

Safety And Convenience Of Ethnomedicine For Influenza Disease In Toddlers In Bedulu Village, Gianyar District

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ABSTRACT

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The Ethnomedicine is a research method that is effective in terms of time and cost for obtaining new compounds. This has resulted in Etnomediicne research continuing, including Indonesia especially the Bali island. Etnomedicine which has been a traditional medicine from generation to generation in Bali, is known as Usada Bali. Balinese people use Usada Bali for various types of illnesses, for example Influenza. This type of research is descriptive qualitative with a Snowball Sampling. Data collection methods were use structured interviews and Focus Group Discussion (FGD). This research was collected on 23 informants in Bedulu Village, Gianyar Regency with data processing using Braun and Clarke thematic data analysis. The research results obtained 5 themes, including Etnomedicine of Influenza Disease in Toddlers 1) Boreh Kencur with mixed ingredients, 2) Boreh Kencur with mashed, 3) Onion oil with chopped, 4) Onion Oil with smeared, and 5) Dadap leaves. The safety and comfort results showed that all Etnomedicine Influenza Disease for Toddlers in Bedulu Village, Gianyar were concluded to be safe, while Beras Kencur with mashed and Onion Oil with chopped was concluded to be less comfortable because the ones used were not preferred.

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1. INTRODUCTION

In the current era of globalization, traditional medicine still functions in the lives of Indonesian people, even though modern medicine has been implemented. People still use traditional medicine because certain people still believe in knowledge that comes from ancestors which is passed down from generation to generation using ingredients from nature or through the services of someone who is believed to be able to cure (Mujahid et al., 2019) . Various methods used in medicinal plant research include ethnobotany or ethnomedicine approaches, screening of phytochemical compounds, and taxonomic approaches. The ethnomedicine approach is an effective research method in terms of time and cost to obtain new compounds (Fabricant and Farnsworth, 2001) . This has resulted in ethnomedicine research continuing to be carried out in various regions, including Indonesia. Research on the use of medicinal plants in various communities can be used to find drugs and bioactive compounds. Ethnomedicine is an important stage in screening, selecting and developing new medicines derived from plants. Ethnomedicine, which has been a tradition passed down from generation to generation in Balinese society, is known as Usada Bali. Balinese people use Usada Bali for various types of diseases, one of which is influenza.

There are 37 plants from 21 families that have the potential to treat the symptoms of influenza in children. These plants can be processed into 29 medicinal herbs. The most widely used traditional medicinal herbs are those in the Zingiberaceae family (Putri and Apsari, 2023) . Spices such as galangal, cloves, nutmeg and rice are made into boreh. This spice was chosen as boreh because of its ability to produce heat, so it is often used as a medicine for angina, coughs and colds (Ayu and Parthama, 2022) . Galangal is the fourth most widely used plant in Bukian Village to warm the body. Kencur (*Kaempferia galangal* L) is one of the Solonaceae family which is used as a boreh material by the Balinese people (Naya, 2022) . Ginger and galangal are crushed then smeared/pasted all over the

body and can be used to treat fever (Putri and Apsari, 2023) . Shallots can be used to treat fever by roasting 30 grams of crushed shallots, adding honey until a thick solution is formed, taken 1-2 teaspoons 3 times a day. Apart from fever, red onions can also be used for coughs by soaking 1 glass of chopped red onion in 1 glass of honey for 3 hours and then filtering. Drink the filtered water 3 times a day, 1 tablespoon each (Aryanta, 2019) . Historically in Bali, Dadap leaves have been used as a medicine for fever in children since the time of the Hindu kingdom in Bali. Dadap leaves are pounded into boreh (param) and then placed on the forehead of a person who has a fever. To increase the efficacy, Dadap leaves are mixed with cumin leaves and shallots (Pariata, Mediastari, and Suta, 2022) . Dadap leaves are chewed and then sprayed (simbuh) on the head, forehead and armpits (Putri and Apsari, 2023) .

