



**EKSPLORATION OF MEDICINAL PLANTS AS UTILIZES IN THE COMMUNITY LAMCOT VILLAGE, DARUL IMARAH DISTRICT, ACEH BESAR**

**EKSPLORASI JENIS DAN PEMANFAATAN TUMBUHAN OBAT PADA MASYARAKAT DESA LAMCOT, KECAMATAN DARUL IMARAH, ACEH BESAR**

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**Abstract**

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The use of plants as an alternative to traditional medicine has often been used by the people of Lamcot Village. However, until now there has been no clear identification of these types of plants scientifically. This study aims to determine the number and types of medicinal plants used by the people of Lamcot Village, their efficacy, and the plant organs used. This research was carried out from January to June 2024, located in a residential area of Lamcot Village, Darul Imarah District, Aceh Besar. This research uses survey and interview methods. The identification of medicinal plant types is carried out by matching the existing morphological characteristics with the images referring to the plant identification book. The results of the study showed that there were 25 collections of plants that were efficacious as traditional medicines used by the people of Lamcot Village. Plant organs used as medicine include roots, stems, leaves, flowers and rhizomes.

**Keywords :** *Exploration, Lamcot Village. Medicines Plant, Traditional, Utilization*

**Abstrak**

Pemanfaatan tumbuhan sebagai salah satu alternatif pengobatan tradisional sudah sering digunakan oleh masyarakat Desa Lamcot. Namun hingga saat ini belum ada identifikasi yang jelas mengenai jenis-jenis tumbuhan tersebut secara ilmiah. Penelitian ini bertujuan untuk mengetahui jumlah dan jenis tumbuhan obat yang dimanfaatkan oleh masyarakat Desa Lamcot, khasiatnya dan organ tumbuhan yang digunakan. Penelitian ini dilaksanakan pada bulan Januari hingga Juni 2024, bertempat di pemukiman warga Desa Lamcot Kecamatan Darul Imarah, Aceh Besar. Penelitian ini menggunakan metode survey dan wawancara. Identifikasi jenis tumbuhan obat dilakukan dengan mencocokkan ciri-ciri morfologi yang ada dengan gambar yang mengacu pada buku identifikasi tumbuhan. Hasil penelitian menunjukkan bahwa terdapat 25 koleksi tumbuhan yang berkhasiat sebagai obat tradisional yang dimanfaatkan oleh masyarakat Desa Lamcot. Organ tumbuhan yang digunakan sebagai obat meliputi akar, batang, daun, bunga dan rimpang.

**Kata Kunci :** Desa Lamcot, Eksplorasi, Pemanfaatan, Tumbuhan Obat, Tradisional.



## INTRODUCTION

Indonesia is rich in biodiversity, which is around 40.000 types of plants, 1.300 of them are plants that can be used as traditional medicine (Muktiningsih et al., 2001). The support of the people of Indonesia consists of Various tribes and cultures have diverse local and traditional knowledge in utilizing plants that are considered to be able to provide healing benefits or treatment of various types of diseases. Traditional medicine is an herb consisting of ingredients obtained from plants, animal materials, minerals, essences that are mixed, and concocted for consumption and are believed by the community to cure diseases. Traditional medicine is also called herbal medicine, because the ingredients used come from natural ingredients (Latief, 2019).

The use of traditional medicine is generally considered safer than the use of modern medicine (Fauzi, 2017). This is because traditional medicine has relatively fewer side effects than modern medicine (Sumayyah & Nada, 2017). One of the people who has been using traditional medicine in herbal form for generations is the people of Lamcot Village, Darul Imarah District, Aceh Besar Regency. This knowledge has long been owned and utilized by the local community. However, the problem is that until now there is no clear taxonomic data regarding the scientific names of types of medicinal plants and plant parts that are used as traditional medicine.

