

## ANALYSIS OF THE UTILIZATION OF FAMILY MEDICINAL PLANTS IN NGULAKAN HAMLET HARGOREJO KOKAP KULONPROGO

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**Abstract** - *This article discusses the use of Family Medicinal Plants (TOGA) in Ngulakan hamlet, Hargorejo, Kokap, Kulon Progo, with a focus on efforts to socialize, process and provide family medicinal plant seeds to the community. TOGA is a collection of plants that are used for health care and treatment by families or communities. In the modern context, the use of TOGA has been neglected because people are more likely to buy medicines at pharmacies. The Ngulakan KKN team provided socialization and training to the community about the types, benefits, and methods of processing family medicinal plants. We also provided seeds for family medicinal plants. The observation results show that Ngulakan hamlet has great potential to develop TOGA. Socialization and processing of family medicinal plants is carried out through PKK and KWT to increase public awareness of the benefits of TOGA. The provision of seeds aims to encourage the community to plant and maintain family medicinal plants in their home environment. This is expected to increase awareness of the benefits of family medicinal plants and reduce dependence on chemical drugs. Some examples of family medicinal plants highlighted in this research are javanise tumeric, ginger, turmeric, aloe vera, betel, galangal, emprit ginger, galangal, and bay leaves. In conclusion, this effort can have a positive impact on maintaining the health of the people in Ngulakan hamlet.*

**Keywords:** *Family Medicinal Plants, Utilization, Processing, Socialization, Plant Seeds.*

## 1. INTRODUCTION

Family Medicinal Plants (TOGA) is a collection of plants that have been used for generations by families or communities for health care and treatment purposes. TOGA includes various types of plants that have medicinal qualities, such as herbs, spices and other types of plants that are used to treat various health problems. Individuals or families are responsible for the cultivation and maintenance of these plants to provide natural resources for use in their own care or even for distribution to members of the community (Atmojo and Darumurti 2021).

In the modern era, it is important for society to re-root itself in knowledge and practices that have long been neglected. One aspect that emerged strongly was the use of family medicinal plants in maintaining health and well-being (Lestari, Roshayanti, and Purnamasari 2019). Amidst advances in technology and pharmaceutical industry, medicinal plants of the family are showing immense value in providing natural solutions to various minor health problems. This step does not only cover medical aspects, but also involves social, economic and environmental values that can bring positive changes in people's daily lives (Febriansah 2017).

However, nowadays most people prefer to buy medicines from pharmacies and rarely process or make traditional medicines produced from medicinal plants around their homes. This is due to the development of health facilities that are increasingly close to the community, such as community health centers and posyandu, as well as the public's ignorance of the benefits and methods of processing medicinal plants in the surrounding area. Based on this, we from the Ngulakan hamlet KKN team provided outreach and training regarding the processing of family medicinal plants (TOGA).

Ngulakan Hamlet is one of 16 hamlets in the Hargorejo sub-district. Kapanewon Kokap, Kulonprogo Regency, DI. Yogyakarta. In this hamlet, the majority of the population work as farmers, the government complains that Hargorejo has a program to improve people's welfare through the PKK and KWT (Women Farmers Group). PKK is a national movement that grows from, by and for the community. with women as the main driving force in creating a happy, prosperous and independent family. improving the quality of women is also through programs to develop and utilize the various potentials that exist in women (Hanis and Marzaman 2020).

The Women's Farmers Group (KWT) is an organization that can be said to function and exist in real terms, apart from functioning as a vehicle for counseling and driving the activities of its members. Some farmer groups also have other activities, such as mutual cooperation, savings and loan businesses and work gatherings for farming activities (Suhastyo 2019). The Ngulakan hamlet KKN team collaborates with PKK and KWT to socialize the types, benefits and processing of family medicinal plants into medicines that can be used by families, apart from that we also provide family medicinal plant seeds to the Ngulakan village community.