Various research and studies have been produced regarding Ethnomedicine for Influenza Disease, almost all of which examine the function and benefits of Ethnomedicine. However, no one has studied the safety and comfort of the Balinese people. This research examines local knowledge about the safety and comfort of Etnomedicine Influenza as well as the reasons for maintaining this ethnomedicine tradition in the people of Bedulu Village, Gianyar Regency through the views of users. The aim is to understand and explain local knowledge about safety and comfort as well as how to mix ethnomedicine and the reasons why this tradition is used as an ethnomedicine choice. The research area was chosen by Bedulu Village, whose local knowledge in the field of ethnomedicine has never been studied.

2. METHOD

This type of research is descriptive qualitative with a Snowball sampling approach. Qualitative methods were used to determine informants' opinions regarding the use of Etnomedicine for Influenza Disease, in the form of an exploratory survey with data collection techniques using structured interview guidelines and Focus Group Discussion (FGD) guidelines. Informants were selected by first looking for a caretaker, in this study the Chairperson of the PKK was the caretaker. After determining the caretaker, the researcher was directed by the caretaker to look for the next keynote speaker. Data processing in this research uses analysis and thematics (Braun and Clarke, 2006). The use of 6 analysis steps, starting from Familiarizing the data, Sharing initial code, Searching the theme, Reviewing the themes, Defining and naming the theme, to Making a report.

3. RESULTS AND DISCUSSION

Based on the results of research conducted in March-April 2023 in Bedulu Village, Gianyar Regency, Bali, 5 research themes were produced, namely Treatment of Influenza in Toddlers with a mixture of crushed Boreh Kencur, Crushed Boreh Kencur, Chopped Onion Oil, Rubbed Onion Oil, and Dadap Leaves. The following data regarding the safety and comfort of using ethnomedicine for influenza in toddlers are as follows:

Table 1. Safety and Comfort of Use

Ethnomedicine for Influenza Disease in Toddlers

NO	CONTACT NAME	SECURITY (N= 23)	COMFORT
1.	Boreh Kencur is pounded	Safe	Mrs. Pkk with informant numbers 23, 10, 04, 11, 22, 20, 21 stated that she was comfortable, there was no resistance when being mixed with toddlers. Young Pkk mothers who prefer Boreh Kencur are pounded because they want to try traditional medicine.
2.	Boreh Kencur is crushed	Safe	Mrs. Pkk with informant numbers 19, 18, 03, 17, 05, 02, 01 stated that she felt uncomfortable when spraying, being pricked by a needle, because of the resulting texture. Mrs. Pkk who uses this method is Mrs. Pkk who is experienced in using Etnomedicine.
3.	Chopped onion oil	Safe	Mrs. Pkk with informant numbers 23, 12, 15, 13 stated that she felt uncomfortable when mixing it because of the strong

NO	CONTACT NAME	SECURITY (N= 23)	COMFORT
4	Onion oil smeared s	Safe	<p>aroma produced by onions. However, Mrs. Pkk, who chose this method as Ethnomedicine, stated that chopped onion oil is more effective.</p> <p>Mrs. Pkk informant number 06, 14 stated that she was comfortable when using it because the onions used were not chopped. However, Mrs. PKK stated that simply smearing onion oil without chopping is not effective.</p>
5.	Dadap leaves	Safe	<p>Mrs. Pkk with informant numbers 19, 18, 05, 04, 01, 11, 20, 07, 09, 08, 21, 16 stated that she was comfortable when using it, there was no resistance. Mrs. Pkk stated that Dadap leaves are effective in reducing fever.</p>

