



Workshop on Natural Medicine Ingredients for Digestive System Disorders

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ABSTRACT

Traditional medicine is an ingredient or a combination of ingredients in the form of plant materials, animal materials, mineral materials, preparation of sarian (galenik) or a mixture of these materials that have been used for generations for treatment and can be applied in accordance with the norms prevailing in the community. One of the basic needs of living things is food and health. Food is needed by living things as a source of energy, therefore the food consumed must contain substances needed by the body, such as carbohydrates, proteins, fats, vitamins, minerals, and water. The digestive system in humans is a series of processes to convert food by breaking down complex food molecules into simple ones with the help of enzymes and absorbing the food essence needed by the human body. So that digestive system disorders greatly affect the human health system. The method used is presentation, question, answer, discussion and assistance (in the form of practice and evaluation) with preparation carried out for 2 weeks.

INTRODUCTION

Indonesia is a country that is admired for its tropical climate, vast areas and abundant natural resources. Indonesia has natural diversity, especially traditional medicinal plants. Due to the diversity of natural riches that Indonesia has, especially traditional medicinal plants, many Indonesian people use these natural riches, including our ancestors. In the past, our ancestors used more of these natural resources because Indonesia's forest areas were quite extensive and raw materials for traditional medicinal plants were easily obtained, they could also get information about how to use traditional medicinal plants from generation to generation (Sastroamidjojo, 1997: 1).

Traditional medicine is an ingredient or concoction of ingredients in the form of plant ingredients, animal ingredients, mineral ingredients, extract preparations (galenic) or mixtures of these ingredients which have been used for generations for treatment and can be applied in accordance with the norms applicable in society (Permenkes, 2012). Natural medicine in Indonesia is called Jamu. Jamu has been used by Indonesian people for treatment since the 7th century, as marked by the relief on the Borobudur temple about the ritual of drinking Jamu.

Indonesian people currently use many herbal medicines to treat disease complaints. The use of herbal medicines shows a trend that continues to increase along with the increasing popularity and expansion of the global herbal medicine market, making safety an important factor in people's choice of herbal medicines. Some people's assumptions say that plants or something natural will not have side effects (Hartanti, 2012). The use of herbal medicines or medicinal plants has long been used as a form of tradition or culture of Indonesian society in utilizing natural resources as stated in Riskeudas (2018), where 31.4% of households in Indonesia use traditional health services and 24.6% Indonesian people use Taman Obat Keluarga (TOGA).

Indigestion is a common disease in society, with a prevalence reaching 40% worldwide. In Indonesia, gastritis is a common digestive disorder, with a prevalence reaching 40.8%. Many people suffer from digestive disorders caused by various factors such as irregular eating, unclean food, consuming only certain types of food, not adopting a balanced nutritional diet, tending to eat a lot of sour and spicy foods, stress factors and so on. . This is what prompted the author to carry out community service in the form of health promotion to overcome digestive disorders with natural medicinal ingredients.

One of the basic needs of living creatures is food. Food is needed by living creatures as a source of energy, therefore the food consumed must contain substances needed by the body, such as carbohydrates, protein, fat, vitamins, minerals and water. Humans need food for survival. The human digestive system is a series of processes for converting food by breaking down complex food molecules into simple ones with the help of enzymes and absorbing the food essence needed by the human body. Food that enters the body must first be broken down into several parts before it can be used. This is where the function of the digestive system is important.

According to the guidelines for implementing professional work practices for pharmacists at Muhammadiyah Kudus University, students are tasked with disseminating knowledge and carrying out health promotions in the form of webinars with the theme Natural Medicinal Concoctions for Digestive System Disorders through webinars via the Zoom application. Based on this, community service or health promotion is carried out by being a resource person in the webinar "Natural Medicinal Concoctions for Digestive System Disorders" as an effort to use herbal ingredients or plants to treat digestive system disorders.

