut besides having benefits as medicinal plants are also used for other purposes such as cooking spices or others.

Table 1. Types of medicinal plants, diseases treated, organs used, processing methods, status of plants used by the people of Waur Village.

NO	Local Name	Indonesia	Scientific	Family	Type of disease	Organs	Methods	Plant status
1	Rumput Kaki Kuda	Pegagan	<i>Cantella asiatica</i>	<i>Mackinlayaceae</i>	Heart, jaundice	Leaf	mash / knead.	Wild
2	Salam	Daun salam	<i>Syzygium polyantum</i>	<i>Myrtaceae</i>	High blood, lower blood sugar	Leaf	Boiled	Wild/cultivated
3	Pandan	Daun pandan	<i>Pandanus amaryllipolius</i>	<i>Pandanaceae</i>	High blood pressure	Leaf	Boiled	Wild/cultivated
4	Arbei Hutan	Arbei hutan	<i>Rubus flexus</i>	<i>Rosaceae</i>	Hoarse throat	Leaf	chewed	Wild
5	Tomat	Ciplukan	<i>Physalis</i>	<i>Solanaceae</i>	Jaundice	Leaf, root	Boiled	Wild

	Hutan		<i>angulata</i>					
6	Daun muka manis	Tumpang air/suruhan	<i>Piperomia pellucina</i>	<i>Piperaceae</i>	Gout	Leaf	Boiled	Wild
7	Sukun	Sukun	<i>Arthrocarpus altilis</i>	<i>Moraceae</i>	Clean white blood	Leaf	Boiled	Cultivated
8	Pohon linggua	Angsana	<i>Pterocarpus indicus</i>	<i>Fabaceae</i>	Lower body temperature	Leaf	Squeeze and then make a compress	Wild
9	Serei	Sereh	<i>Cymbopogon citratus</i>	<i>Poaceae</i>	Internal disease	Stem	Boiled	Cultivated
10	Kumis Kucing	Kumis kucing	<i>Orthosiphon aristatus</i>	<i>Lamiaceae</i>	Malaria		Squeeze with a little water and then drink	Cultivated
11	Bengkoang	Bengkoang/bengkuang	<i>Pachyrhizus erosus</i>	<i>Fabaceae</i>	Internal disease	Bulbs	Diblender	Cultivated
12	Sirih	Sirih	<i>Piper betle</i>	<i>Piperaceae</i>	Eliminate body odor	Leaf	Boiled	Cultivated
13	Benalu jeruk	Benalu jeruk	<i>Lorantus sp.</i>	<i>Lorantaceae</i>	Breast cancer	Leaf	Boiled	Wild
14	Pinang	Pinang	<i>Areha catechu</i>	<i>Arecaceae</i>	Diabetes	Root	Boiled	Wild/cultivated
15	Kunyit	Kunyit	<i>Curcuma longa</i>	<i>Zingiberaceae</i>	Indigestion	Rhizome	grated	Cultivated
16	Pica Piring	Kaca piring	<i>Gardenia jasminoides</i>	<i>Rubiaceae</i>	Breast cancer	Leaf	Boiled	Cultivated
17	Tanaman Alifuru	Daun ungu	<i>Graptophyllum pictum</i>	<i>Acanthaceae</i>	Heals swollen bodies due to falls, and can also be used as medicine for massage	Leaf	pasted	Cultivated
18	Gayam	Gayam	<i>Inocarpus fagifer</i>	<i>Fabceae</i>	Diabetes	Bark	Boiled	Wild
19	Sirsak	Sirsak	<i>Anona muricata</i>	<i>Anonaceae</i>	High blood and back pain	Leaf	Boiled	Cultivated
20	Temulawak	Temulawak	<i>Curcuma Xanthorrhiza</i>	<i>Zingiberaceae</i>	Internal disease	Rhizome	Boiled	Cultivated

2. Organs used in medicine

Based on table 1, it is known that the plant organs used in medicine are roots, stems, bark, tubers, rhizomes and leaves. The most widely used part is the leaf. The results of this study are in line with research (Yansip et al., 2017) which reported that the most widely used organ as medicinal plants by the people of Yanim Dan Braso Village, Kentuk Gresi District, Jayapura Regency, namely leaves as much as 66.7%. Leaves are organs that are classified as easy to find and always available, besides that, taking and using them is easy and simple. The use of leaves as medicinal herbs also does not have a negative impact on plants, because after they are taken, new leaves will grow as substitutes. We recommend that the use of other organs such as roots, stems, rhizomes, tubers or all parts of plants as medicinal ingredients should be limited because they will interfere with ecological, physiological and plant growth processes (Wakhidah et al., 2017). Leaves are the most commonly used organs in traditional medicine because they contain a lot of water, have a soft texture, besides that they are also a place for the accumulation of photosynthetic results so that they contain elements that are useful for healing diseases (Handayani in Yowa et al., 2019). In line with this, Wardiah et al. (2015) stated that leaves are widely used as medicinal ingredients because they contain chlorophyll which contains antioxidants, anti-inflammatory and healing substances.

3. How to process medicinal herbs

Based on table 1, it is known that the use of medicinal herbs is boiled, grated, ground, kneaded and pasted. Most use by boiling. Plant parts that are usually boiled are leaves, rhizomes, bark and stems. People mostly process plants by boiling because the process is considered easier and the plant extracts from medicinal plants are not so concentrated when compared to the grated process and then consumed directly. The results of this study are in line with the research of Irawati et al. (2018) which reported that processing by boiling and then drinking is the most widely used processing by the people of Jimbaran Village, South Kuta District, Badung Regency, Bali in utilizing garden plants as alternative medicinal ingredients. In addition, Due (in Hizqiyah et al., 2016) mentions that the boiling process will speed up the healing process because the compounds in plant organs will spread and blend with water due to the heating process so that it can be directly processed in the body's metabolism. Meanwhile, plants whose processing is kneaded and then

affixed or used as compresses such as *linggua* leaves and *alifuru* leaves are useful for external treatment such as to reduce heat or to heal swollen bodies due to falls, and can also be used as medicine for massage.

CONCLUSION

Based on the results study, it can be concluded that there are 20 types of medicinal plants in 17 families that are used by the people of Waur Village in treating diseases. The most commonly found family is the Fabaceae family. The plant parts used as medicinal ingredients are roots, stems, bark, rhizomes, tubers and leaves. The most widely used organs are leaves. The processing of medicinal ingredients by the people of Waur Village is by boiling, grating, kneading, chewing, pounding, pasting and blending. Most of the herb processing is done by boiling.

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