

Utilization of Toga (Family Medicinal Plants) During the Covid -19 Pandemic in Tebas Gondangwetan Pasuruan Village

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Abstract

TOGA stands for Family Medicinal Plant. Family medicinal plants are culturally produced plants that are efficacious as medicine. Family Medicinal Plants are essentially a piece of land either in the yard of the house, garden or field used to cultivate plants that are efficacious as medicine in order to meet the family's needs for medicines, and can then be distributed to the community. . The purpose of this activity is to increase public knowledge, especially the village of gondangwetan pasuruan in the use of family medicine as an effort to increase immunity in the midst of the Covid 19 pandemic. The method used in this study is qualitative descriptive, namely to find out the types of family medicinal plants and how to process them as drugs. The first stage is to provide counseling on the definition, benefits of family medicinal plants as an effort to increase immunity. For the second stage, it provides an explanation of how to process. The results of this study residents know the benefits of family medicinal plants and how to process them, knowing how to plant family medicinal plants on narrow land.

Keywords: Benefits, Family Medicinal Plants, Types of TOGA

INTRODUCTION

Tebas Village is one of the villages located in GondangWetan District, Pasuruan Regency. Geographically the village has 60% of the rice fields and the remaining 40% is residential, with the majority of the population (95%) being farmers. Farmers groups have a role in community development, not only in food independence, but can be directed to health independence, through the development of Family Medicinal Plants. Some housewives in Tebas Village have planted TOGA, however, the number of TOGA grown is still limited, and few know the benefits of the planted.

One of the roles of women in efforts to improve the welfare of their families in the field of food is the planting and utilization program of family medicinal plants (TOGA). This program also responds to the decrease in people's purchasing power due to increasingly expensive drug prices, thus indirectly impacting the declining degree of public health [\[1\]](#).

Herbal medicinal herbs become one of the important elements in people's lives because of their various benefits, both as a food source and for medical. Although the true efficacy of these plants has not been widely proven scientifically, but as one of the alternatives to healing certain diseases, these plants have been used for generations through the study of traditional medicine and native knowledge of the population and provided the expected results in the healing process. [2]

TOGA stands for Family Medicinal Plant. Family medicinal plants are culturally produced plants that are efficacious as medicine. Family Medicinal Plants are essentially a piece of land either in the yard of the house, garden or field used to cultivate plants that are efficacious as medicine in order to meet the family's needs for medicines, and can then be distributed to the community. [3]

Family medicinal plants (TOGA) can treat a disease in general such as symptoms of fever, cough, itching and abdominal pain. Medicinal plants can be processed traditionally and are quite simple as pounded or boiled. In addition to meeting the needs of medicines for the family, it turns out that medicinal plants also have functions and benefits for the family home page. Planting this family medicinal plant aims to cultivate the types of medicinal plants that have been found or rare. Another benefit of this planting as one of the greening around the house area to make it look more beautiful [4].

Land has a multipurpose function, narrow land can produce foodstuffs such as tubers, vegetables, fruits, spices and medicine. The limitations of narrow land can be utilized by planting family medicinal plants in the field. Types of family medicinal plants (TOGA) that can be developed include turmeric, ginger, temulawak, galangal, cat whiskers and sambiloto. Cultivation of family medicinal plants is intended to meet the needs of the family everyday so that it is easily obtained at any time needed as a medicine for sick families. [5]

In order to deceive and encourage the active role of the community in traditional health development efforts, it is necessary to direct that the community can perform health care independently and correctly through the use of traditional medicinal plants in the form of herbal medicine, Standardized Herbal Medicine (OHT) and phytoarmaka. And the use of traditional medicine as an effort for health maintenance, disease prevention and health care is intended during public health emergencies and/or the National *Corona virus Disease 2019* (Covid 19) disaster. [6]

The implementation of socialization of planting training and utilization of family medicinal plants (TOGA) includes effective ways to bind the positive attitude of the damper village community in the utilization of family medicinal plants into herbal medicine to increase immunity in the covid-19 pandemic. With this training, people can find out the types of family medicinal plants, ranging from planting, utilization and use. People who have gained knowledge about the efficacy of family medicinal plants, can cultivate them independently or individually, so as to realize independence in family medicine.

