

# The Analysis of the Benefit of Jamu (Indonesian Traditional Medicine) and Herbal Medicine and Its Effect on Women of Childbearing Age

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**Abstract.** *The aim of this research is to find out the benefit of herbal medicine for health service in primitive communities, especially women of childbearing age. The research team applied mixed-method and used questionnaire and exploratory survey by doing interview and direct observation to collect the data. The result of the research showed that there were 68 samples of women (100%) after childbirth or in childbearing age consumed herbal medicine. There were eight types of medicinal herbs that people consumed, they were turi leaf (*Sesbania Grandiflora*), binahong leaf (*Anredera Cordifolia* (tenore) steen), gedi leaf (*Abelmoschus Manihot* L), katuk leaf (*Sauropus Androgynus*), turmeric, ginger, jamu gendong (jamu being carried on the back) and herbal medicines (jamu) in sachets. The existence of cultural aspects that continue for generations caused the high use of herbal medicines. People gradually felt great benefits of consuming herbal medicines with less or even none negative impacts. It was easy to find herbal medicines or jamu in the market. That is the big reason why people, especially women of childbearing age, preferred consuming herbal medicines than other medicines. The government and related institutions should be able to control the use of this herbal medicines. Legal license of medicines has to be controlled to avoid bad impacts on people, especially women of childbearing age.*

**Keywords:** *Jamu, Herbal Medicine, Childbearing*

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## INTRODUCTION

Indonesia's development goal is to improve the nation's health status that involves all components of Indonesian society, more so for health workers who provide health services. Nursing is an integral part of health services in Indonesia and should actively participate in solving the nation's health problems (Baequny & Hidayati, 2016). In the field of medicinal plants, Indonesia is known as one of the 7 countries with the second largest biodiversity after Brazil (Depkes, 2009).

Riskesda data (2016) shows that households (RT) that still use Yankestrad (traditional health services) consist of 4 types, namely the ingredient yankestrad, skills

with tools, skills without tools, and skills with mind. A total of 89,753 out of 294,962 (30.4%) RTs in Indonesia used yankestrad in the last 1 year and the proportion of RTs using yankestrad was highest in South Kalimantan (63.1%) and the lowest in West Papua (5.9%) conducted by a group of certain people or ethnic groups, while the province of Gorontalo with a percentage (45.7 %). The types of yankestrad used by RT were mostly skills without tools (77.8%) and potions (49.0%). The main reason for the RT to use the most yankestrad in general is to maintain health/fitness, except for the skilled yankestrad with the thought that the reason for its use is based on tradition/belief. These results indicate that the utilization of yankestrad is still quite a lot (Kemenskies, 2016)

Communities with middle to lower groups have several obstacles in accessing or obtaining adequate health services with various obstacles including socio-economic, lack of information, access to health services so that there is a tendency for people or ethnic groups with their culture that cannot be separated, especially in the form of preferring treatment. more practical treatment and is believed to cure disease (Depkes, 2009).

Traditional medicine in Indonesia which is used from generation to generation is not only used to treat a certain disease but is also used for mothers who are in the puerperium or pregnant women. Traditional medicine used for postpartum mothers functions to help repair the reproductive organs to recover as before pregnancy (Gjerdingen & Center, 2003). While the notion of the puerperium (puerperium) is the period after the delivery of the placenta until the reproductive organs recover as before pregnancy and the postpartum period normally lasts for 6 weeks or 40 days. have a bad impact on mothers who are childbearing (pregnant women, during childbirth and the postpartum period) with complications or growth and development disorders in the fetus which will certainly increase the number of AKI and IMR (Sumarny, 2012).

One of the areas located in Gorontalo Regency, Gorontalo Province, which is far from access to health and is synonymous with culture. in the Work Area of the Tibawa Health Center. The wrong use of herbs and herbal medicines can affect the health status of the community so that it is a priority problem carried out by the government in improving the health status of the community

## **METHODS**

This research was carried out for a year starting from January 2019 – December 2019 which included the stages of proposal, preparation, research process, data processing, and report preparation. While the location of the research was carried out in the Work Area of the Tibawa Health Center, Gorontalo Regency. This study uses a mixed quantitative qualitative approach using the phenomenological method.

