

Training and Assistance in Making Healthy Drink for Heartburn Reliever

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ABSTRACT

The aim of the training and assistance activities in making healthy drinks to relieve heartburn are to provide knowledge, skills to individuals or groups and provide solutions regarding healthy drinks to relieve heartburn that are good to drink, especially when breaking the fast in the month of Ramadan and to develop entrepreneurial character. The method used the provision of preparation materials for making healthy drink recipes, questions and answers, discussions, practice and mentoring carried out for 24 students of the SMK Kesehatan Surabaya in the classroom and gazebo of the school environment. The result are the service to community through training activities and assistance in making healthy drinks to relieve heartburn getting a positive and enthusiastic response from the participants present.

INTRODUCTION

Indonesia is currently facing various disease problems and these tend to increase every year. Apart from the aftermath of the Covid-19 disease, Indonesia's climate situation has high rainfall intensity, extreme weather changes, and coincides with the arrival of the month of Ramadan (Muslim people fast) in early 2024. In the month of Ramadan, many Indonesian people consume various kinds of fried foods to accompany them. breaking the fast. This can cause illnesses such as fever and interfere with activities. According to medical terms, internal heat is called a syndrome which can occur due to extreme weather changes, causing the body's immune system to decrease (Antaranews.com, 2017). Heartburn is also said to be a sensation or symptom of heat that is felt in the human body, although it is not specific. Symptoms of internal heat can vary, accompanied by excessive sweating, discomfort in the throat, pain when swallowing, reduced appetite and others. To prevent and treat heartburn, people usually consume internal heat relievers.

Heat and temperature are two different things. Heat is the total energy of molecular motion in a substance, heat energy depends on the speed of the particles, the number of particles (size or mass), and the type of particles in an object. Temperature is a measure of the average energy of molecular motion within a substance. In simple terms, temperature is defined as the degree of hotness or coldness of an object. Body temperature is one of the vital signs which has meaning as an indication of the activity of the organs in the body. Vital signs examination is a way to detect changes in the body's systems. Assessment/examination of vital signs is used to monitor a person's development and detecting abnormalities in the body is used as a support in helping determine a diagnosis. This action is not just a routine but is an act of monitoring changes/disorders in the body's systems. To determine body temperature, a temperature measuring device is needed, namely a thermometer. Internal heat is not heat like fever. However, it is a burning sensation in the throat, dry lips, canker sores, etc.

One type of healthy heartburn reliever is one that comes from natural ingredients such as pandan, alang-alang rhizome, lemon, basil, daun pecut kuda, fruit and others. According to the Indonesian Ministry of Health (2020), one way that can be done to improve the health of Indonesian people is through traditional methods in the form of using parts of plants such as leaves, tubers, roots, fruit and other parts. Parts of plants usually contain various types of nutritional elements which, when consumed, will have a positive influence on the human body (Fabanyo and Agung, 2023). To absorb the benefits of natural ingredients or nutritious plant parts more quickly, the processing is carried out by changing the appearance of the natural ingredients or plants used into liquid preparations such as healthy drinks (Yulastri and Herawati, 2022). At this time, especially during the month of Ramadan, healthy liquid and cold drinks are preferred by modern Indonesian society because they are more practical and quick to serve and do not require a lot of time to prepare (Ladeska et. al., 2021; Fauziah, 2011). Apart from that, the Muslim community in the month of

Ramadan also needs drinks that are healthy and quench their thirst after a day of fasting.

Based on this, community service was carried out through training and assistance in making healthy drinks to relieve heartburn and was carried out directly in the gazebo at the SMK Kesehatan Surabaya with 3 resource persons, attended by a total of 24 class XII Farmasi at the SMK Kesehatan Surabaya. Not only training and mentoring, the results of healthy drinks to relieve internal heat will be sold by the participants as part of entrepreneurial activities in the month of Ramadan. This activity aims to provide knowledge and skills to individuals or groups in creating refreshing drinks that are healthy for the body in order to relieve the sensation of internal heat and improve individual entrepreneurial skills.