IMPLEMENTATION AND METHODS

Community service through health promotion webinars which are supported by broadcast via Zoom webinars to maintain the health of the digestive system so that it can improve the level of public health through natural medicines. The timeline of webinar activities on natural ingredients for the digestive system is shown as follows:

1. Preparation for a health promotion webinar. Natural medicinal herbs for digestive system disorders for 2 weeks. These activities include:
 - a. Location survey, coordination, and planning and licensing with Muhammadiyah Kudus University regarding webinar activities on natural ingredients for digestive system disorders.
 - b. Analysis of problems and efforts to deal with these problems.
 - c. Gathering of participants where anyone is invited and can attend the webinar activity on natural medicinal ingredients for digestive system disorders.
 - d. Coordination with academic supervisors and field supervisors (receptors).
 - e. Develop a plan for implementing activities related to increasing knowledge about the use of herbal plants for digestive system disorders. Prepare educational media in the form of leaflets and presentation materials.
 - f. Prepare tools and materials needed during training and mentoring in the form of tools and materials related to making natural medicinal concoctions for the digestive system.
 - g. Prepare requirements for printing E-certificate.
2. This webinar activity was carried out by a committee formed by PKPA students at the Prima Gemilang Herbal Clinic in Surabaya and was held on Saturday 26 October 2024 starting at 09.00 WIB- until finish. This activity is also online via Zoom webinar for the general public. The total number of participants was 259 people including resource persons, committee members as moderators/assistants, pharmacist professional education students, vocational pharmacy staff, traditional health practitioners and the general public.
3. The webinar activity on natural medicinal ingredients for digestive system disorders was held at the Prima Gemilang clinic in Surabaya and attended by participants online via zoom, which was attended by a total of 259 participants on Saturday, 26 October 2024 at 08.00 WIB-until finish includes:
 - a. Preparation of Training Materials and Mentoring.

The resource person was assisted by the committee to prepare equipment and materials to be presented regarding natural medicinal ingredients

b. Presenter Introduction

Before delivering the material, the moderator welcomes and introduces the resource person by reading the resource person's CV and giving time for the resource person to prepare to start presenting the material.

- c. Presentation of Training Material with the theme "Natural Medicinal Concoctions for Digestive System Disorders" The resource person introduced himself and began to present material related to making Natural Medicinal Concoctions for Digestive System Disorders as an alternative treatment to chemical drugs to prevent stomach acid. After presenting the material, the resource person allows participants to ask questions (question and answer session) if there is something they do not understand.

4. Evaluation

At the end of the Webinar activity organized by PKPA students at the Prima Gemilang Surabaya herbal clinic, the resource person will evaluate the extent to which the participants have understood what they have participated in and the resource person will try to get feedback from the participants to test their knowledge about making natural ingredients for digestive system disorders. .

5. Conclusion

The resource person closed the webinar activities and the moderator began to summarize the activities carried out that day according to what had been conveyed and discussed by the resource person and thanked the resource person for being willing to provide material.

The method used in this community service with the theme "Natural medicinal ingredients for digestive system disorders" is online where participants can take part in activities via Zoom. Activities during this period included presentations, questions and answers/discussions, and online assistance for the practice of making natural medicinal concoctions for digestive system disorders. This online webinar activity was attended by a total of 259 participants including students, committee members from PKPA students, undergraduate pharmacy students, pharmacy vocational staff, traditional health practitioners and the general public who are related or interested in making natural medicine concoctions for system disorders. digestion.

The equipment used by the resource person in presenting material related to making natural ingredients for the digestive system is a laptop, internet, laptop camera, microphone attached to the laptop or microphone on the podium. The equipment used to assist in making natural ingredients for digestive system disorders is a stainless steel pan, serving glass, filter, measuring cup, spoon, plate, teapot, scale, basin.

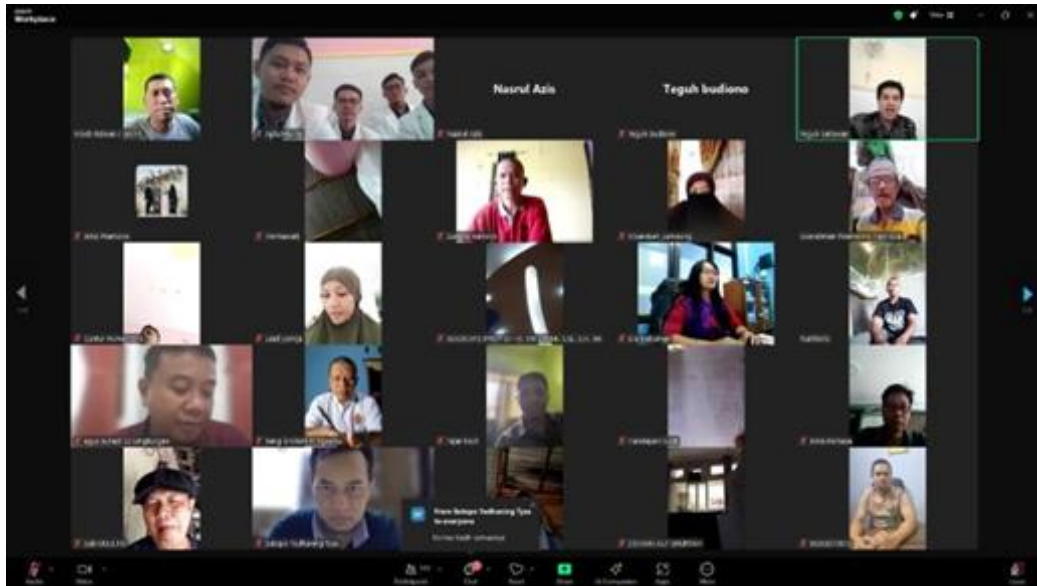
The ingredients used to make natural ingredients for the digestive system are ginger, turmeric, herbal fennel, kedawung seeds, sembung leaves. If you want a fresher or sweeter taste variation, you can add a little lime juice or honey.