The purpose of this activity is to increase public knowledge, especially the village of gondangwetan pasuruan in the use of family medicine as an effort to increase immunity in the midst of the Covid 19 pandemic.

METHOD

The method used in this study is qualitative descriptive, namely to find out the types of family medicinal plants and how to process them as drugs..

The implementation method carried out in the family medicinal plant utilization program (TOGA) is divided into two stages. The first stage is to provide counseling on the definition, benefits of family medicinal plants as an effort to increase immunity. For the second stage, it provides an explanation of how to process and clarify the use of medicinal herbs for the maintenance of body health..

This family medicinal plant utilization activity will involve all elements of society, especially housewives in Tebas Village gondangWetan Pasuruan subdistrict together, synergizing, multidisciplinary so as to increase knowledge to the community of the importance of processing Family Medicinal Plants (TOGA) to increase immunity.

The material used in the utilization program of this family Medicinal Plant to the Community is the application of family Medicinal Plants (TOGA). Understanding includes the types of Toga plants (Ginger, Turmeric, lemongrass, etc.), how to grow Toga in a limited yard, and processING TOGA as a medicinal herb for the maintenance of body health.

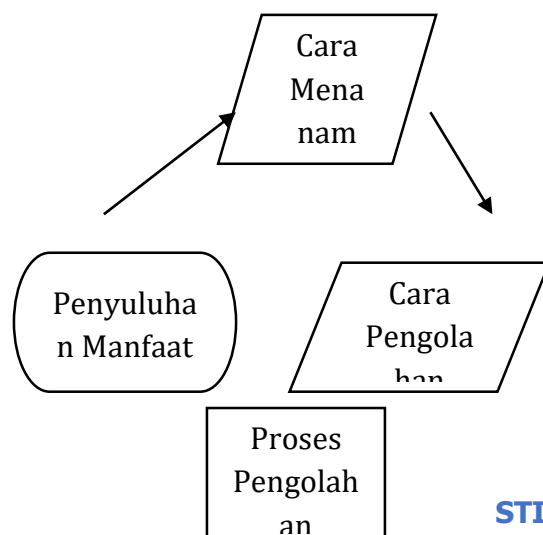
Supporting factors in the implementation of family medicinal plant utilization activities (TOGA) are as follows:

a. Supporting Factors

- 1) Village Head and Tebas Village officials who have supported the implementation of family medicinal plant utilization activities.
- 2) The mother of the head of Tebas Village who helps smooth the utilization of family medicinal plants (TOGA)
- 3) Housewives of Tebas Village, Gondangwetan District, Pasuruan Regency as trainees.
- 4) Group 3 KKM Participants
- 5) Field Companion Lecturer who helps guide the utilization of medicinal plants (TOGA).

b. Inhibitory Factors

The inhibiting factor of the utilization of this family medicinal plant is the limited time of implementation.



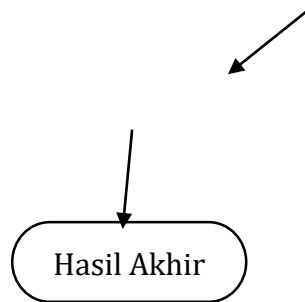


Figure 1: The planning process

RESULTS and DISCUSSIONS

Located in Tebas Village, GondangWetan Pasuruan District, Residents get an understanding of family medicinal plants (TOGA), so far they have not received much attention about the importance of TOGA plants, after getting an understanding of what toga plants are and their benefits, mothers look enthusiastic to grow TOGA in the house. TOGA is a family medicinal plant that directly benefits the life of the community itself.

