

Abstrak

STUDI ETNOFARMAKOLOGI RAMUAN OBAT TRADISIONAL BERDASARKAN PENGETAHUAN LOKAL (*INDIGENOUS KNOWLEDGE*) MASYARAKAT KABUPATEN BANYUMAS

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Latar Belakang: Indonesia terdiri atas berbagai etnik bangsa yang memiliki keanekaragaman obat tradisional dari bahan alami bumi Indonesia, termasuk tumbuhan obat. Kabupaten Banyumas memiliki keanekaragaman hayati yang tinggi dan mempengaruhi kebudayaan pengobatan masyarakat lokal Banyumas. Penelitian ini bertujuan untuk menelusuri dan mendokumentasikan ramuan obat tradisional menurut pengetahuan lokal masyarakat Banyumas dan mengkaji kebenaran khasiatnya berdasarkan bukti-bukti ilmiah.

Metodologi: Penelitian ini menggunakan metode kualitatif. Penggalian informasi dilakukan melalui teknik wawancara dan dokumentasi. Hasil informasi yang diperoleh dilakukan identifikasi dan dikaji literatur ilmiahnya. Penelitian ini dilakukan di enam kecamatan di Kabupaten Banyumas selama lima bulan.

Hasil Penelitian: Penggalian informasi ramuan obat tradisional berhasil memperoleh 43 ramuan obat tradisional, yang tersusun atas 153 komposisi dengan 56 jenis tumbuhan. Ramuan obat tradisional tersebut memiliki 17 macam khasiat yakni sebagai ramuan untuk mengatasi demam, batuk, konstipasi, diabetes, mengembalikan stamina tubuh, kejang demam, masuk angin, jerawat, gatal, penyakit kulit, asam urat, flek paru, kencing batu dan cedera serta untuk ibu setelah melahirkan. Penggunaan tumbuhan dalam komposisi ramuan obat tradisional menurut pengetahuan lokal masyarakat kabupaten Banyumas sudah sesuai dengan bukti-bukti ilmiah yang ada saat ini.

Kesimpulan: Sebagian besar penggunaan tumbuhan dalam ramuan obat tradisional menurut pengetahuan lokal masyarakat Banyumas telah didukung oleh informasi dan bukti ilmiah.

Kata Kunci: Etnofarmakologi, Ramuan Obat Tradisional, Pengetahuan Lokal, Banyumas.

Abstract

ETHNOPHARMACOGNOSY STUDY THE USES OF TRADITIONAL MEDICINAL HERBS BASED ON INDIGENOUS KNOWLEDGE OF THE BANYUMAS DISTRICT

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Background: Indonesia consists of various ethnic groups that have a diversity of traditional medicines from Indonesia's natural earth ingredients, including medicinal plants. Banyumas has a high biodiversity and it affects the medical culture of the Banyumas local community. This study aims to explore and document the ingredients of traditional medicine according to the local knowledge of the Banyumas community and examine the truth of their properties based on scientific evidence.

Methodology: This study uses a qualitative method research design. Information gathering is done through interviewing and documentation techniques. The results of the information obtained were carried out identification and review of literature. This research was conducted in six sub-districts in Banyumas District for five months.

Results: Extracting information on traditional medicinal herbs successfully obtained 43 traditional medicinal herbs, which were composed of 153 compositions with 56 types of plants. The traditional medicinal herb has 17 kinds of properties, namely as an ingredient for treating fever, coughing, constipation, diabetes, restoring stamina, febrile convulsions, colds, zits, itching, skin diseases, gout, pulmonary spots, stone urine and injuries and to mother after giving birth. The use of plants in the composition of traditional medicinal herbs according to the local knowledge of the Banyumas district community is in accordance with the scientific evidence that exists today.

Conclusion: Most of the use of plants in traditional medicinal herbs according to local knowledge of the Banyumas community has been supported by scientific information and evidence.

Keywords: Ethnopharmacognosy, Traditional Medicinal Herbs, Indigenous Knowledge, Banyumas.