RESULTS AND DISCUSSION

Community service activities through training and assistance in making natural ingredients concoctions which were held online via a Zoom webinar began with an introduction to the resource person by reading the speaker's professional history by the moderator to the participants present with a total of 259 participants including, the PKPA student committee at Muhammadiyah University of Kudus, undergraduate students of Pharmacy at Muhammadiyah University of Kudus, vocational pharmacy staff, traditional health practitioners and the general public. In this activity, the resource person explained that natural medicinal ingredients for the digestive system are drinks that contain several compounds from simplicia sembung leaves, ginger, kedawung seeds, herbal fennel, and turmeric where the active substances in simplicia can relieve symptoms of digestive system disorders such as nausea, burning sensation in the pit of the stomach, bloating, and a feeling of fullness such as being full. The source also said that there are 2 types of fennel, namely sweet anise and herbal fennel, the right one for making this concoction is herbal fennel. The source stated that the recommended dose for consuming this natural ingredient can be used 2-3 times a day.

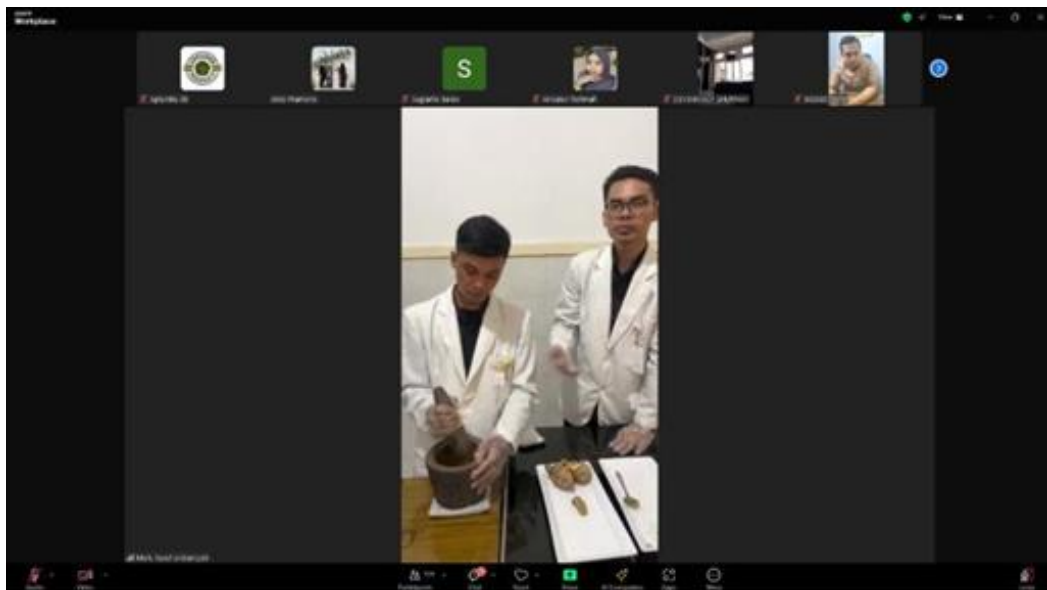
For assistance in making natural medicinal concoctions for the digestive system, participants were also given material regarding digestive system disorders starting from symptoms, causes and treatment. After the resource person/facilitator explains, participants can ask questions. After the moderator closed the activity, the webinar ended with a group photo with the participants and presenters.