## **2. METHOD**

Community service activities regarding the Utilization of Family Medicinal Plants (TOGA) carried out by the community service team at UIN Sunan Kalijaga Yogyakarta were held for 2 days on 06 - 07 August 2023 at the Ngulakan Hamlet Hall which consisted of 3 activities, namely socialization, practice and giving TOGA. The implementation of KKN activities held in the Ngulakan sub-village has the aim of having a good impact on the community. Some of the steps or methods we use to solve existing problems are as follows:

- 1) Observation is one of the main activities in carrying out community service as well as in KKN in Ngulakan hamlet. Observations were made by looking at the potential and obstacles that exist in the community by observing directly and interviewing residents of Ngulakan hamlet.
- 2) Socialization and processing of family medicinal plants is one of the most important activities carried out in this KKN service, the target of this activity is the residents of Ngulakan hamlet. The aim is for the people of Ngulakan hamlet to know the types, benefits and ways of processing family medicinal plants to become medicine.
- 3) Provision of seeds for family medicinal plants, with the aim that families in Ngulakan hamlet know and have at least one type of family medicinal plant in their home environment.

## **3. RESULT AND DISCUSSION**

### **a. Observation**

Indonesia is a country famous for its wealth of spices and plants, which always attracted the attention of many foreign countries during the colonial era. They come to Indonesia not only to look for medicinal plants, but also to take a variety of spices that are abundant in this region. With this country's natural wealth, it is not surprising that until now there are still many types of plants that can be used as family medicine (Harefa 2020).

Within the territory of Indonesia there are several areas that have the potential to have sources of spices and medicinal plants, one of which is Ngulakan Hamlet. Geographically, this hamlet is a hamlet located in Hargorejo Village, Kokap District, Kulonprogo. Within the territory of Indonesia there are several areas that have the potential to have sources of spices and medicinal plants, one of which is Ngulakan Hamlet. Geographically, this hamlet is a hamlet located in one of the hamlets of Hargorejo Village, Kokap District, Kulonprogo. Where based on the results of our observations many plants grow in gardens and around people's homes, both planted by residents and naturally occurring. In the process of using it, they are quite able to use it, whether it is used for making traditional medicines, to enhance the taste of food, and some of them even manage to sell the products from these plants. However, there are not many people who do not understand the importance of these plants, so we are socializing the importance of family medicinal plants and how to use them.

Based on the results of observations we made in Ngulakan Hamlet, there are several plants that can be used as family medicinal plants, including:

No.	Jenis	Manfaat
1.	Curcuma	<ul style="list-style-type: none"> <li>- Helps improve digestive function.</li> <li>- Relieves inflammation in the body.</li> <li>- Can act as an antioxidant.</li> <li>- May help control blood sugar levels.</li> </ul>
2.	Ginger	<ul style="list-style-type: none"> <li>- Relieves nausea and vomiting, including nausea due to motion sickness.</li> <li>- Contains natural anti-inflammatory substances.</li> <li>- Improve blood circulation.</li> <li>- Helps overcome flu and colds.</li> </ul>
3.	Turmeric	<ul style="list-style-type: none"> <li>- Has strong anti-inflammatory properties.</li> <li>- Can help fight infection.</li> <li>- May act as an antioxidant.</li> <li>- Can support joint health.</li> </ul>
4.	Aloe vera	<ul style="list-style-type: none"> <li>- Contains skin healing properties and helps with burns.</li> <li>- Provides hydration for the skin.</li> <li>- May have anti-inflammatory and antimicrobial effects.</li> <li>- Can help relieve symptoms of psoriasis and eczema</li> </ul>
5.	Betel leaf	<ul style="list-style-type: none"> <li>- May have antibacterial and antifungal properties.</li> <li>- Used in traditional medicine to treat oral and dental problems.</li> <li>- Can help relieve coughs and colds.</li> </ul>
6.	Galangal	<ul style="list-style-type: none"> <li>- Used in cooking as a spice.</li> <li>- May have anti-inflammatory and anti-inflammatory properties.</li> <li>- Can be used in traditional medicine to treat digestive problems.</li> </ul>
7.	Emprit ginger	<ul style="list-style-type: none"> <li>- Used in traditional medicine to treat digestive problems.</li> <li>- May have anti-inflammatory properties.</li> <li>- Can help relieve joint pain.</li> </ul>
8.	Aromatic Ginger	<ul style="list-style-type: none"> <li>- Helps relieve digestive disorders such as nausea and flatulence.</li> <li>- Has anti-inflammatory properties.</li> <li>- May deal with pain and arthritis.</li> </ul>
9.	Bay leaf	<ul style="list-style-type: none"> <li>- Used in cooking as a spice.</li> <li>- May have a blood sugar lowering effect.</li> <li>- Can be used in traditional medicine to treat digestive disorders.</li> </ul>

