

USE OF FAMILY MEDICINAL PLANTS IN CREATING A HEALTHY SOCIETY

Muhammad Syaif Muamar ¹, Imam Shodiq ¹, Hisyam Mashadi ¹, Raihan Adifta ¹,
Pertiwi Unik Melati ¹

¹ UIN Sunan Kalijaga, Yogyakarta

Kkn111tegeswetan@gmail.com

Abstract - Family Medicinal Plants (TOGA) are plants with positive pharmacological effects on the human body and are usually grown on a home or communal scale. These medicinal plants can then be used as traditional medicine which can be made easily. The plants chosen are usually plants that can be used to treat simple health problems such as colds and coughs. In this service activity, three activities are carried out separately, namely observation, outreach and planting of medicinal plants with residents. The outreach was carried out to provide information to the residents of Wirogaten Village, Teges Wetan Hamlet regarding medicinal plants so that these medicinal plants can be useful after being planted. Planting is also carried out to increase awareness regarding land use, in addition to being a starting point for residents in cultivating medicinal plants. Planting was carried out on empty land used to be an elementary school so that residents could easily look after, care for and use these medicinal plants.

Keywords: Family Medicinal Plants, Traditional Medicine, Health.

1. INTRODUCTION

Indonesia has very abundant biodiversity, which makes it rich in various types of medicinal plants which have great potential for optimal development and utilization. An example is the medicinal plant family. Family Medicinal Plants (TOGA) are plants that have medicinal properties and are planted in the yard or fields by the family and are taken care of by the family (Wirasisya, 2018). This type of plant is used to meet the needs of traditional medicines that can be made by the family themselves. Usually, the medicinal plants chosen are those that can be used for first aid or light treatment, such as treating fever or cough. The existence of these medicinal plants is very important in the home environment, especially for families who do not have easy access to medical services such as clinics, health centers or hospitals. By understanding the advantages, positive effects and variations of certain plants, families can choose medicinal plants as a safe alternative in caring for their health (Savitri, 2016). Each family can grow their own medicinal plants and use them, which will result in the principle of independence in caring for the family's health.

The use of family medicinal plants aims to obtain traditional medicines that are of high quality, safe, scientifically effective, and can be widely used, both in personal use and in the formal health care system. Apart from their role as medicine, family medicinal plants also have additional benefits such as increasing nutrition in the family, as a cooking spice, or known as *empon-empon* and as a refreshing garnish (Harjono et al., 2017). Preventing disease can be a solution by optimizing the use of family medicinal plants (TOGA). Using TOGA is the right choice considering that public knowledge about it is still limited in the modern era (Anggraeni & Suryanti in 2020). Introducing TOGA to the residents of Dusun Teges Wetan is a relevant innovation, although knowledge of traditional medicinal plants already exists among the community. In fact, many people are starting to forget the benefits of traditional medicinal plants in treating health problems.

The use of plants as alternative medicines is related to the increasing popularity of herbal medicines which are currently in the spotlight among the public. Currently, various herbal products have begun to appear and become widespread among society. The main difference between herbal medicines and chemical medicines is that herbal medicines have lower side effects because of their natural properties. Scientific research on plants with medicinal potential has identified active compounds that have proven health benefits. In Indonesia, these plant-based medicines have become a popular consumer choice, because they are affordable and easy to find around them (Susanto, 2017).

One of the aims of this activity is to utilize empty land in Teges Wetan Hamlet, increase community creativity in cultivating medicinal plants, improve community welfare, and become an additional asset for Teges Wetan Hamlet. With the socialization and planting of family plants, it is hoped that there will be an increase in community knowledge regarding the use of surrounding plants to be used as traditional medicine. Apart from that, another benefit of this activity is increasing community competitiveness in terms of empowerment so that the people of Teges

Wetan Hamlet can be more independent, especially in terms of family companion medicine because they can utilize the surrounding plants and the living pharmacy that has been created. With the socialization and planting of these family plants,

2. METHOD

This research method in community service uses the Asset Based Community Development (ABCD) method. ABCD was built based on the principles put forward by John McKnight and Jody Kretzmann who are also the founders of The Asset-Based Community Development (ABCD) Institute. An asset-based approach helps communities see the reality of internal conditions and possible changes that can be made. This approach leads to change, focuses on what the community wants to achieve, and helps the community realize their vision.

The ABCD concept is a way of empowerment using assets. Assets in this case are a form of utilizing and maximizing the potential of the area, either from the community itself or the natural wealth owned by the community. This potential is in the form of wealth within the community which can be developed and empowered according to their abilities (mutual cooperation, togetherness, leadership, intelligence, etc.). Can also take the form of Natural Resources (SDA).

