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Socialization and Education on the Utilization of Curcuma Medicinal Plants (*Curcuma zanthorrhiza*) in Increasing Immunity in Palembang

Rachmat Hidayat^{1*}, Patricia Wulandari²

¹ Department of Biology, Faculty of Medicine, Universitas Sriwijaya, Palembang, Indonesia

² Cattleya Mental Health Center, Palembang, Indonesia

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*Corresponding author:

Rachmat Hidayat

E-mail address:

dr.rachmat.hidayat@gmail.com

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ABSTRACT

Socialization and education activities on the use of curcuma medicinal plants to the community in the working area of the Palembang Campus Community Health Center are an activity that really needs to be carried out in order to increase health resilience in the community by utilizing the resources that are around us. Concern and constructive efforts to use natural materials are the main targets of this activity. Socialization and education activities on the use of the ginger plant to increase endurance received a pretty good enthusiasm from the community, where as many as 154 Google Meet accounts participated in this socialization, where each account was attended by several participant family members. Socialization and education activities on the use of medicinal plants, especially by academicians, are very much needed by the community.

1. Introduction

Indonesia is one of the countries with the largest biodiversity in the world. Indonesia ranks second after Brazil, in terms of biodiversity. This biological wealth is a great potential which should be utilized to improve the quality of life.¹ Temulawak (*Curcuma zanthorrhiza*) is a plant with known pharmacological properties and effects and has been widely used from generation to generation in people in Indonesia, especially in Java. Temulawak has various properties and effects in overcoming various health problems, such as liver disorders, increasing appetite in children and increasing endurance.²⁻⁵

Sumatra Island, especially South Sumatra (Palembang), is one of the islands in the Indonesian

archipelago and is one of the largest islands in Indonesia.⁶ Sumatra is the second most populous island in Indonesia after Java. However, the culture and habit of using medicinal plants on the island of Sumatra is still very rare and has not become a habit and culture.⁷⁻⁹ People in Palembang are still very unfamiliar and do not know the use of medicinal plants, one of which is curcuma in improving the quality of health, in this case increasing endurance.¹⁰⁻¹³

Socialization and education activities on the use of curcuma medicinal plants to the community in the working area of the Palembang Campus Community Health Center are an activity that really needs to be carried out in order to increase health resilience in the community by utilizing the resources that are around



us. Concern and constructive efforts to use natural materials are the main targets of this activity.¹⁴⁻²⁰

2. Methods

Socialization and education activities on the use of ginger plants to increase endurance are carried out online by utilizing the Google meet facility regularly every weekend during May 2020. The meeting was held 4 times, where each meeting was about 2 hours. The socialization begins with showing the urgency of using natural materials around us, followed by the introduction of various natural ingredients that have the potential to increase endurance. The next meeting, focused on the introduction of the ginger plant and its properties as an enhancer of the body's power, followed by processing methods so that the ginger plant can be used as an immune-enhancing drink. This activity was attended by around 154 people in the working area of the Palembang Puskesmas Campus, South Sumatra, Indonesia. The socialization activities were carried out by presenting material, question and answer and mini demonstrations of processing curcuma for endurance enhancing drinks.

3. Results and Discussion

Socialization and education activities on the use of

the ginger plant to increase endurance received a pretty good enthusiasm from the community, where as many as 154 Google Meet accounts participated in this socialization, where each account was attended by several participant family members. If 4 people participated in each account, it can be assumed that the participants in the activity reached up to 616 people. Enthusiasm was not only proven by the large number of community participation, but also by enthusiasm for questions and answers that were followed by the socialization participants. Every session there are always lots of questions and comments from the socialization participants.

These socialization and educational activities were also able to provide good enough knowledge for the socialization participants. Participants get good enough knowledge about the use of natural ingredients, especially ginger to be processed and processed into health drinks to increase endurance. There was an increase in the knowledge score of the participants in the socialization between before attending the socialization and after attending the socialization. With the increase in knowledge, it is hoped that the attitude and the emergence of the behavior of using medicinal plants to be used as health drinks independently are expected to be able to maintain public health naturally.



Figure 1. Ginger plants





Figure 2. Temulawak chopped

4. Conclusion

Socialization and education activities on the use of medicinal plants, especially by academicians, are very much needed by the community. Activities like this are very important to improve the health status and resilience of natural-based communities around us.

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