## **RESULTS AND DISCUSSION**

This research was conducted with a quantitative approach to see the frequency distribution related to the use of herbs and herbal medicines and continued with qualitative research to explore phenomena related to the use of herbs and herbal medicines during childbearing in the work area of the Tibawa Health Center. Based on data obtained from the Tibawa Health Center, it was found that there were 68 postpartum mothers who would later collect data by distributing questionnaires and as many as 8 participants conducted in-depth interviews regarding the phenomenon of the use of herbs and herbal medicines for postpartum mothers in the work area of the Tibawa Health Center.

This study aims to determine the use of herbal medicines and herbs in mothers after childbirth which was carried out in the work area of the Tibawa Health Center consisting of 11 villages. From the data for the last 2 months, there were 68 mothers who had given birth, 45 of whom used herbal and herbal medicines and the rest took medicines from doctors. This research was conducted by distributing questionnaires to 68 respondents after giving birth in 11 villages in Tibawa District. The questionnaire used was previously tested for validity and reliability at the Telaga Biru Public Health Center, Gorontalo Regency, followed by interviews with 8 informants spread across the Tibawa Health Center Work Area, namely 6 childbearing mothers, 1 traditional birth attendant (bian), 1 village midwife. In the following, a description of the use of herbs and herbal medicines will be presented in the work area of the Tibawa Health Center