In this context, the use of family medicinal plants available in the environment. By utilizing the vacant land of the former Wirogaten Elementary School, it is hoped that the production of family medicinal plants can be optimally and regularly utilized and managed by the community itself. After the socialization was carried out, the community could understand the benefits of family medicinal plants and that they could be useful for the people of Wirogaten Village. By implementing the Asset Based Community Development (ABCD) program to empower and improve the welfare of the community.

1. Observations to obtain information related to the wishes of the community, especially in terms of the use of family medicinal plants and to record the types of plants that can be used as medicines in Teges Wetan Hamlet, Wirogaten Village.
2. Socialization about examples and benefits of family medicinal plants was carried out on July 17 2023. This activity was carried out because it is one of the most important components in implementing community service. The targets of the outreach activities were the village head, the Teges Wetan hamlet community, especially women. The purpose of this socialization activity is to provide understanding and knowledge for the community in the use of existing plants. In addition, this socialization also aims to provide knowledge to the community, especially in terms of the benefits of plants for types of diseases.
3. Cultivation of family medicinal plants. This planting was carried out on land at the former Wirogaten Village Elementary School which had previously been cleaned by the KKN team. This activity was held on July 18, 2023. The creation of a family medicinal plant garden was also focused on making it easy to monitor and care for so that the community could make use of the plants that had been planted.

3. RESULTS AND DISCUSSION

Family medicinal plants or commonly abbreviated as TOGA are plants that can be cultivated in the yard of the house and have benefits as herbal medicines.traditional (Fitriatien, 2017).The use of plants as herbal medicine has been practiced since ancient Egypt, around 2500 years BC. Indonesia has 30,000 types of plants out of a total of 40,000 types of plants in the world and 940 types of them are plants that can be used as traditional medicines in everyday life (Sustainable, 2022).

Several research results prove that traditional medicines derived from plants are more easily digested by the body and cause less side effects.Supu, RD (2022). Many developed countries have started producing medicines from herbal plants. Utilization of plots of land for the cultivation of family medicinal plants, carried out in order to meet the needs of traditional medicines for the community (Muttaqin, F.Z. 2018). Where these traditional medicines can be made yourself. Then, the results of plant cultivation can be distributed to the surrounding community. The determination of the TOGA type is based on the shape of the plant, the nature and color of the flowers, the available yard area, and its use.

Based on observations in Teges Wetan Hamlet, Wirogaten Village, Mirit District, Kebumen Regency, there is land that is no longer used, to be precise, fertile land was found in the former elementary school. Therefore, it can be used as a TOGA park. The steps taken in utilizing the TOGA park are:

1) Planning

In planning to create a TOGA park, prior permission from the village government is required, creating a concept and structuring the empty land.





Figure 1. Arranging vacant land, making concepts and permitting tov village government

Source: Personal Documentation

2) Implementation

Implementation is carried out in stages through the mechanism of clearing land, making planting media, and planting medicinal plants.





Figure 2. Clearing land, making growing media, and planting medicinal
Source: Personal Documentation

3) Socialization

This socialization was carried out so that the Dusun Teges Wetan Community would know the benefits of the TOGA plant.

4) Inauguration

The last stage is the inauguration in order to obtain legality and can be utilized by the surrounding community.





Figure 3. TOGA Park inauguration and final results of the park
Source: Personal Documentation

Making a TOGA park aims to:

1. Utilizing empty land, namely elementary school buildings that have not been used for a long time (around 4 years)
2. Provide a place for local community activities
3. Creating a clean, beautiful and healthy environment
4. Improving the lives of the local community
5. Growing the community's economy
6. Creating harmony between residents.

It is hoped that the creation of the TOGA park will have a positive impact on fulfilling family medicines so that it can improve the quality of public health around Dusun Teges Wetan (Aini, 2017).

4. CONCLUSION

Based on the results of the community service that has been carried out, this activity is very beneficial for the people of Wirogaten Village, Dusun Teges Wetan. The benefits that can be obtained by the community and the government are increasing the knowledge and understanding of the community, especially PKK cadre mothers, in using medicinal plants as ingredients for medicines. This activity aims to increase public awareness and understanding of utilizing empty land or yards by planting Family Medicinal Plants (TOGA). This is also useful for improving public health. TOGA planting has health benefits, especially plants that do not yet exist in Wirogaten Village, Dusun Teges Wetan.

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