

DEVELOPMENT OF HERBAL TEA FOOD FROM AWAR-AWAR LEAVES (*FICUS SEPTICA*) IN JETAK MREDO VILLAGE, SEWON, BANTUL

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Abstract - Indonesian people often view *Ficus*/banyan as a haunted tree because of its large and lush structure. In fact, *Ficus* or banyan trees have many benefits for humans and the environment. UIN Sunan Kalijaga community service team held a socialization and conservation of *ficus*, conducted to residents of Jetak-Mredo Village, Sewon District, Bantul Regency. This activity aims to provide information about the benefits and potential of *ficus* leaves. The methods used in this socialization are counseling, providing information on making awar-awar (*ficus septica*) leaf tea, and creating various contents on social media. At the socialization and information provision stage, the conversion KKN team described the types of *ficus*, and the benefits of *ficus*. This was followed by providing information related to the potential of *ficus septica* leaves as herbal tea and rolade. The result was the provision of knowledge and information on making *ficus septica* tea independently.

Keywords: *Ficus*, *Ficus Septica*, Teh *Ficus*

1. INTRODUCTION

Indonesia is a country with the highest biodiversity in the world (Setiawan, 2022). According to National Geographic (2019), Indonesia ranks second after Brazil in terms of its terrestrial biodiversity. The abundant diversity of flora and fauna in Indonesia can be caused by its position along the equator, making it a tropical country (Setiawan, 2022). One type of flora that thrives in Indonesia is plants from the genus *Ficus*, which are often referred to as banyan trees, figs, aro, jilabauk, and sikalabuak (Nur'aini et al., 2013).

Ficus is a plant that has a very important role in forest ecosystems. This plant is one of the keystone species that is often found in the tropics because of its ability to bear fruit throughout the year (Sumihadi et al., 2019). *Ficus* has various forms, ranging from trees, shrubs, small trees, vines, stranglers, to wild roots (Yusuf, 2011). This plant belongs to the Moraceae Family and has a characteristic sap that is found in the bark, branches, and leaves. In addition, *Ficus* also has compound pseudo-flowers or fruits formed from a fleshy and juicy flower base. This compound pseudo-fruit is known as fig or syconium (Nur'aini et al., 2013)

Indonesian people often view *Ficus* / banyan as a haunted tree because of its large and lush structure. Various myths are scattered so that many people are afraid when they see the *Ficus* tree. In fact, *Ficus* or banyan tree has many benefits for humans and the environment. The benefits of *Ficus* include maintaining water management and strengthening slopes naturally because of its root structure that is able to bind the soil well. In addition, One part of the *Ficus* plant (*Ficus septica*) that is easy to use is the leaf part which is traditionally used to treat various diseases such as skin diseases, appendicitis, overcoming ulcers, poisonous snake bites and shortness of breath (Kurdi, 2010). According to Wu (2002) *Ficus septica* leaves contain flavonoids, genistin, coumarins, phenolics and alkaloids. *Ficus septica* leaves can be processed into functional drinks, namely herbal tea *Ficus septica* leaves

Due to the benefits and potential of *Ficus*, it is necessary to socialize and conserve the importance of *Ficus* in Indonesia. In connection with this, we would like to make efforts to introduce and utilize *Ficus* leaves as tea in Jetak-Mredo Village, Sewon District, Bantul Regency and UIN Sunan Kalijaga. With this program, it is hoped that it can increase the knowledge of Jetak-Mredo villagers, UIN Sunan Kalijaga students, and the general public about the benefits, and potential of *Ficus* and can be a business reference for villagers in order to improve a healthier lifestyle.

2. METHOD

A. Program Preparation

UIN Sunan Kalijaga Community Service has been carried out for 4 months, on March 20 - April 10, 2023 in Jetak-Mredo Village, Sewon, Bantul. All work programs that have been implemented have gone through several stages, including interviews, observations, preparation, planning, and implementation of community service work programs.

The interview process was conducted to determine the work program to be carried out, interviews were conducted with community leaders of Jetak-Mredo Village, Sewon, Bantul. Interviews were conducted to obtain information about field conditions, discuss, and consult the designs we have made to get maximum results.

The observation process is carried out to collect data as a reference in the preparation of work programs. In addition, this method is used to analyze and identify opportunities and problems that exist in Jetak-Mredo Village, Sewon, Bantul.

B. Ficus Extension Implementation

The counseling was carried out in Jetak-Mredo Village, precisely at the residence of Mr. Tri as the head of RT. The activity will be carried out offline on July 2, 2023. Counseling is carried out by providing explanations through material about the content and benefits of ficus plants to the community. This explanation aims to make people know information about ficus plants and can use ficus plants into herbal teas that are useful for health.