IMPLEMENTATION AND METHODS

Community service through training and assistance activities in making healthy drinks to relieve heat is carried out directly at the Gazebo at the SMK Kesehatan Surabaya and carried out from 01 February 2024 to 05 April 2024. This training and assistance activity is located in the classroom for theory and in the gazebo of the SMK Kesehatan Surabaya to practice healthy drink recipes. The timeline of training and assistance activities for making healthy drinks to relieve heartburn is carried out in the stages shown as follows:

1. Preparation includes:
 - a. Carrying out planning and coordination with the SMK Kesehatan Surabaya starting on February 1 2024 for the implementation of training and assistance in making healthy drinks to relieve heat in
 - b. Selecting and providing natural ingredients such as fruits, vegetables, herbs and other ingredients that have cooling and anti-inflammatory properties that can help relieve heartburn.
 - c. Choose a healthy drink recipe that is suitable for relieving heartburn and suits the needs of the training participants.
 - d. Ensure that the training location is equipped with the equipment needed for beverage making activities, such as a gazebo or a large area with a roof.
 - e. Create presentation and supporting materials for presentation of material before providing assistance to participants
 - f. Collecting data on participants who will take part in training and mentoring.
 - g. Ensure that resource persons have sufficient knowledge and skills in making healthy drinks to relieve heartburn.
 - h. Evaluate the readiness of the place and the equipment to function properly before the training begins.
2. Training Activities
Participants in the training and mentoring activities for making healthy drinks to relieve internal heat with a total of 24 participants from class What to do next includes:

- a. The resource person opened the training activity by introducing himself to all participants who attended the training activity and providing assistance in making healthy drinks to relieve heartburn. Then, the resource person began to provide an introduction about the purpose and importance of healthy drinks in dealing with internal heat. The resource person explains the activity agenda and provides a brief overview of what will be learned during the session.
 - b. The resource person explained what heartburn is, including the symptoms, causes, and how healthy drinks can help relieve it. This helps participants understand the context and need for learning how to make healthy drinks. Apart from that, the resource person provided knowledge about important nutrients in healthy drinks such as vitamins, minerals, fiber and antioxidants in dealing with internal heat. Next, the resource person shared a recipe for a healthy drink that would be made consisting of water, sugar, pandan, alang-alang rhizome, lemon, basil, daun pecut kuda, jelly, fresh fruit toppings (pineapple, watermelon, melon and dragon fruit). The things in points a and b are done in the classroom.
 - c. The resource person gave a practical demonstration on how to make a healthy drink to relieve internal heat and showed the steps for making a healthy drink including preparing ingredients, processing techniques, and using the necessary tools in the gazebo area of the SMK Kesehatan Surabaya.
 - d. After completion, the resource person opened a question/answer session and discussed with the participants and facilitated discussions regarding tips and recipe variations.
 - e. The resource person also explained that you can make healthy drinks to relieve internal heat as an activity in learning entrepreneurship from an early age.
 - f. The resource person closed the training activity session.
3. Mentoring Activities include:
- a. Starting with an initial consultation session where the resource person as a companion meets participants to understand their needs, preferences and goals regarding making healthy drinks according to plans and needs.
 - b. Carrying out a live demonstration on how to prepare and make healthy drinks to relieve internal heat in the gazebo of the SMK Kesehatan Surabaya.
 - c. Provide an opportunity for individuals or groups to try making their own healthy drinks under the guidance of a resource person or companion.
 - d. The resource person as a companion monitors participants individually or in groups in practicing making healthy drinks to relieve heartburn.
 - e. Provide evaluation and feedback so that participants get tips and suggestions to improve the results of healthy drink products to relieve internal heat.

- f. Monitor participants in selling healthy drink products to relieve heartburn as a form of entrepreneurial activity until April 5 2024.