Siswanto (1997: 3) states that the types of medicinal plants are:

- Plants or plant parts used as materials used as herbs.
- Plants or plant parts used as starter materials raw materials.
- The plant or part of the plant that is externalized and the ecttra of the plant is used as medicine. [\[7\]](#)

Kartasapoetra (1992: 33) describes the types of plants that are efficacious drugs include: "gandarusa, purple leaves, brown flowers, gotu kola, virgin tread, papaya, muscle greges, peria, duck cocor, distance parak, black building, aceh wood, black cane, iler, cat mustache, glass, guava, usin wood, fragrant pandan, race, brotoli, serei, ginseng, rimbang, gambir wood, bangle, jerango, ginger, turmeric, lempuyang, Galangal and ginger." [\[8\]](#)

Planting medicinal plants in the field, in addition to being used for medicine, can also be arranged well as a decoration of the yard. The yard of the house will be beautiful and its residents can also get medicines that are treated to maintain health. Medicinal plants chosen to be grown in the yard are usually medicinal plants that are used for first aid or minor medications, such as fever and cough. Medicinal plants that are often grown in the carpet, among others: betel, turmeric, ginger, ginger, ginger, hibiscus, leaves of gods, sambiloto, beluntas, guava, star fruit wuluh, kenup flowers, cloves, pomegranates, limes, cat whiskers, mangosteen and tomatoes. [\[9\]](#)



Some Steps to Plant TOGA include:

1. Preparing Tools and Materials

The media that can be used are pots and polybags, so that family medicinal plants can be grown in a narrow yard, next is the soil, the composition of the soil will affect the fertility of the plant. The composition is soil, rice husks, and compost, where the ingredients can be purchased at ornamental plant stores.

2. Choosing the Type of Plant

In addition to paying attention to the efficacy of the plants that we will plant, what needs to be considered is also the area of land we have. If we have a narrow land, then the type of plant that is suitable is a plant that does not take much space, such as turmeric, ginger, galangal, temulawak, kencur, and aloe vera. Some of these medicinal plants are very easy to grow using polybag and potting media, and do not require large land. If we have a wider land, then we can choose larger medicinal plants, such as lime, distance, starfruit, Moringa, mimba and lemongrass.

3. Caring for TOGA Plants

After planting, the next step is to take care of the plant, which we need to pay attention to is to meet the needs of water and sunlight, as well as clean the weeds that grow around the plant.

Picture1. Planting process

Several types of Family Medicinal Plants (TOGA) that can be utilized by the Community in Tebas Village Gondangwetan District Pasuruan District Such as Moringa *oleifera* to Treat fever and deep heat, Temulawak (*Zanthorrhiza*) to treat jaundice, flatulence, magg helps stabilize blood pressure and good for improving immunity, Turmeric (*Curcuma longa*), efficacious to treat diabetes, typhus, appendicitis, tonsils, smoothing breast milk, and helping to launch Menstruation, Betel Leaf (*Piper betle*) Reduce Vaginal discharge, bad smell, heart disease, allergies, diarrhea, cough, cavities and eye pain, cane (*Dimocarpus longan*), rich in Vitamin C, Good for the eyes and heal wounds, kencur (*Kaempferia galanga*), treating headaches, removing phlegm, treating stomach inflammation. Family Medicinal Plants (TOGA) can be utilized in Tebas Village gondangwetan district pasuruan district based on the Type of Disease can be seen In table 1, table 2, table 3 and table 4. And the type of plant can be seen in figure 1, figure 2, figure 3, figure 4, figure 5 and figure 6.

Table 1. Types of family medicinal plants used to increase
Endurance and how it is used.

No.	Plant Name	How to Process

1.	Lemongrass (<i>Cymbopogon citratus</i>)	Sliced to taste then boiled until boiling then add honey at the end. Drink.
2.	Ginger (<i>Zingiber officinale</i>)	Remove the skin first then sliced and boiled and then add honey. Then in drinking.
3.	TemuLawak (<i>Curcuma Zanthorrhiza</i>)	Sliced to taste then boiled until boiling then add honey at the end. Drink.
4.	Cinnamon (<i>Cinnamomum verum</i>)	Boil cinnamon with boiling water then strain and drink the water.
5.	Noni (<i>Morinda citrifolia</i>)	Eaten the fruit.

Table 2. Types of family medicinal plants used for cough flu and
how to use it.