Based on this, it is necessary to conduct research related to the types of medicinal plants, and the parts of the plant that are commonly used as traditional medicine in Lamcot Village. This study aims to identify the types, efficacy, and ways of utilizing medicinal plants by the people of Lamcot Village. The results of this study are expected to provide information for the people of Indonesia about the types of medicinal plants used by the people of Lamcot Village which may be used in other areas and can be used as a reference for further research.

## RESEARCH METHOD

### Time and Place of Study

This research was carried out from January to June 2024 in Lamcot Village, Darul Imarah District, Aceh Besar.

### Population and Sample

The population in this study is all types of medicinal plants in the residential area of Lamcot, Darul Imarah District, Aceh Besar. The samples used are types of plants with medicinal properties that are collected or collected at the research site. Plant sampling uses purposive sampling techniques. As the main informants, 10 people were determined with the following criteria: registered in the Lamcot Village settlement for at least 5 years; have sufficient knowledge of the traditional medicine system; willing to be used as a research informant.



### **Variables in Research**

The variables observed in this study were the identification of types, morphological characteristics, efficacy and methods of utilization of medicinal plants found in the Lamcot Village settlement, Darul Imarah District, Aceh Besar.

### **The Techniques of Collecting Data**

Data collection is carried out through observation and direct collection at the location with the following steps: (Jumiari & Oom, 2017).

a) Field survey

Field surveys were carried out to obtain a clear picture of the habitat of medicinal plants.

b) Interview

The in-depth interview technique was carried out on the research subjects, namely 10 informants who had been determined based on criteria. The interviews were conducted using questionnaires and recording tools, aiming to find out the types of plants that are used as medicine, the growth sticks, how they are used, and the parts of the plants that are used.

c) Sampling

The types of plants used are recorded with local/regional names, uses, properties, aspects and uses.

d) Documentation

The taking a pictures of the types of plants that are used as traditional medicines.

e) Description and identification

The description is done by writing down the plant-specific morphological characteristics of the medicinal plant, while plant identification refers to the plant identification book (Backer & Bakhuizen, 1968; Dalimartha, 2006; Tefu & Dian, 2021; Tjitrosoepomo, 2023).

### **Data Analysis**

The data obtained were analyzed in a qualitative descriptive manner, namely by describing the properties and morphological characteristics as well as the efficacy and utilization of types of medicinal plants.

## **RESULTS AND DISCUSSION**

The results of the study showed that 25 collections of medicinal plants were found that were utilized by the people of Lamcot Village. The types of medicinal plants utilized by the people of Lamcot Village are presented in Table 1.



**Table 1.** Types of Plants Used by the People of Lamcot Village as Traditional Medicine

No.	Local Name	Scientific Name	Family	Organs of the plants are utilized	Efficacy
1	Kumis kucing	<i>Orthosiphon stamineus</i>	Lamiaceae	Leaf Root Stem	as back pain
2	Mengkudu	<i>Morinda citrifolia</i>	Rubiaceae	Fruit	as a medicine for joint pain and hypertension
3	Cocor bebek	<i>Calanchoe pinnata</i>	Crassulaceae	Leaf	as a medicine for internal heat
4	Kelor	<i>Moringa oleifera</i>	Moringaceae	Leaf	Controls blood pressure, lowers blood sugar levels, improves digestion
5	Pepaya	<i>Carica papaya</i>	Caricaceae	Leaf	as a medicine for dengue fever
6	Brotowali	<i>Tinospora crispa</i>	Menispermaeaceae	Stem	Relieves inflammation
7	Pegagan	<i>Centella asiatica</i>	Apiaceae	Leaf	as a wound medicine
8	Biduri	<i>Calotropis gigantea</i>	Asclepiadaceae	Leaf	Boils medicine
9	Telang	<i>Clitoria ternate</i>	Fabaceae	Flower	as an eye medicine
10	Katuk	<i>Sauropus androgynus</i>	Euphorbiaceae	Leaf	Facilitate breast milk,
11	Belimbing wuluh	<i>Averrhoa bilimbi</i>	Oxalidaceae	Leaf	as a hypertension drug
12	Jarak pagar	<i>Jatropha curcas</i>	Euphorbiaceae	Sap	Treating toothache and mouth ulcers
13	Sirih cina	<i>Peperomia pellucid</i>	Piperaceae	Leaf	medicine for headaches and rheumatism
14	Bidara	<i>Zizipus mauritiana</i>	Rhamnaceae	Leaf	Lowers cholesterol levels, treats mouth ulcers
15	Daun insulin	<i>Smallanthus sonchifolius</i>	Asteraceae	Leaf	diabetes medicine
16	Daun duduk	<i>Desmodium triquetrum</i>	Fabaceae	Leaf	hemorrhoid medicine
17	Melati	<i>Jasminum sambac</i>	Oleaceae	Flower	Overcoming swelling caused by bee attacks
18	Kunyit	<i>Curcuma longa</i>	Zingiberaceae	Rhizome	stomach ulcer medicine
19	Tapak liman	<i>Elephantopus scaber</i>	Asteraceae	Akar Leaf	kidney stone medicine
20	Jambu biji	<i>Psidium guajava</i>	Myrtaceae	Leaf	diarrhea medicine