The method used in community service through training and assistance activities in making healthy drinks to relieve heartburn is provision of preparation material for making healthy drink recipes, questions and answers, discussions, practice and assistance carried out in the classroom for theory and in the gazebo of the SMK Kesehatan Surabaya for practice in making healthy drinks and carried out on class XII Farmasi at the SMK Kesehatan Surabaya.

Some of the equipment used for training activities and assistance in making healthy drinks to relieve heartburn are blenders, squeezers, serving containers, glasses, spoons, knives, cutting boards, basins, ice grinders or icebreakers, projectors, laptops and cleaning tools.

The ingredients used in training and assistance in making healthy drinks to relieve heartburn are water, sugar, pandan, alang-alang rhizome, lemon, basil, daun pecut kuda, agar-agar, fresh fruit toppings (pineapple, watermelon, melon and fruit dragon) as well as preparation materials for making healthy drinks.

RESULTS AND DISCUSSION

Internal heat can be caused by various factors. Several factors that cause internal heat are commonly found, such as: having a weak immune system, being continuously exposed to heat, having a habit of eating foods that contain preservatives, such as instant noodles, rarely or never exercising so you are susceptible to being infected with germs, being frequently exposed to pollution or cigarette smoke, suffer from allergies (such as allergies to dust, cold, or animal dander), have a history of sinusitis, often stay in dry rooms (such as rooms with air conditioning or AC), have contact with people with sore throats, have a history of stomach acid disease or GERD (gastroesophageal reflux disease), have habits that trigger tension in the throat muscles, such as screaming. Of the causes above, viral infection is the most common cause. The cause of a sore throat when swallowing is a symptom of internal heat which can cause discomfort in the throat. Wibowo, 2024 stated that there are several symptoms of internal heat that will be experienced, such as: feeling itchy in the throat area, feeling pain in the throat area which will get worse when swallowing or talking, having difficulty swallowing, feeling pain or experiencing swelling of the lymph nodes in the neck or jaw area, experiencing swelling of the tonsils, experiencing changes in voice such as becoming hoarse, experiencing coughing, sneezing and runny nose, experiencing fever.

Symptoms of heartburn generally appear around two to five days after experiencing infection. However, not all symptoms will be experienced because it depends on each person's immune system and the cause of the internal heat itself. How to treat internal heat. Internal heat generally heals on its own within five to ten days and home remedies and treatments are generally sufficient to reduce the symptoms that appear. Some ways to treat internal heat are getting enough rest until your condition improves, avoiding talking too much, especially when your voice is hoarse, drinking more water to avoid dehydration, using a humidifier or air humidifier in a dry room, eating foods that can warming the

throat like warm soup, gargling using a salt water solution by mixing one tablespoon of salt with a glass of warm water, avoiding exposure to pollution and cigarette smoke, understanding what internal heat is very important because it can cause discomfort in the throat, consuming medicinal plants.

The characteristics of internal heat can be similar to a sore throat or acute respiratory infection. Apart from making the throat feel sore, internal heat is also usually accompanied by various other symptoms. To deal with internal heat, there are many ways you can do it at home, one of which is by drinking a decoction of medicinal plants which works to relieve internal heat. Internal heat is actually not a medical term, but rather a term used by ordinary people to describe a group of symptoms of inflammation, irritation, or infection in the throat. Usually these symptoms can appear when someone experiences acute respiratory tract infection or flu. The causes of internal heat can vary, including viral or bacterial infections, allergies, dry air, tonsillitis, acid reflux disease, or throat irritation due to air pollution, cigarettes, or spicy food. The use of medicinal plants has been proven to treat internal heat. Examples of medicinal plants that can be used are turmeric, java turmeric, daun pecut kuda, adas manis, pandan, alang - alang, etc.

Community service through training and assistance activities in making healthy drinks to relieve heat is carried out by directing participants to enter one of the SMK Kesehatan Surabaya classrooms first to get an explanation of the theory and material related to making healthy drinks so that they will know the objectives, basics, steps preparation and what is needed. In this process, it was guided by three resource persons for training and assistance activities in making healthy drinks to relieve internal heat, namely Dr. Teguh Setiawan Wibowo, MM, M.Sc., M.Farm., Apt; Ir. RR Nurul Hidayati, M.Si., A.Md. Akup (Kaprod S1 Gizi IKBIS); and Fitroh Annisaul Mubarakah, S.Si., M.Pd. After occupying their respective seats, the participants began to listen to the instructions and direction given by the resource person.