### Utilization of Herbs and Herbal Remedies



Figure 1. Utilization of Drugs and Herbal Medicine

### Types of Herbal Medicine and Herbal Medicine

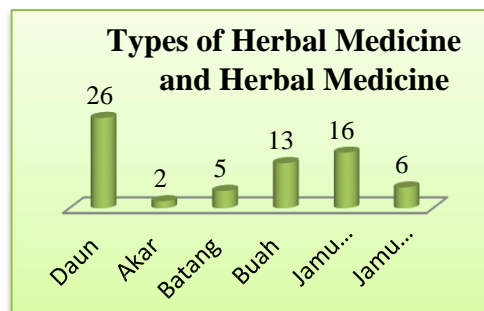


Figure 2. Types of Herbal Utilization

### Types of Complaints After Delivery

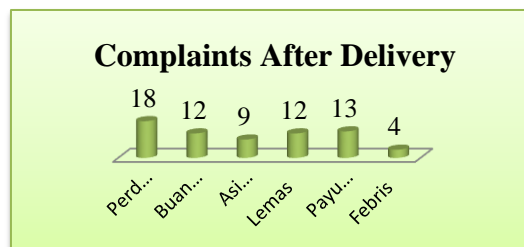


Figure 3. Types of Complaints After Delivery

### Source of Herbal Medicine and Herbal Medicine

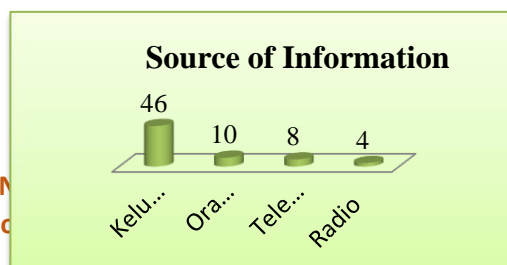


Figure 4. Source of Information

### How to Process Herbs and Herbal Remedies

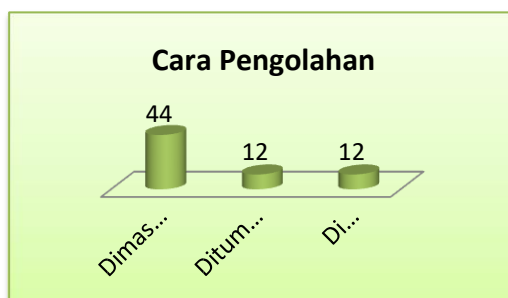


Figure 5. How to Process

### How to Get Herbal Remedies and Herbs

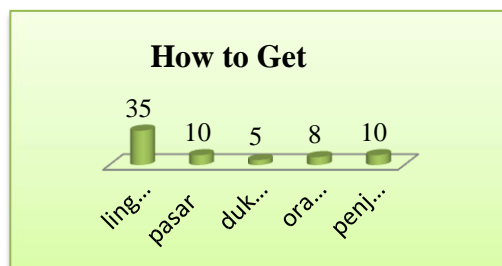


Figure 6. How to Obtain

### Reasons for The Use of Herbs and Herbal Remedies



Figure 7. Reasons for Use

From the results of the interviews, it was found that 7 themes represent the use of herbs and herbal medicines for childbearing mothers in the work area of the Tibawa Health Center, namely types of herbs and herbal medicines, sources of information, how to get them, reasons for use, processing methods, dosages, and benefits.

### The theme of types of herbs and herbal medicine

After interviewing 8 informants, there were 8 types of herbs and herbal medicines used by the mother during childbearing, namely turmeric, ginger, turi leaves, binahong leaves, katuk leaves, herbal sachets, jamu carrying, herbal concoctions themselves.

*"like this turmeric, ginger, turi leaves, you have to want to drink it"(P1)*

*"If everyone here knows it's Turi leaves, you have to watch out for drinking. After giving birth, you really can't feel the body.... there's more, dorang, take care, show you want to drink, eh, what was the name first? Oh yes, the leaves of binahong gaga want to heal the wound, especially the one who has undergone surgery" P2*

*"I want to drink, all parents say this, ginger, turmeric, turi leaves (P3)*

*"I take care of drinking turi leaves, so you have to want to drink, first Kamari olo take care of drinking - drink the herbal medicine that wants to mash ginger, turmeric, but now so there are herbs that are carried by the guard so you want to drink it (P4)*

*"I finished giving birth to ti, the mother who takes care of making herbal medicine, if you don't take care of drinking herbal medicine, the ladies who take care of walking normally are heart" (P5)*

*"Take care of drinking this carrying herbal medicine that ladies and gentlemen keep selling around, turi leaves, turmeric, katuk leaves, binahong leaves, vegetables so that there will be a lot of breast milk..."(P6)*

*"For the use of herbal medicines and herbs for postpartum women, we don't know what they are drinking, because if they come for control, if they want to ask about the medicine they are given, they usually say they have taken the medicine. In the reksonegoro area, indeed, after giving birth, they have to drink this turi leaf. It has been passed down from generation to generation in their family, so a small part of the Gorontalo people also take care to follow them as they follow the tradition because they follow the standard" (P7)*

*"I take care of it, give the Turi leaves that you want to mash, just want to boil, right, those who want to take care of curry dorang after giving birth, so you want to be famous, do you want to massage, want to give you a bath, do you want to drink this like Turi leaves, ginger, turmeric"(P8)*



Figure 8. Turi Leaves

The types and plants used by most of the people in Tibawa District utilize turi leaves as a source of treatment for mothers after giving birth. Turi Leaf (*Sesbania Grandiflora*) is a small tree belonging to the Fabaceae tribe (Noviany et al., 2021). In Indonesia, this plant is grown as an ornamental plant in the yards of the house and in the rice fields as a protective plant.



Figure 9. Turmeric, Ginger, Binahong Leaves

Jamu is a traditional herb by pounding and boiling the water. This herb is believed to accelerate the production of breast milk (Beers, 2012). The efficacy of this herbal medicine to facilitate breast milk, when viewed from the ingredients used include: turmeric contains chemical compounds called curcuminoids (curcumin, desmetoxycumin, and bisdesmethoxy-curcumin).



Figure 3. Jamu Gendong, Jamu sachet

Jamu carrying one type of herbal medicine that is very well known by the people of Indonesia is herbal medicine. It is called carrying herbal medicine because it is generally sold by carrying it. Jamu gendong is herbal medicine made from leaves and roots boiled in water, filtered, and can be drunk for a certain time.