No.	Local Name	Scientific Name	Family	Organs of the plants are utilized	Efficacy
21	Tapak dara	<i>Catharanthus roseus</i>	Apocynaceae	Leaf Flower	hypertension medication
22	Sirsak	<i>Annona muricata</i>	Annonaceae	Leaf	medicine for itching
23	Beluntas	<i>Pluchea indica</i>	Asteraceae	Leaf	Reduce vaginal discharge in women
24	Lidah buaya	<i>Aloe vera</i>	Liliaceae	Leaf	wound medicine
25	Kembang merak	<i>Caesalpinia pulcherrima</i>	Caesapiniaceae	Bark	Smooth menstruation

Description of the morphological characteristics, properties and methods of utilization of types of medicinal plants found in the residential areas of Lamcot Village, Darul Imarah District, Aceh Besar are described as follows:

**Kumis kucing (*Orthosiphon stamineus*)**

Woody herb with many branches. Short-haired stem, pointed leaf tips with a length of 2.8-4.5 cm, width of 1.5-2 cm. Leaf veins are finger-shaped. Flowers 6 collected into bunches that come out at the end of the branches. This plant is used as a medicine for back pain by taking leaves, stems, cat's whiskers roots as needed, then cleaned from dirt, then given enough water, boiled until boiling then cooled and drunk as much as one glass every morning and evening.

**Mengkudu (*Morinda citrifolia*)**

Trees with a height of 3-8 m, have white flower heads. Compound fruits that when young are shiny green and have spots, when old are white with dark spots. This plant can be used as a medicine for joint pain and hypertension by drinking noni fruit juice every day for one month.

**Cocor bebek (*Calanchoe pinnata*)**

Fleshy herb with a slightly woody base. Single leaves with paired leaf seats, blunt leaf tips, pointed leaf bases, pinnate leaf veins with light green leaf color. This plant is used as a medicine for internal heat because it is efficacious for reducing heat so that the lips do not crack, the skin returns to normal (not dry) and cures canker sores, by adding enough boiled water to the cocor bebek leaves and then condensing it and then drinking one glass every morning.

**Kelor (*Moringa oleifera*)**

Grows upright like a tree and some grow as bushes. The height of the tree reaches 12 m. The woody stem, sympodial branching, cylindrical, grows upright, usually white and the outside of the stem has thin skin. The shape of the leaves is pinnate, light green, in one stem there are many leaf branches. Compound flower type, flowers will grow in the leaf axils. Generally flowers have a brownish yellow color. The shape of the fruit is elongated around 20-45 cm,



single, when young the fruit is green and after old the fruit will change to brown. This plant is used to treat hypertension, lower blood sugar levels, and facilitate digestion by drinking boiled moringa leaf water every morning as much as one glass.