The resource person explained that the extreme weather changes that occurred in the month of Ramadan and the consumption of fried food as part of the fast-breaking menu made Indonesian people susceptible to heartburn. Apart from that, Indonesian people tend to look for sweet drinks. To prevent the emergence of disease and excessive sugar consumption, recipes for making healthy drinks are chosen that are safe for health, refreshing and provide the potential for participants to become entrepreneurs in the future. The resource person explained that healthy drinks to relieve heartburn are drinks made from natural ingredients that are refreshing and increase the body's stamina to be able to carry out activities as usual and explained the purpose and benefits of consuming healthy drinks during breaking the fast. Next, the resource person explained the natural ingredients used in making healthy drinks, namely water, sugar, pandan, alang-alang rhizome, lemon, basil, daun pecut kuda, agar-agar, fresh fruit toppings (pineapple, watermelon, melon and fruit dragon) and explains the steps for making it little by little until the participants understand the correct process (Wibowo, 2017; Wibowo, 2018). Then, the activity continued

in the next session which was held in the gazebo of the SMK Kesehatan Surabaya environment.

The resource person invited the participants to go to the gazebo with equipment and materials that had been prepared by those who helped the activity run well. The participants were asked to form a circle to watch the resource person demonstrate making a drink to relieve internal heat first. Then, the participants also practiced together in putting the ingredients used in a large basin and the measurements of the ingredients that had to be put in had to be in accordance with the instructions from the previous resource person. During the practice of making healthy drinks to relieve internal heat, the resource person accompanied and monitored the steps for making healthy drinks carried out by the participants whether they were correct or not. After the healthy drink was finished, a group photo was held.

During the training and mentoring activities for making healthy drinks to relieve internal heat, the training and mentoring participants totaling 24 class practice of making healthy drinks. This training and mentoring activity was carried out to provide solutions regarding healthy drinks that relieve internal heat that are good to drink, especially when breaking the fast in the month of Ramadan and to develop an entrepreneurial character for each participant who can maximize the participant's personal potential. Based on the results of the training and mentoring activities for making healthy drinks to relieve internal heat, the participants were very enthusiastic and eager to listen to the session explaining the theory of recipes for making healthy drinks and received positive responses from the participants present. Documentation related to the process of training activities and assistance in making healthy drinks to relieve internal heat is shown in the following picture.



Figure.1 Practices for Making Healthy Drinks to Relieve Internal Heat in the Environmental Gazebo of the SMK Kesehatan Surabaya

(Source: Personal Documentation, 2024)



Figure.2 Delivery of Material Before Practice
(Source: Personal Documentation, 2024)



Figure3. Discussions and Plans for Follow-Up Activities
(Source: Personal Documentation, 2024)

CONCLUSIONS AND RECOMMENDATIONS

Community service through training and assistance activities in making healthy drinks to relieve internal heat which is carried out directly and located in classrooms and in the gazebo of the SMK Kesehatan Surabaya, including provision sessions on preparation materials for making healthy drink recipes, questions and answers, discussions and assistance led directly by two lecturers as resource persons supported by parties who help prepare the equipment and needs of participants during training and mentoring activities. This training and mentoring activity was attended by a total of 24 class participant. It is hoped that this training and assistance activity in making healthy drinks to relieve internal heat can become a side business opportunity for the demand for refreshing healthy drinks for breaking the fast and an alternative income path for participants who want to earn additional income that will have a positive impact on the training participants (Wibowo, 2024).

Based on the results of training activities and assistance in making healthy drinks to relieve internal heat, it is hoped that graduating class Then, it can spark innovative ideas related to the development of other healthy drinks that are very beneficial for people's health.

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