### Information Source Theme

Sources of information obtained by participants regarding the use of herbs and herbal medicines were obtained from various sources such as: from parents, friends, neighbors, television as illustrated by the results of in-depth interviews with the 8 participants as follows:

*"People on guard are told from parents" (P1)*

*"So, from this ancestor, parents took care of making things" (P4)*

*"I know from neighbors that it's really good, I can feel good on the body" (P3,P2)*

*"... from parents, friends, television is there, it has efficacy" (P5)*

*"The old man I pointed at, it's normal to get turmeric from TV"(P6)*

*"This is Kamari, this herb is passed down from generation to generation, so you can make it from old hu... from the ancestors of Kamari" (P7)*

*"What I know is that they usually get that information from their family, so it has become their tradition to use herbal medicines such as turi leaves. This has been passed down from generation to generation, because from health workers, we never provide information to use herbal medicines and herbs, only medicines. prescriptions from doctors that we provide them with information" (P8)*

From the interviews, it was found that most of the sources of information were obtained through parents, besides that information related to the benefits of traditional medicine was obtained from friends, neighbors, television. Information through parents and family is very influential in the consumption of herbal medicines because they are

required to consume these traditional medicines, especially for postpartum mothers who have to consume traditional medicinal plant ingredients. Sources of this information are chained from one family to another so that information is very easy to obtain. Information obtained through media such as television is by looking at the number of broadcasts or advertising content that illustrates that the use of herbal medicines is better than modern medicines with milder side effects. used in the manufacture of modern medicine so that people easily assume to use the plant directly. So it is more efficient, inexpensive and very easy to obtain.

### **How to Get**

The third theme the researchers raised based on the results of in-depth interviews with 8 participants related to how to get herbs or herbal medicines for mothers after giving birth from herbal sellers, parents, taken from plants around the house, markets, friends, and grandmothers as illustrated from the results of the interviews below. :

*"There are buying in this market ginger, turmeric, if turi leaves just take care of ambe pa, I'm mama" (P1) "I want to take this turi leaf next to the house, why not from the bo ti opa tree who will take care of amyl" (P2, P4)*

*"If you want to gouge ginger and turmeric beside the Turi olo leaf house, there is a tree dpe" (P3)*

*"Want to buy, ladies and gentlemen, carrying herbal medicine" (P4)*

*"If you don't, Mom, just take care of buying at the market turmeric, ginger, ginger, then you want to make herbal medicine or so want to buy it, ladies and gentlemen, so it's ready to go" (P5)*

*"I want to buy herbs, ladies and gentlemen, if it's turi leaves, just take care, take it near Li mama's house" (P6)*

*"If the turi leaves, turmeric, ginger, kencur serre are indeed I take care of planting beside the Napa house next to the tree" (P7)*

*"To get them, maybe it's very easy, because the director who directs the plant is really guarding the planting, so there are lots of turi trees there, ginger, turmeric they also like to grow crops so they can immediately take the plants" (P8)*

### **The theme of the reason for the use of herbal medicines and herbs**

Participants revealed some of their reasons for continuing to use herbs and herbal medicines as illustrated in the interview excerpt below, namely easy to obtain, cheap, effective, recommended by parents.

*"Ginger, this turmeric is cheap, just the turi napa bo leaves beside the free bo house" (P1) "the turi napa bo leaves are many beside the house, easy to take, if you want to drink you just want to pry it out" (P2)*

*"It's very effective if you want to drink it, your body can feel healthy, Kamari" (P3)*

*"I take care of drinking because it's this old man who just told him to want to drink so that he doesn't get pregnant" (P4)*

*"Bo, it's easy to get that herbal medicine, carrying guard through the front of the house on a bicycle" (P5).*

*"That's very good, you just don't want to buy turi leaves, if herbal medicine is cheap" (P6)*

*"This turi leaf is very good for mothers who have given birth there..."(P7)*

*"They think there are a lot of turi leaves in their yard and the rest just want to take it (P8)*

From the results of the interview above, the reasons for using herbal medicines were revealed because they are easier to obtain, cheap, effective, and because of parents (cultural factors). The ease of obtaining herbal and herbal medicines makes people tend to use them in dealing with minor health problems as well as in postpartum mothers. The perceived benefits also make them persist in using them, the community has felt the benefits of herbal medicines and herbs they drink so that it makes a habit and is passed down from generation to generation towards the use of herbal medicines even though they also take advantage of health facilities if they feel that their health has not changed or if it has occurred. further infection.