### **Pepaya (*Carica papaya*)**

Has a round stem with a spiral-shaped spot surface, the stem texture is not hard and easy to soften. Single leaves, large in size, the leaf surface has very long and serrated fingers. The color of the leaves is dark green and slippery. Papaya flowers are a type of compound flower that is arranged on one stem. There are three types of flowers on papaya trees, namely male flowers, female flowers, and perfect flowers. Papaya fruit has a yellowish color and is shaped like a bell or trumpet. Boiled papaya leaf water can help cure dengue fever because it can increase platelets. In addition to being boiled, papaya leaves can also be made into juice.

### **Brotowali (*Tinospora crispa*)**

Soft pseudo-thorny stems like nodules, creeping, containing water. Single leaves like a heart, pointed tip, finger-like leaf veins, and scattered. Orange compound flowers, located on the stem, three petals, oval shape, six crowns. Fruit is formed in bunches, pink in color. *Tinospora crispa* stems are useful in treating inflammation. This potion can be made by washing and cutting one finger of *Tinospora crispa* stem, boiling with three glasses of water until it becomes one and a half glasses. After cooling, strain and add honey to taste. Drink three times a day.

### **Pegagan (*Centella asiatica*)**

Herbaceous plants without stems but have short rhizomes. Single leaves, arranged in a rosette consisting of about 2-10 leaves. Leaf blades are kidney-shaped, wide, and round with a diameter of about 1-7 cm. The edges of the leaves are serrated to serrated, especially towards the base of the leaf. Gotu kola leaves have properties to heal wounds. How to use it by pounding or smoothing the gotu kola leaves until they become a paste. Then, apply to the wound and cover with a bandage. Gotu kola leaves can also be boiled and the boiled water used to wash wounds.

### **Biduri (*Calotropis giganteae*)**

Shrubs, tree height reaches 4 m. Stems are cylindrical with sympodial type branches. Stems are whitish green and waxy. Single leaves, opposite, oval-shaped with blunt tips and grooved bases, and flat leaf edges. Leaves are whitish green, measuring 8-50 cm long and 4-15 cm wide. Leaves have short stalks and pinnate veins. The upper surface of the leaves is thickly haired. Umbrella-shaped flowers grow at the ends of branches or in leaf axils. Flower stalks are long (3-5 cm), finely segmented, green and have protective leaves. The flower crown is oval-shaped, white or purplish white. Biduri leaves can be used to treat boils so that they quickly deflate, by smoothing a few leaves, then applying them to the boil. After that, cover the surface of the boil with a cloth and leave it for 20 minutes. For maximum results, do it twice a day.

**Telang (*Clitoria ternate*)**

Herbs with soft, wet, and water-containing stems. The stem shape is round and has fine hairs on its surface. The type of pseudo-monopodial branching. Single flowers, found in the leaf axils. The shape of the leaves is trifoliate pinnate, including incomplete leaves because they do not have leaf sheaths. Butterfly pea flowers can be used to treat red eye inflammation, by mixing 5 butterfly pea flowers with 50 mL of water. This process produces thick blue water. Then filter the water to avoid flower fragments from being submerged. After that, it can be used as eye drops.

**Katuk (*Sauropus androgynus*)**

Shrubs that are about 1-2 m tall. The stems grow upright, when young they are green, when old they become gray, whitish, woody, and have sparse branches. The typical appearance of katuk leaves is the form of a silvery pattern on the upper surface, which is located in the middle, spread out, or a mixture of both. Katuk leaves can be processed into clear vegetables and are efficacious in stimulating breast milk production.