#### **b. Socialization and Processing of Family Medicinal Plants**

After conducting observations in Ngulakan hamlet, we found that Ngulakan hamlet had enormous potential for developing family medicinal plants. Our target in developing this potential is through PKK mothers and members of the Women's Farmers Group (KWT). This socialization aims to provide knowledge to the Ngulakan hamlet community about the types of medicinal plants that can be planted around the home environment as well as the benefits of each of these medicinal plants It is hoped

that families in Ngulakan hamlet will be willing to start planting family medicinal plants.

After the people of Ngulakan hamlet are able to know the types and benefits of family medicinal plants, our next program is processing family medicinal plants into finished medicine in the form of powder or liquid. On this occasion, the processing of family medicinal plants is the manufacture of ginger into powder by crystallization. The socialization and processing of this family's medicinal plants was carried out at the Ngulakan hamlet hall and was filled with speakers, namely Mr. Ali Muksan from Bantul.

### c. Provision of seeds of Family Medicinal Plants

After providing socialization and processing of family medicinal plants, it is hoped that the people of Ngulakan hamlet will know the types, benefits and how to process family medicinal plants into medicine when they suffer from health problems. The provision of seeds is also a follow-up to previous activities where the provision of seeds is intended to encourage people to start wanting to plant and maintain family medicinal plants in their homes and with our target, one Ngulakan hamlet family has at least one family medicinal plant in their home environment. Some of the plant seeds that we provide are as follows:

No	Jenis Tanaman	Manfaat
1	Red Ginger	<ul style="list-style-type: none"> <li>- Has a spicier and sharper taste than ordinary ginger.</li> <li>- Can relieve nausea and vomiting.</li> <li>- Contains natural anti-inflammatory compounds that can help reduce inflammation in the body.</li> <li>- May help improve blood circulation.</li> </ul>
2	Emprit Ginger	<ul style="list-style-type: none"> <li>- Used in traditional medicine to treat digestive problems.</li> <li>- May have anti-inflammatory properties.</li> <li>- Can help relieve joint pain.</li> </ul>
3	Aromatic Ginger	<ul style="list-style-type: none"> <li>- Helps relieve digestive disorders such as nausea and flatulence.</li> <li>- Has anti-inflammatory properties.</li> <li>- May deal with pain and arthritis.</li> </ul>
4	Turmeric	<ul style="list-style-type: none"> <li>- Has strong anti-inflammatory properties.</li> <li>- Can help fight infection.</li> <li>- May act as an antioxidant.</li> <li>- Can support joint health.</li> </ul>
5	Lime	<ul style="list-style-type: none"> <li>- The leaves are often used in cooking to give it a fresh aroma and unique taste.</li> <li>- Contains antioxidant compounds.</li> <li>- May help relieve inflammation and have a muscle relaxant effect.</li> </ul>
6	Orange	<ul style="list-style-type: none"> <li>- Rich in vitamin C, which is good for the immune system.</li> </ul>

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- Can be used as a natural ingredient to clean skin and hair.
  - May help with digestive problems such as constipation.
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#### 4. CONCLUSION

In this service it can be concluded that family medicinal plants (TOGA) are plants that can be planted around the house with easy maintenance, apart from that, processing family medicinal plants *into* finished medicines that can be used when people experience health problems is very easy and can be used using simple kitchen equipment. Family medicinal plants are not just ordinary plants but are also part of the cultural heritage and a source of knowledge about natural medicine in the family. We must always preserve and be able to pass on this knowledge to future generations.

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