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Education on live pharmacy plants and the use of small land in Sungai Musang Village

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| <p>Volume 2 Issue 2 Received: 4 Maret 2023 Accepted: 11 Juni 2023 Publish <i>Online</i>: 23 July 2023 <i>Online</i>: at https://JESTM.org/</p> | <p>Pengetahuan tentang pemanfaatan lahan pekarangan untuk tanaman apotek hidup atau tanaman obat keluarga (toga) belum banyak dipahami oleh masyarakat desa Sungai Musang yang ditunjukkan dari lahan pekarangan sekitar rumah penduduk yang belum banyak ditanami dengan tanaman apotek hidup. Tujuan dari pengabdian ini adalah memberikan edukasi terhadap masyarakat terkait tanaman apotek hidup serta dapat memanfaatkan lahan sempit di sekitar rumah untuk bertanam tanaman apotek hidup. Metode yang diberikan adalah ceramah tentang pengertian apotek hidup, jenis tanaman, manfaat apotek hidup, cara mengolah tanaman obat. Dilanjutkan dengan tanya jawab dan membagikan leaflet kepada peserta. Adapun kegiatan lain adalah memberikan contoh pembuatan apotek hidup untuk lahan sempit dari rak kayu dan pot mini. Peserta sangat antusias untuk mengikuti kegiatan ini, sebagian besar peserta mendapat pengetahuan tentang apotek hidup dan pemanfaatannya serta diharapkan termotivasi untuk membuat sendiri di pekarangan rumah masing-masing.</p> |
| <p><i>Keywords:</i> <i>Keyword 1; Living pharmacy</i> <i>Keyword 2; Education</i> <i>Keyword 3; Herbal medicine</i></p> | <p>Abstract</p> <p>Knowledge about the use of yard land for live pharmacy plants or family medicinal plants (toga) is not yet well understood by the people of Sungai Musang village, which is shown by the yard land around people's houses which has not been planted with live pharmacy plants. The aim of this service is to provide education to the public regarding live pharmacy plants and to be able to utilize the narrow land around the house to plant live pharmacy plants. The method given is a lecture about the meaning of a living</p> |

pharmacy, types of plants, the benefits of a living pharmacy, and how to process medicinal plants. Followed by questions and answers and distributing leaflets to participants. Another activity is to provide an example of making a living pharmacy for a narrow area from wooden shelves and mini pots. Participants were very enthusiastic about taking part in this activity, most of the participants gained knowledge about living pharmacies and their uses and were expected to be motivated to make their own in their own yards.

1. INTRODUCTION

A living pharmacy is basically the use of an empty plot of land, whether in the yard, field or garden, which is used to cultivate plants that have medicinal properties (Aly et al., 2020). Family medicinal plants are efficacious plants that are planted in the yard managed by the family, in order to meet the family's need for their own medicines (Parawansah et al., 2020).

Live pharmacy plants contain hundreds of compounds that are beneficial for the body. Several types of live pharmacy plants have been studied for their contents and benefits (Petrovska, 2012; Ribeiro et al., 2015). However, some others have not been researched and are only myths or knowledge passed down from generation to generation. Compounds that are known to function to increase immune system activity are usually from the flavonoids, curcumin, limonoids, vitamin C, vitamin E, and catechone groups (Dafni & Böck, 2019; Dias et al., 2012; Mahomoodally, 2013; Shanley et al., 2005).

These herbal plants are planted on empty, unproductive land. Land The existing land is not utilized properly, on the contrary, most of the land is becomes empty land where no crops are planted or is called empty land abandoned. Vacant land is vacant land, land owned by private individuals, institutions or companies that do not yet have a clear designation or have not yet been built within a certain period of time (Sitawati, et al, 2019: 54). Previous land used as land for planting crops, in the end the land is already The plants planted just lay there and were not cared for. So land Over time the land became overgrown with grass and bushes thicket. Relevant research conducted by Hidayatulloh stated that, Traditional medicinal plants have benefits or properties and can improve the community's economy which can be distributed to markets, hospitals, the drug industry and others (Hidayatulloh, 2018: 2).

Community knowledge in Sungai Musang Village, Aluh-Aluh District, Banjar Regency regarding the use of yard land for live pharmacy plants or family medicinal plants (toga) is not widely understood by the community as shown by the yard land around people's houses which has not been planted with live pharmacy plants. . It is said to be a living pharmacy plant because the plant is able to provide benefits as a natural medicine or herbal medicine. Based on the description above, the aim of this service is to provide facilities for utilizing limited land and educating the public regarding the benefits of herbal medicinal plants.

2. METHODS

This community service activity provides education to the community about the use of plants as living pharmacies to create a healthy and productive community in Sungai Musang Village, Aluh-Aluh District, Banjar Regency. This activity consists of 3 stages, namely the preparation stage, implementation stage, and evaluation stage. The details of the stages of community service activities (PkM) are as follows:

1. Preparatory stage. This preparation stage is carried out before implementing PkM activities in Sungai Musang village, the stages include:
 - a. information collection carried out by teams at partner locations.
 - b. field coordination. Field coordination is carried out between the implementing team and the village head regarding the material to be presented during the counseling, and determining the schedule and location of activities.
2. Implementation stage. PkM activities will be held on March 10 2023, at the Sungai Musang village hall at 08.00 – 12.00 WITA. Educational activities with counseling are carried out by providing materials with presentations and distributing leaflets to the community. The material was delivered directly by the

implementing lecturer team and leaflets were distributed by students to the community. Followed by giving a demonstration of making a living pharmacy from local plants and mini pots along with wooden shelves.

3. Evaluation stage. After the outreach activities are complete, the next step is to carry out the evaluation stage which is carried out by the implementation team and students of Nahdatul Ulama University, South Kalimantan, the implementation team, students and the community.

