

INTISARI

STUDI ETNOMEDISIN TANAMAN OBAT UNTUK PENGOBATAN HIPERTENSI DI KABUPATEN CIAMIS

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Pemanfaatan tanaman di Indonesia sudah dilakukan secara turun temurun untuk memenuhi kebutuhan sehari-hari salah satunya sebagai pengobatan. Etnomedisin merupakan cabang dari antropologi medis yang membahas asal mula penyakit, penyebab dan pengobatan kelompok masyarakat tertentu. Penelitian ini dilakukan dengan tujuan untuk menggali informasi mengenai tanaman obat, cara penggunaan, cara pengolahan, membuat peta sebaran penggunaan tanaman, serta nilai frekuensi sitasi (FC) dan *plant part use (PPU)* tanaman obat yang digunakan sebagai obat hipertensi oleh batra di Kabupaten Ciamis. Jenis penelitian ini merupakan deskriptif kualitatif dan kuantitatif. Survei yang dilakukan dengan wawancara semistruktur dan menggunakan kuisioner. Hasil wawancara dengan 8 orang batra di Kabupaten Ciamis terdapat 15 jenis tanaman obat yang digunakan dalam pengobatan hipertensi. Bagian tanaman yang digunakan yaitu daun, akar, batang, umbi dan bunga. Cara pengolahan tumbuhan obat dengan cara direbus (64%), dibuat simplisia (35,7%), ditumbuk (6%), dan dibuat jus (6%). Tanaman dengan nilai frekuensi sitasi (FC) tertinggi yaitu tanaman seledri (*Apium graveolens*) dan bawang putih (*Allium sativum*) sebesar 20%. Nilai PPU (*plant part use*) jika diurutkan dari nilai tertinggi yaitu daun 61,9%, umbi 19%, batang 9,5%, akar 4,76% dan bunga 4,76%. Cara penggunaan ramuan antihipertensi yaitu dengan cara di minum. Peta sebaran pemanfaatan tanaman obat hipertensi di Kabupaten Ciamis menunjukkan bahwa Kecamatan Ciamis merupakan penghasil formulasi ramuan antihipertensi terbanyak.

Kata kunci: Etnomedisin, Kabupaten Ciamis, Tanaman obat

Keterangan : 1. Peneliti, 2. Pembimbing 1, 3. Pembimbing 2

ABSTRACT

ETHNOMEDICINE STUDY OF MEDICINAL PLANT FOR THE TREATMENT OF HYPERTENSION IN CIAMIS DISTRICT

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*Utilization of plants in Indonesia has been carried out for generations to meet daily needs, one of which is as a treatment. Ethnomedicine is a branch of medical anthropology that deals with the origin of disease, the causes and treatment of certain groups of people. This study was conducted with the aim of digging up information about medicinal plants, how to use them, how to process them, make a map of the distribution of plant uses, citation frequency (FC), and plant part use (PPU) values of medicinal plants used as hypertension drugs Batra in Ciamis Regency. This type of research is descriptive qualitative and quantitative. The survey was conducted by means of semi-structured interviews and using questionnaires. The results of interviews with 8 Batra people in Ciamis Regency, there are 15 types of medicinal plants used in the treatment of hypertension. The plant parts used are leaves, roots, stems, tubers and flowers. The method of processing medicinal plants is by boiling (64%), making simplicia (35.7%), pounding (6%), and making juice (6%). Plants with the highest citation frequency (FC) were celery (*Apium graveolens*) and garlic (*Allium sativum*) by 20%. The PPU (plant part use) value if sorted from the highest value, namely leaves 61.9%, tubers 19%, stems 9.5%, roots 4.76% and flowers 4.76%. The way to use antihypertensive formulations is by drinking. The distribution map of the utilization of hypertension medicinal plants in Ciamis District shows that Ciamis District is the largest producer of antihypertensive herb formulations.*

Keywords: Ethnomedicin, Ciamis Regency, Medicinal plants.