### **Theme of Processing Method**

The method of processing herbs and herbal medicines that was revealed by the participants through interviews showed that the results were brewed with hot water, boiled, and ground as the results of the interview below:

*"If you want to mash ginger or turmeric, just squeeze it and then you want to drink it, if the turi leaves just want to be boiled, then you want to drink water dpe"(P1)*

*"I just want to boil it and then drink it straight away" (P2)*

*"You want to grate ginger and turmeric if you want to boil the turi leaves (P3)*

*"You want to grate the old lady, if the herbs that are in charge of buying it want to brew hot water immediately" (P4) "Turmeric and ginger want to be grated and just want to squeeze, if you want to drink it right away or do you want to do it?" (P5)*

*"I just want to boil it and then I want to drink" (P6)*

*"My turi leaves have been boiled, for example, three glasses of water later, so I want to know the remaining 1.5 cups of water, so I want to give it to someone to drink, if you want turmeric, you want to add it first, then you can rub it or you can drink it too (P7)*

*"I usually see them boiled before they want to drink" (P8)*

Processing methods are also revealed in various ways, generally herbal medicines in the form of leaves are processed by boiling, while plant medicines in the form of fruit are generally grated or stacked and then squeezed. This form of processing is easy to make people persist in the use of herbs or herbal medicines consumed by pregnant women or after giving birth.

### **Dosage Dosage Theme**

The doses used in consuming drugs and herbal herbs for mothers during childbearing, from the results of interviews, it was found that the doses used by participants were a handful, two stalks, a small bowl, one sachet, one glass.



"Ginger and turmeric slices one by one, if you have a handful of turi leaves, you need a handful" (P1, P5)

"Those 3 sticks are okay.."(P2,P3)

"I want to pick one hand at a time, if I carry one cup of herbal medicine, I want to drink it 2 times a day (P4, P6). P7)

"I don't know if it's the size they make, maybe one stalk or something, e.."(P8)

A number of mothers who have experienced the puerperium and mothers who are in the puerperium there are those who understand the efficacy of the drugs taken, some do not understand the efficacy of the drugs taken. All of the informants consider traditional medicine that has been used for generations to be proven to give effective results, so that until now they still maintain this culture. Compounding traditionally done by postpartum mothers uses a handful, a serimpang, a sheet that is difficult to determine the accuracy so that it will be difficult to determine a clear dose.

The results of interviews with several respondents, it was found that the village mother or ringleader who made traditional medicine with the amount of leaf blade, hand grip, and several segments. The dose for taking the drug is that there are some mothers who consume traditional medicine glass and some are also one glass. Meanwhile, the information obtained from the village midwife is that it is better to consume cup of traditional medicine, on the grounds that if the dose taken will cause blood pressure to drop drastically, so that it can cause death. Utilization of postpartum treatment, people still choose traditional medicine as an alternative option even as the main choice in healing during the puerperium. The reason the people of Kailolo Village still preserve traditional medicine is because it is based on experience, economic factors, and the ease of obtaining these drugs

## CONCLUSION

From the results of the study, it can be concluded that mothers during childbearing generally use herbal and herbal medicines as a form of postnatal treatment, it is believed that it can improve blood circulation, and restore postnatal conditions and facilitate breastfeeding, but a small number of them also do not know the benefits of breastfeeding. the medicine they drink because basically the medicine they take is a hereditary herb taken by mothers who have given birth in this case cultural factors are very influential. The impact caused while taking the drug they feel fresher and fitter, relieve pain, nausea, or vomiting.

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