At the time of the webinar activities, the training and mentoring participants had a total of 259 participants, including undergraduate pharmacy students, the committee of class IX pharmacist professional education students at Muhammadiyah Kudus University, Diploma Three Pharmacy students, pharmacy vocational staff, traditional health practitioners and the general public. too familiar with the so-called Natural Ingredients Medicinal Drinks. Then, the webinar participants on natural medicinal ingredients for digestive system disorders were very enthusiastic about learning how to make these natural medicinal ingredients. This is also supported by the trend from society and the government to return to healthy living by using natural ingredients. Some documentation related to the process of training activities and assistance in making natural medicinal drinks for digestive system disorders.



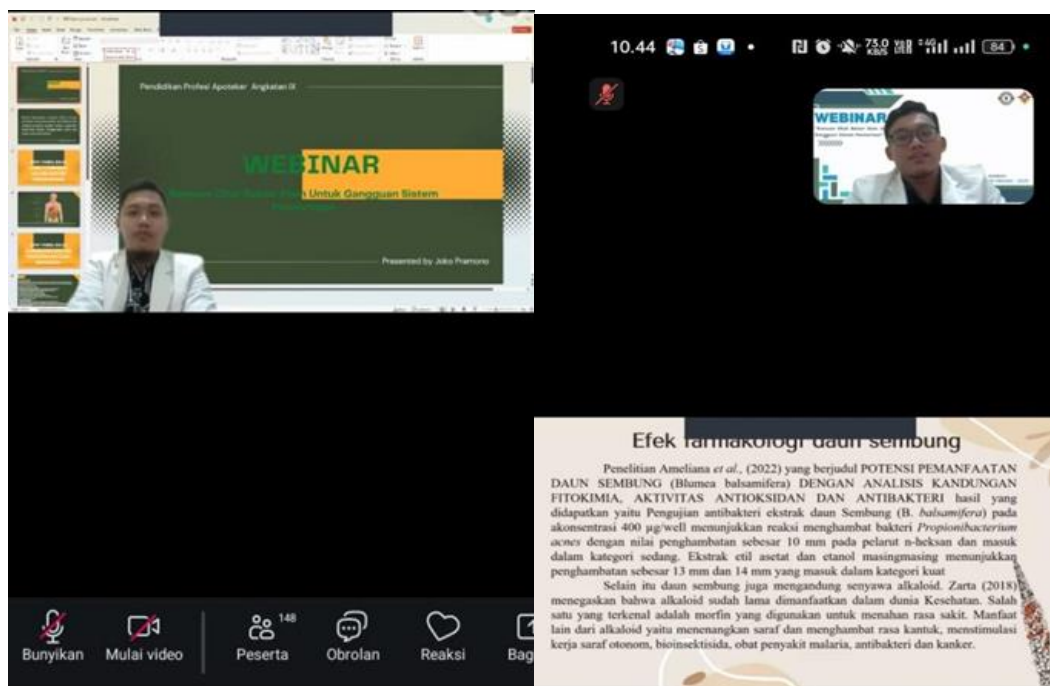
Source: Personal Documents, 2024

Figure 1. Webinar Participants on Natural Medicinal Ingredients for the Digestive System



Source: Personal Documents, 2024

Figure 2. Workshop on Making Jamu by Resource Person



Source: Personal Documents, 2024

Figure 3. Presentation of material (Natural Medicinal Ingredients for the Digestive System) by resource person



Source: Personal Documents, 2024

Figure 4. Opening Cememony

CONCLUSIONS AND RECOMMENDATIONS

Community service activities through online webinars on natural ingredients for the digestive system organized by PKPA students of the Pharmacist Professional Education study program at Muhammadiyah University of Kudus, supported by using Zoom webinars. This activity includes presentation sessions, question and answer/discussion and mentoring (direct practice and evaluation) by resource persons as an effort to prevent and treat digestive system disorders using natural medicinal ingredients. This activity consists of preparations carried out for 2 weeks, online activities which will be held on October 26 2024 at 09.00 WIB-Completion. This activity received a positive response and was welcomed quite well by a total of 259 participants who came from Bachelor of Pharmacy students, committee members from PKPA students at Muhammadiyah University of Kudus, Diploma Three Pharmacy students, vocational pharmacy staff, traditional health practitioners and the general public. It is hoped that the general public can return to using natural ingredients for treatment, one of which is digestive system disorders made from herbal ingredients which are still rarely known by the public. Then, the general public who participate are expected to be able to make natural medicine concoctions at home so that they are not addicted to medicines with chemicals on the market or can develop it into a home business.

Based on the results of the training and assistance activities for making natural ingredients for the digestive system above, it is hoped that all communities will be able to implement making herbal medicines using herbal ingredients as an effort to minimize the use of chemical medicines as therapy for digestive disorders.

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