C. Information Provision How to make The Ficus

The process of making ficus tea first provides the leaves of the ficus awar-awar, then washed thoroughly and separated from the branches. The separated leaves are then dried using an oven at 55°C for approximately 2 days. Dried ficus leaves are then crushed by kneading by hand. After that, the leaves of ficus are put in a closed container.

3. RESULTS AND DISCUSSION

A. Ficus Counseling

As for the results of counseling provided from the community service team to the community, in the aim of providing science, insight and technology, 50% was observed from arrival. This is due to the massive amount of information provided to the surrounding community. In the application of counseling, the community is very enthusiastic about the knowledge provided. This was proven in the question and answer session, the entire community was interested in processing ficus plants into herbal tea.



Figure 1. Ficus Tea Socialization and Discussion

After counseling, the community knows the contents, properties, and methods of making herbal tea. However. At the time of counseling, our community service team had problems with inadequate facilities. Because of these inadequate facilities, counseling is carried out using used banners as projector screens so that people can clearly see the information provided through the screen.

B. Provision of Information

Rose leaves (*Ficus septica*) have a variety of secondary metabolite compounds that are beneficial to health. With the many benefits contained in ficus leaves, it is necessary to have new innovations to utilize awar-awar leaves so that they can become business opportunities. One way to process awar-awar leaves is to make awar-awar leaves as an herbal tea drink. *Ficus septica* leaves themselves contain many metabolic compounds, namely flavonoid compounds, genistin and kaempferitrin, coumarins, phenolic compounds, pyrimidines and alkaloids, antifens, 10S, 13aR-anthofins N-oxide, dehydrotylophorinficuseptin A, tylophorine, 2-Demetoksitylophorin, 14 α -Hydroxyisotyloprebin N-oxide, saponins, triterpenoids, sterols. The fruit contains alkaloids and tannins, while the root contains polyphenolic active compounds (Kinho & Ariani, 2011).

Flavonoids, which are usually present in plants, are bound to sugars in the form of glycosides and flavonoid aglycones that can be present in various combinations in a single plant. Primarily, these flavonoid glycoside compounds are soluble in water. Tannins, is a type of phenol compound in plants that has the ability to bind and protect the skin. Tannins can act as a natural defense of plants and have properties to inhibit tumor growth. Phenol compounds and phenolic glycosides, which vary in type, are widespread in nature and can be found in different groups of natural components that have aromatic components. Some important polymeric compounds in plants, such as lignin, melanin, and tannins, belong to the group of polyphenolic compounds (Kurdi, 2010). In addition, ficus leaves can be used as a treatment for various diseases, such as skin disorders, appendicitis, ulcers, poisonous snake bites, and breathing difficulties (Kurdi, 2010).



Figure 2. Teh *Ficus Septica*

To obtain awar-awar leaf tea, the leaves must pass through several stages from leaves to tea tubruk. The process of making awar-awar tea starts with washing. Washing aims to remove impurities that exist in awar-awar leaves. Furthermore, drying is carried out which aims to reduce the water content contained in awar-awar leaves so that awar-awar leaves can be stored longer. After going through several stages, the dried awar-awar leaves can be kneaded until they become like tubruk tea. In addition to making the tubruk of awar-awar leaves, information was also provided on making rolade from awar-awar leaves. Awar-awar leaves are used for a mixture of rolade making ingredients with the aim of providing a different taste.

In order to increase public understanding and knowledge about making ficus leaf tea, after the presentation of the material, a discussion was held related to awar-awar leaf tea. The results of the discussion showed that the community was very enthusiastic, a high curiosity about the benefits of ficus leaves and a desire to try making awar-awar leaf tea.

4. CONCLUSION

Tanaman ficus memiliki manfaat diantaranya adalah menjaga tata air serta menguatkan lereng secara alami karena struktur perakarannya yang mampu mengikat tanah dengan baik. Selain itu, Ficus memiliki tajuk yang rimbun sehingga memiliki kemampuan yang tinggi sebagai penyerap CO₂ dan penghasil O₂. Manfaat lainnya yaitu sebagai obat penyakit kulit, radang usus buntu, mengatasi bisul, gigitan ular berbisa, dan sesak napas. Tanaman daun awar-awar dapat diolah menjadi minuman seduhan yang banyak diminati yaitu teh daun awar-awar. Selain itu, tanaman ficus juga dapat diolah menjadi makanan yaitu rolade. Pengolahan dan pengenalan teh daun ficus septica diharapkan dapat menambah wawasan warga desa Jetak-Mredo, mahasiswa UIN Sunan Kalijaga, serta masyarakat umum tentang manfaat, dan potensi Ficus serta dapat menjadi referensi bisnis untuk warga Desa agar dapat meningkatkan gaya hidup yang lebih sehat.

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