Based on the research results we see in Table 1. Boreh kencur is efficacious for relieving fever and colds. The informant stated that it is safe to use boreh kencur as an ethnomedicine for influenza in toddlers, because it is used outside the body and the use time is not too long. Informants stated that crushed kencur boreh was more comfortable than crushed kencur boreh for toddlers. This is caused by an uncomfortable feeling when spraying, like being pricked by a needle, which results from the texture of the coarse grains of rice produced. After an FGD was conducted with the informant Mrs. Pkk, pounded kencur boreh was used by young Pkk mothers who wanted to try traditional medicine by pounding it because they did not dare to crush it directly. As stated by Mrs. Pkk when conducting an FGD with the following reasons: "Usually uli is comfortable, yen mashing is dominant for young mothers, I'm dot trying traditional medicine because nyeh, amen be mashing, just stick it straight into the panak nee...Yen is crushed, usually it's directly sembuh e, sometimes there's a rase sing, it's comfortable keto, care prick e jaum "Usually, mothers who don't have experience don't bother to care here" (Informant Number 03.10).

This research is in line with research conducted by (Ayu Naya 2022) in Bukian Village, Kencur (*Kaempferia galanga* L) is one of the Solanaceae families which is used as a boreh material by the Balinese people. used to treat various complaints, such as reducing pain such as fever, colds, swelling, and eliminating fatigue. Further research is in line with research conducted by (Kriswiyanti et al., 2021), boreh is a body scrub made from natural spices which is able to improve blood circulation, warm the hair, and is able to detoxify toxins in the body. Boreh is usually made for the care or treatment of sick people, for example babies who are sick with colds and flu, the mother will make boreh from ingredients, such as: rice, galangal and salt, mashed or chewed, then smeared on the feet, legs and sometimes placed on the head of the child. baby.

The results of research on the efficacy of onion oil to relieve fever, informants stated that it was safe to use onion oil as an ethnomedicine for influenza, because it was used externally and did not last too long. Rubbed onion oil is more convenient than chopped onion oil. Informants stated that chopped onion oil had a slightly uncomfortable taste when used because of the reminiscent aroma produced by onions. As stated by Mrs. Pkk during the FGD with the following reasons: "The more effective the coarsely chopped garlic is, the more effective the properties of the onion root are. "But there's a comfortable taste because the uli boon onion and the bes are stinging, the smeared onion yen is usually comfortable, the gene is just a bit of a fountain asane, the dominant lengis gene" (Informant Number 23).

This research is in line with research conducted by BD, Yusefni, and Myzed (2018) in Tertek Hamlet, Tertek Village, Pare District, which has proven that shallots can reduce body temperature in pregnant children within 15 minutes when shallots are placed on one area of the body. , namely the soles of the feet, chest or back as much as 3 pieces for one child. Further research is in line with research by (Kurniati and Azizah, 2019) in Kaliurip Village, Purworejo Regency, giving red onion therapy to children aged 1-5 years who experience an increase in body temperature, with 3 cloves of onion, roughly crushed until broken into several pieces, then blend it all over the body.

Research results on the efficacy of dadap leaves to relieve fever. Informants stated that it is safe for dadap leaves to be used as an ethnomedicine for influenza in toddlers, because it is used

externally and does not last too long. The informant stated that it is comfortable to use dadap leaves, because they cause a cold feeling when used as an ethnomedicine for influenza in toddlers. As stated by Mrs. Pkk when conducting an FGD for the following reasons: "Yein don dadap usually want to stick the gene, when it sticks it feels comfortable tis keto" (Informant Number 05.18).

This research is in line with research by Pariata, Mediastari, and Suta (2022) in the Tonja Village area of North Denpasar which stated that the use of Dadap Serap (*Erythrina Sumbubrans*) as a medicine to reduce fever in children, by pounding Dadap Dauin into boreh (param) and then sticking it on. on the forehead that is having a fever.

4. CONCLUSION

All ethnomedicines for influenza in toddlers in Bedulu Village, Gianyar, were concluded to be safe in this study, while crushed kencur rice boreh and chopped onion oil were concluded to be less comfortable because the way they were used was not preferred.

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