

## Utilization of Herbal Herbs for Health to Increase Body Immunity During the Covid-19 Pandemic In Kraksaan District, Probolinggo Regency, East Java Province

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### ABSTRACT

In the midst of a pandemic crisis like this that has not yet subsided, the government has carried out medical treatment in various regions. Not only that, medical treatment is deemed insufficient to ward off the covid 19 virus. Therefore, traditional treatment is needed as an alternative that can be used in the community to increase body immunity in order to break the chain of transmission of covid 19 that occurs in Indonesian society. Therefore, people entrust traditional herbal medicine as an ingredient to increase body immunity during a pandemic like the current one, which is to ward off various diseases, especially the current troubling conditions. So the purpose of writing this community service program is to optimize herbal medicine as the use of herbal drinks in increasing body immunity. In the process of making herbal medicine, it cannot be separated from the cultivation of family medicinal plants or toga such as turmeric, temulawak, ginger, basil, lime and tamarind. This outreach and counseling is targeted at the general public, especially in the Kraksaan, Probolinggo, where understanding and knowledge related to herbal medicine is more realized from disseminating video tutorials for making herbal medicine, which is expected to be used by the community in their respective homes to prevent transmission covid 19 virus.

Keyword: Covid-19, Body Immunity, Herbal Medicine



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### INTRODUCTION

The Covid-19 pandemic has caused the entire world to experience a global health and socio-economic crisis. This covid-19 virus was first brought on December 1, 2019 in Wuhan, China, where 3,710 cases were confirmed in Indonesia and 37,636 people recovered from the covid-19 virus (Covid-19 impact and responses, 2020; Paramita, et al., 2021). So the symptoms faced by the Covid-19 virus start from fever, fatigue and dry cough and attack several human respiratory systems so that the human body's immune system often decreases.

In developing countries, especially in Indonesia, which are affected by the Covid-19 virus, it greatly affects economic considerations and affects education and public health and mental health. In order to overcome the threat of the Covid -19 pandemic, the government is struggling to make various efforts, especially in saving the people of Indonesia (Sulistyan, 2020). These economic considerations are very important to take all kinds of actions that occur because of that regions in Indonesia are experiencing a transition after 4 months of lockdown including the capital Jakarta where there are restrictions on activities in educational institutions, religious affairs, employment, public areas, social gatherings and so on to limit mobility.

The development of efforts to develop a Covid-19 vaccine is pursued, especially in government programs. Vaccination is not enough to maintain our body's immune system as an immune system against the Corona virus. Various studies, especially the World Health Organization or WHO welcome innovations including the reuse of traditional or herbal medicines and developing new therapies for the treatment of Covid-19 (Elfahmi, Woerdenbag, & Kayser, 2014). Actually, there are many ways to stay healthy in boosting the immune system during a pandemic, the good news is to consume enough food and drink to increase immunity and get enough rest and think positively so that physical and mental health is fulfilled in a conscious state and maintains the immune system (Syamsudin, et al., 2019).

Therefore, the most appropriate choice in dealing with the immune system in the traditional way is with herbal medicine. Jamu is well-known as traditional medicines that have been developed for centuries in Indonesian culture (Azizah, 2019; Aryanta, 2019). These herbs can be made and consumed by themselves at home, considering that in the pandemic era we are required to always stay at home and increase body immunity. The plants consumed to make herbal medicine usually consist of ginger, turmeric, ginger, lemongrass, and so on. To add taste or aroma, it is usually added such as cinnamon, palm sugar and pandan.

One of the herbal or herbal plants that are useful for increasing the body's immunity is temulawak which is often used as an ingredient in medicines or findings that contain very large amounts of content contained in temulawak in the form of starch which contains curcuminoids which help metabolic processes in the body's organs (Fatonah et al., 2020). Next is a spice plant originating from South Asia, namely ginger which is found in various benefits throughout the world. Ginger is used because it contains essential oils with active chemical compounds that are efficacious in preventing and treating various kinds of diseases. The next plant, which is no less special, is turmeric, which is widely found on the Asian continent, especially in the history of the Indian people. If these three herbal plants are used, they contain anti-bacterial anti-viral antioxidants which are suitable when used at times like today to increase the body's immunity.

Not only herbs to increase immunity, adding supplements are also recommended in the world of health (Saleh & Prasanda, 2019). Don't be forced to do excessive physical activity outside the home because then your immune system will be weak and you will feel tired quickly. It is highly recommended to exercise at least a few minutes a day and it is recommended to consume food and drinks as well as various herbal medicines or other supplements that can help to affect the immune system.