**Belimbih wuluh (*Averrhoa bilimbi*)**

Tree with large, hard, round and brown trunk. Compound pinnate leaves with alternate leaflets, and elongated leaf shape. Leaf blades 2-7 cm, leaf width 1.5-2 cm. This plant is used as a hypertension medicine because it is efficacious in lowering or normalizing blood pressure, by picking young starfruit leaves in sufficient quantities then boiling until boiling, cooling and drinking morning and evening as much as one glass.

**Jarak (*Jatropha curcas*)**

Shrub with a height of 1.5-5 m. Single leaves with alternate sitting, oval leaf blades with leaf length 8-15 cm, width 7-12 cm. Pointed leaf tips. Leaf veins are finger-shaped. Has wide egg-shaped fruit. This plant is used as a medicine for toothache because it is efficacious in relieving pain in teeth and canker sores, by breaking the young castor stem then taking the sap and dropping it on a small piece of cotton then the cotton that has been moistened with the castor sap is inserted into the cavity.

**Sirih cina (*Peperomia pellucid*)**

The taproot branches so that it looks like fibers, white in color. The stem has a high water content, the shape of the stem is round and soft on all parts, light green in color. The height of the plant ranges from 10-20 cm. The leaves are heart-shaped, thick glossy green, have a high water content, the upper part of the leaf is coated with wax. Chinese betel leaves can be used to treat headaches by squeezing the leaves and then attaching them to the head as a pill. In addition, it can also be used to treat rheumatism by consuming boiled Chinese betel leaves twice a day.

**Bidara (*Zizipus mauritiana*)**

A thorny shrub or tree up to 15 m tall, with a trunk diameter of 40 cm or more. The bark is dark gray or black, with an irregular cracked texture. The leaves are single and alternate, 4-6 cm



long and 2.5-4.5 cm wide. The leaf stalks are hairy and the edges of the leaves have very fine serrations.

#### **Daun insulin (*Smallanthus sonchifolius*)**

Single leaf, green in color, the leaves are on the stem alternately, the base of the leaf is tapered and the leaf bones are pinnate, the length of the leaf is 26-32 cm and the width is 15-25 cm. Insulin leaves have properties in lowering blood glucose levels in diabetics. Diabetics need to consume two leaves in the morning and two other leaves in the evening in the first week. When entering the second week, the dose is only one each morning and evening. This habit must be done for 30 days and the leaves must be chewed well before being swallowed.

#### **Daun duduk (*Desmodium triquetrum*)**

Shrub, upright, and has a height of up to 3 m. The stem is round, woody, has segments, a rough surface and is brown. The leaves are lanceolate with between 10-12 cm. The tip of the leaf is pointed, has a brown color when young and green when old. Compound flowers and fruit in the form of pods and hairy. Sitting leaves are efficacious in treating hemorrhoids. This potion can be made by preparing as much as 20 g of fresh leaves, wash them thoroughly. Boil with 1 glass of water for 15 minutes. Wait until cool then strain and drink.

#### **Melati (*Jasminum sambac*)**

Woody stem, diameter between 0.5-3 cm, has branches and twigs that spread in all directions, elongated growth. Single leaves, short leaf stalks, opposite, oval to oblong, pointed tip, rounded base, flat edge, pinnate leaf veins, green to grayish green. Flowers appear singly, diameter 3-3.5 cm, multi-layered white flower crowns, fragrant aroma. Jasmine flowers are efficacious for treating swelling and inflammation due to bee attacks, by preparing a handful of jasmine flowers and washing them thoroughly, then squeezing them until smooth, then sticking them to the part stung by the bee.

#### **Kunyit (*Curcuma longa*)**

The habitat of the shrub is 40-100 cm high, has a pseudo stem, wet, upright, round formed from leaf sheaths. The leaves are single, oval-shaped, have 3-8 leaves, the tips and bases of the leaves are pointed with flat edges. The shape of the rhizome is thick and rounded, and has short and blunt fingers. The skin of the rhizome is brown and scaly, while the inside is bright orange and has a distinctive smell and taste. Turmeric is efficacious in treating stomach ulcers. How to use it is to prepare 3 pieces of turmeric, wash thoroughly, peel, cut into pieces, then boil until boiling. The boiled water is filtered and drunk 2 times a day.