3. RESULT AND DISCUSSION

The community service was held at the Sungai Musang village hall, Aluh-aluh sub-district, Banjar Regency, South Kalimantan. This activity begins with an introduction then continues with educational material. Service activities are carried out by means of presentations and question and answer discussions about the benefits of a yard for medicinal plants and their properties. Medicinal plants that are living pharmacy plants are ginger, turmeric, galangal, galangal and lemongrass. At this counseling stage, several materials were provided in the form of power point presentations and leaflets.



Figure 1. Material leaflet

In Figure 1, there is a picture of a leaflet distributed to the community during PkM activities. Educate the community by delivering it directly and using leaflets prepared by the PkM implementation team. The presentation of material about the benefits of tamanan as a living pharmacy was delivered by a biology education lecturer at Nahdatul Ulama University of Kalimantan Selatan and the distribution of PkM leaflets was carried out by students. The leaflet displays the names, pictures and benefits of medicinal plants.

So if people forget the benefits of medicinal plants, they can read the leaflet again. Apart from that, it was also conveyed that medicinal plants can be directly cleaned by cleaning them first or by processing them. Each type of plant has its own processing method and benefits. Processing methods include boiling, roasting, steaming, pounding, soaking and frying. The resulting medicinal concoction can be used by smearing it, sticking it on, drinking it, gargling it, using it to wash your hair and bathing it (Sambara et al., 2016).

The use of plants as medicine has long been in demand among village communities, this is indicated by the large number of traditional healing places and the circulation of many traditional medicinal products among the community, which are usually called herbs. Herbs are plants or plants that have medicinal properties. Herbs are Indonesia's natural wealth which are priceless. In everyday life we often know herbs as spices. Herbs can play a role in first aid for health problems and have been proven to be effective in curing various diseases, even diseases that are almost incurable, there is still a chance of being cured using herbal concoctions. This is because herbal treatment is easier for the body to accept so healing can be faster.

People believe that medicinal plants are very effective in curing diseases. Medicinal plants are also believed to have relatively few side effects. (Kariman, 2014) states that medicinal plants are widely used by middle to lower class communities because they have several advantages. First, the side effects of traditional medicines are relatively smaller if they are used correctly and appropriately, including the correct dosage, time of use, method of use, correct choice of ingredients, and correct choice of drug selection. Second, there are complementary effects and/or synergism in the medicinal ingredients.

Some family medicinal plants that can increase the body's immunity are red ginger, red betel, lime and mint leaves. As a raw material for traditional medicine, Sunti ginger or red ginger with the Latin name *Zingiber officinale* Rosc is widely chosen because it contains essential oils with a high percentage of gingerol and oleoresin which gives a higher bitter and spicy taste than elephant ginger and emprit ginger. This red ginger is used as a laxative, anthelmintic and to relieve colds. Red ginger rhizomes are efficacious in warming the body, increasing appetite, easing sweat, and preventing and treating colds. Apart from that, ginger is also efficacious in treating sore throat (bronchitis), rheumatism, back pain, impotence, stomach pain, increasing body stamina, relieving asthma, treating headaches, muscle aches, premature ejaculation, and improving breast milk (ASI). (Sudewo, 2006).

After the material has been delivered, the public is invited to carry out a question and answer process. Throughout the event the community was very enthusiastic, marked by the many questions asked by the public.

At the end of the activity, direct assistance was provided on how to make live pharmacy plants from pots and wooden shelves. This activity involves the community and is guided directly by the lecturer accompanying the activity. It is hoped that in the future people will plant them in their yards as an effort to encourage people to plant live pharmacy plants as herbal medicines and people can make traditional medicines in the form of herbal medicine or so on.



Fig. 2. This is the Making a Living Pharmacy from Pot media

Family medicinal plants tend not to require a large area of land so they can be planted in the yard or can be placed in a 30x30 cm polybag or small pot placed in a place where sufficient sunlight enters to carry out photosynthesis. TOGA care is quite easy, you just need to water it and apply fertilizer as needed. Maintenance is simply done by cleaning the surrounding weeds and pruning them if necessary and applying organic fertilizer to increase soil fertility for the plants.

The medicinal plants planted are given enough organic fertilizer in the hope that this can fertilize and facilitate plant growth. Organic fertilizer is fertilizer derived from dead plants, animal waste and/or animal parts and/or other organic waste that has gone through an engineering process, in solid or liquid form, can be enriched with mineral materials, and/or useful microbes to increase nutrient content. and soil organic matter as well as improving the physical, chemical and biological properties of the soil (Kemenper, 2011). The higher the nutrient availability, the more fertile the soil will be and vice versa. The nutrient content in the soil always changes, depending on the season, soil processing and plant type (Afandie, 2002).

Some of the benefits of family medicinal plants as medicine in the community, such as:

- a. Maintaining good health. In fact, the efficacy of traditional (herbal) medicine in supporting health has been proven empirically, its users consist of various levels of society, starting from children, teenagers and elderly people.
- b. Improve the nutritional status of the community. There are many plants that act as living pharmacies that can be used to improve and improve nutrition.
- c. Greening the environment. Increasing the planting of living pharmacies is one way to green the living environment.
- d. Increase people's income.



Fig. 3. This is documentation of activities

4. CONCLUSION

All community service activities have run well and smoothly. From the results of activities related to living pharmacy education and the use of narrow land as a living pharmacy, the conclusion that can be drawn is that living pharmacies provide benefits to the surrounding environment and make it easier for children and other residents to know the names of living pharmacy plants.

Education using powerpoint presentation media and distribution of leaflets can increase participants' knowledge in identifying live pharmacies that can be used by families.

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