Kraksaan sub-district, located in Probolinggo district, East Java province, Indonesia, is one of the sub-districts where the target range of the community service program is more focused. The majority of their main professions are farmers who grow crops and gardening is part of their culture. This can be seen from the various kinds of plants that are created from a distance since entering the sub-district area. Therefore, this community service program is not so difficult to implement in socialization in the Kraksaan sub-district, Probolinggo district.

The toga program or family medicinal plants can be seen in the yards of people who own land. So, through consideration of utilizing herbal plants in improving and maintaining healthy conditions in the community, this community service program aims to optimize the use of herbs in the living environment for health. This program is expected where residents or the community understand well the benefits that are easy to grow in the environment where they live, namely to treat various diseases and increase body resistance. Increased family welfare is an expectation of healthy family conditions and expectations.

## **METHODS**

There are three stages in the implementation of community service, namely by making video tutorials about the ingredients for making herbal medicine and how to make it and then sharing the video through social media accounts such as Instagram, YouTube and WhatsApp to be known by the surrounding community. As a first step, we first look for what ingredients are needed to make herbal medicine. In the video we use the main raw materials and complementary ingredients to add flavor and give an appetizing aroma such as adding lemongrass and Javanese tamarind. We did an educational video text as to what ingredients are needed to make the herbal medicine and briefly explained what the benefits and ingredients were and practiced how to make the herbal medicine itself. After doing the video captions, we share the results of the tutorial videos that are shared online through the KKN Kraksaan2021 Instagram and YouTube accounts. After distributing video tutorials online, socialization was also carried out by gathering only a few residents to cover the goals that were met in the community service program. The last step is to distribute the herbal medicine to several residents as a form of physical assistance from the KKN Kraksaan 2021 group to the surrounding community so that the community is strived to be able to increase their immunity, one of which is by consuming herbal medicine.

## **RESULTS AND DISCUSSION**

Covid-19 is a virus that causes sufferers to experience symptoms such as fever, cough, generally dry cough, shortness of breath, sore throat. Covid-19 is more dangerous if it infects patients who have low/weak immunity, especially in the elderly and children. Herbal medicine is a traditional Indonesian drink that has been trusted from the time of the ancestors of the Indonesian people to modern times. Herbal ingredients derived from plants that are included in the TOGA type (Family Medicinal Plants) which can be grown at home and are easy to find in the market so that it is not so difficult for people to get the main ingredients in making herbal herbs without additional chemicals in it so the side effects are not too big.

From the results that have been achieved, it is very easy to describe in detail related to herbal medicines that are made. This process takes 8 (eight) hours. From the predetermined deadline, the process carried out determines the description and details. This community service activity is carried out with the following description:

1. The making of herbal herbs was carried out by the KKN group in Kraksaan District at one of the homes of the Kraksaan KKN participants on Sunday, August 22, 2021. With the main ingredients such as basil and lime, in addition to the main ingredients, we also use complementary materials such as sugar and basil seeds. The process of making it is quite easy, first dissolve the sugar into the boiling water. Then enter the basil leaves to taste into the sugar water solution, wait for it to boil and the basil leaves until wilted. Then let stand until cold, wait up to  $\pm$  60 minutes. After it cools, first strain the basil water and add the lime juice and basil seeds. After that, pour it into the bottle provided. And distribute them to traders/buyers around the Semampir market.

2. Making an educational video about the benefits of herbal medicine. The making of an educational video was carried out in the afternoon, by providing an explanation of the benefits of the kemaruk drink itself, one of which was maintaining endurance, especially during the current pandemic. Educational videos uploaded on social media such as YouTube, WhatsApp, Instagram, and Facebook.

The activity documentation is shown as follows:

Table 1. Activity Documentation

No	Activity	Documentation
1	Buying materials	
2	Manufacturing process	
3	Making video tutorials	
4	Sharing video tutorials	

- 5 Sharing the results of herbal  
medicin



Sources: Data Processed (2021)

## CONCLUSION

Currently, there is a significant spike in Covid-19 cases. Therefore, it is necessary to increase the level of immunity of the human body, one of which is by consuming herbal drinks. One of the herbal drinks is KEMARUK (Kemangi Jeruk). Through educational videos about the benefits of herbal drinks, it is hoped that it can add to the public's insight about how to increase body immunity through herbal drinks. Through consideration of utilizing herbal plants in improving and maintaining healthy conditions in the community, this community service program aims to optimize the use of herbs in the living environment for health. This program is expected where residents or the community understand well the benefits that are easy to grow in the environment where they live, namely to treat various diseases and increase body resistance.

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