#### **Tapak liman (*Elephantopus scaber*)**

Tapak liman is a type of grass plant. Spear-shaped roots, cylindrical stems, dark green single leaves, and white to reddish purple crown flowers. Tapak liman is efficacious in treating





kidney stones. This concoction can be made by boiling the roots and leaves and then consumed once a day.

### **Jambu biji (*Psidium guajava*)**

Shrub or small tree. Single leaves with paired leaf seats, round or elongated leaf blades with leaf lengths of 5.5-7 cm. Flowers are located in the leaf axils, white in color. The shape of the fruit is round with a rough, open front. The fruit contains many seeds, the flesh is yellowish white or pink with a sweet and fragrant taste. This plant is used as a medicine for diarrhea, by adding enough water to the guava leaves and boiling until boiling and drinking one glass of the decoction every morning, afternoon, and evening.

### **Tapak dara (*Catharanthus roseus*)**

Shrubs grow sideways, the height of the plant can reach 0.2-1 meter. The leaves are oval, green, arranged alternately pinnately. The length of the leaves is about 2-6 cm, the width is 1-3 cm and the leaf stalks are very short. The stems and leaves contain white latex. The flowers are axial (appear from the leaf axils). This plant is efficacious in treating hypertension, by boiling 3 leaves and 15 tapak dara flowers with 4 glasses of water until boiling until only 1.5 glasses remain. Cool then strain. Drink 2 times a day morning and evening.

### **Sirsak (*Annona muricata*)**

Trees with a height of 8-10 m and a trunk diameter of 10-30 cm. It has whitish yellow flowers, and oblong-shaped fruit with fine scaly spines. The leaves are light green to light green, 6-10 cm long and 3-7 cm wide, and have a rough texture and are oval. Soursop leaves are efficacious in treating itching. Prepare 3-5 washed soursop leaves, then add 50 mL of warm water to help the destruction process. After that, apply the soursop sauce to the skin that is experiencing complaints, let it sit for a while until dry.

### **Beluntas (*Pluchea indica*)**

A shrub that grows upright and has a stem with fine hairs. The leaves are oval, light green, and serrated. The flowers are panicle-shaped, yellowish white. Beluntas leaves are efficacious in reducing excessive vaginal discharge by consuming boiled beluntas leaves regularly 2 times a day, morning and evening.

### **Lidah buaya (*Aloe vera*)**

Succulent plants with a rosette shape with a height of about 30-60 cm and a diameter of up to 60 cm. The shape of the leaves is wide at the tip and tapering and has been overgrown with thorns. The fleshy leaves are quite thick and boneless with a grayish green color. On the surface there is a layer of wax and is succulent, which contains water, mucus or sap that dominates the leaves. Aloe vera is efficacious in healing wounds. The method is to apply aloe vera gel directly to the wound. Let the aloe vera gel absorb into the wound for 20-30 minutes. This treatment is carried out 2-3 times a day or as needed.

**Kembang merak (*Caesalpinia pulcherrima*)**

Shrub with many branching systems with a height of 1-3.5 m. Compound leaves, double accompanied by 4 to 12 pairs in the leaflets. Leaves are round. Compound flowers and flower arrangements are in the form of racemes. The length of the flower reaches 15-50 cm and is accompanied by a color like red and usually also yellow. This plant can be used as a medicine for irregular menstruation. The method is, by finely pounding the bark of the peacock flower and then brewing it with hot water.

**CONCLUSION**

There are 25 collections of plants that are efficacious as traditional medicines utilized by the people of Lamcot Village. Plant organs used as medicine include roots, stems, leaves, flowers and rhizomes. From all types of plants collected can be utilized to cure 23 types of diseases. How to use it by boiling, juicing, mashing, or kneading before use.

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