No.	Plant Name	How to process
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1.	Jasmine (<i>Jasminum officinale</i>)	The roots are thoroughly washed and then ground and drunk
2.	Lime (<i>Citrus x aurantiifolia</i>)	Squeeze the lime then drink it directly.
3.	Turmeric (<i>Curcuma longa</i>)	Puree turmeric then mix with warm milk, can be drunk before going to bed
4.	Kencur (<i>Kaempferia galanga</i>)	Boiled and then drunk the water.
5.	Ginger (<i>Zingiber officinale</i>)	Slice the ginger into several parts, then boil it into boiling water. Drink

Table 3. Types of family medicinal plants used for skin diseases and how they are processed

No.	Plant Name	How to Process
1.	Galangal (<i>Alpinia galanga</i>)	Mash, then rub it into the problem part of the skin
2.	Mimba (<i>Azadirachta indica</i>)	Boil then compress with a cloth to the affected part of the body
3.	Binahong (<i>Anredera cordifolia</i>)	Mash and then rub the impact on the affected part of the skin
4.	Aloe Vera (<i>Aloevera</i>)	Take a few sticks of aloe vera, divide it into pieces, then rub the mucus in an itchy skin area, after dry rinse with warm water.
5.	Turmeric (<i>Curcuma longa</i>)	Mix grated turmeric with a little water until it

		becomes a paste, then apply the paste to the skin.
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Table 4. Types of family medicinal plants used for high blood medicine and how they are processed

No.	Plant Name	How to Process
1.	Garlic (<i>Allium sativum</i>)	Sliced into pieces then instantly chewed
2.	Celery (<i>Apium graveolens</i>)	Wash Then boiled with 3 cups of clean water until the remaining 1 glass, after cold drink.
3.	Leatherback wuluh (<i>Averrhoa bilimbi</i>)	Three fruits are washed and then cut into pieces as necessary, boil with 3 cups of clean water until the remaining 1 cup, after cold drinking
4.	Cinnamon (<i>Cinnamomum verum</i>)	Boil cinnamon, strain then drink the water.



Figure 1. Temulawak



Figure 2. Turmeric



Figure 3. Longan Fruit



Figure 4. Lime



Figure 5. Betel



Figure 6. Moringa

Here's how to use herbal plants:

- A. Based on the type of disease, different types of diseases are different in how they are used. For example, For internal ailments, stomach acid, fever, gout, herbal remedies in drinking, for skin diseases, used by smearing or for bathing, if for respiratory diseases (asthma), the drug is given by steam-smoking and taken as well.
- B. How to consume. Different types of medicinal plants are different in how to consume them. In general, the herb is drunk before meals, with the aim that the absorption process is more optimal and does not mix with other foods. Or it can be drunk after eating.
- c. The dose taken for children aged 5-9 years is usually $\frac{1}{3}$ of the recommended dose for adults. While the dose for children aged 10-15 years is $\frac{1}{2}$ dose of adults.



Turmeric Herbal Medicine Images

Conclusion

Overall, the socialization activities of family drug cultivation and the provision of family medicinal plant utilization training (TOGA) conducted in Tebas village of Gondang district of Pasuruan Regency went well and smoothly. Socialization activities and the provision of planting training and utilization of family medicinal plants (TOGA) in Tebas Village gondangWetan district of Pasuruan regency can provide and increase knowledge about various types of medicinal plants how to process and efficacy. The implementation carried out in the family medicinal plant utilization program (TOGA) is divided into two stages. The first stage is to provide counseling on the definition, benefits of family medicinal plants as an effort to increase immunity. For the second stage, it provides an explanation of how to process and clarify the use of medicinal herbs for the maintenance of body health. Socialization activities and training on the utilization and planting of family medicinal plants (TOGA) that are carried out can also increase knowledge about

how to plant and use family medicinal plants (TOGA) and can provide and increase knowledge about how to process medicinal plants into various types of processed herbs for body health. Medicinal plants that can be utilized by residents for Health are, ginger, turmeric, temulawak, lemongrass, guava leaves, betel leaves, noni galangal, cane, lime starfruit wuluh, moringa, guava, and aloe vera.

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