

OVERVIEW OF THE USE OF TRADITIONAL MEDICINES BY THE PEOPLE OF POOGALAMPA VILLAGE, SOUTH BUTON REGENCY BASED ON THE TYPE, MANAGEMENT METHODS, AND STORAGE OF TRADITIONAL MEDICINES

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A B S T R A C T

Traditional medicine is still one of the main alternatives for the Indonesian people in maintaining health and overcoming various complaints. Knowledge about medicinal plants is passed down from generation to generation and is part of the local culture. However, limited scientific information regarding its efficacy, processing methods, and storage often makes its use not optimal. In Poogalampa Village, South Buton Regency, the practice of using traditional medicine is still found, but it has not been well documented. This research was conducted to describe the use of traditional medicines of the local community and provide an educational basis in their preservation and use in a safer manner. The objectives of this research aim to: (1) identify the types of traditional medicines used by the people of Poogalampa Village, (2) know how to manage traditional medicines, and (3) describe the storage methods applied. The research method uses a qualitative descriptive design with a survey approach. Data was obtained through a questionnaire to 80 respondents who were selected purposively, namely people aged 2060 years who had used traditional medicine. The data is analyzed descriptively to obtain the frequency distribution of each variable. Results All respondents (100%) used herbs as the main ingredients. The dominant management method is boiling (88%), while storage is most in a closed container (75%).

Traditional medicine remains one of the main alternatives for the Indonesian community in maintaining health and addressing various ailments. Knowledge about medicinal plants has been passed down through generations and forms part of the local culture. Nevertheless, the limited scientific information regarding efficacy, processing methods, and storage often results in suboptimal utilization. In Poogalampa Village, South Buton Regency, the practice of using traditional medicine is still observed, but it has not been well documented. This study was conducted to describe the use of traditional medicine among the local community and to provide a basis for education on its preservation and safer utilization. Objectives This study aims to: (1) identify the types of traditional medicines used by the community in Poogalampa Village, (2) determine the methods of managing traditional medicines, and (3) describe the storage methods applied. Methods: The study employed a qualitative descriptive design with a survey approach. Data were collected through questionnaires administered to 80 respondents selected purposively, namely individuals aged 2060 who had experience using traditional medicine. The data were analyzed descriptively to obtain the frequency distribution of each variable. Results All respondents (100%) used herbal plants as the main ingredients. The dominant method of preparation was boiling (88%), while the majority of storage was in closed containers (75%).

INTRODUCTION

Traditional medicine is still widely used by the Indonesian people for generations to prevent and overcome various health complaints. Family medicinal plants (TOGAs) grown in the backyard are one of the main sources of traditional medicine, because they are easy to obtain, relatively safe, and have lower side effects than synthetic chemical drugs (Isrul et al., 2023) and (Ani et al., 2018). Knowledge about the use of medicinal plants is part of the local culture that is passed down from generation to generation and plays an important role in public health (Christian et al., 2023) and (Adolph, 2016). TOGA cultivation is not only beneficial for health, but also improves the community's economy through herbal medicine processing (Kinasih et al., 2021)

Although the potential of traditional medicine in Indonesia is very large, its use is not optimal without scientific information regarding its efficacy, safety, processing, and proper storage. Previous studies have shown that people often obtain information from generation to generation and are less scientifically validated, which can pose a risk of improper use (Widya Tri Septiana et al., 2023) and (Dewi Agustini et al, 2023). Ethnopharmaceutical research also shows that local cultural factors influence the pattern of use of traditional medicinal plants, as found in Tanralili District, Maros Regency (Waris & S, 2022). DAGUSIBU Education emphasizes the importance of storing correct medicines so that the quality and efficacy of traditional medicines are maintained (Pujiastuti & Kristiani, 2019). Various ethnobotanical studies in Southeast Sulawesi and South Sumatra also show that there is a diversity of types of medicinal plants used by the community, ranging from leaves, stems, roots, to rhizomes, as well as varied processing methods such as boiling, brewing, and direct use (Indrawati et al., 2015) and (Slamet and Andarias, 2018). People still use various parts of medicinal plants by simple processing methods such as boiling and brewing (Miftahulia et al., 2021).

Traditional medicines, including herbal medicines, standardized herbal medicines, and phytopharmaceuticals, have the advantages of lower side effects, more affordable costs, and diverse efficacy. However, challenges in the development of traditional medicine include variability in raw material quality, hygroscopicity, as well as a lack of adequate clinical research to prove effectiveness and safety (Marwati & Amidi, 2019) and (Nugroho, 2022). Herbal medicines are widely chosen by patients because they are considered safer, natural, and economical than synthetic medicines (Husnayanti and Zahriah, 2021).

The people of Poogalampa Village still actively use traditional medicine, but data on the types of plants used, management methods, and storage methods are still limited. Surveys and research are needed to document this practice as a basis for education, preservation of local knowledge, and the development of strategies for the use of traditional medicines that are more effective and safe.

Based on this, this study aims to find out the types of traditional medicines used, how to manage, and storage methods by the people of Poogalampa Village, so that it can provide a clear picture of traditional medicine practices in this village and support the preservation and optimal use of medicinal plants.

METHOD

This study uses primary data obtained through questionnaires. The population of the study is the entire community of Poogalampa Village which totals 358 people. The sample was determined as many as 80 respondents with the Slovin formula of 10%, using a purposive sampling technique based on the age criteria of 20-60 years, domiciled in Poogalampa Village, and had used traditional medicine. To complement it, the snowball sampling method is also used. The research was carried out in Poogalampa Village, Batauga District, South Buton Regency in May-August 2025, with a data collection time of about two weeks. The research instrument is in the form of a questionnaire containing questions about the type, method of management, and storage of traditional medicines. The collected data was analyzed descriptively by calculating the frequency and percentage distribution, so that an overview of the use of traditional medicine by the local community was obtained

RESULTS & DISCUSSION

Table 1. Recapitulation of Variables in Research on the Use of Traditional Medicine

Variable	category	sum	Percentage
Types of Drugs	Awesome plants	80	100%
	Animal	0	0%
	Mineral	0	0%
Drug Form	Herbal medicine	59	74%
	Simplification	16	20%
	Oil	5	6%
Drug Source	Grow your own	68	85%
	Buying in the market	10	13%
	From the healer	2	3%
How to manage	Boiled	70	88%
	Pounded	7	9%

Additional Ingredients	Dried	3	4%
	None	70	88%
	Sugar/honey	9	11%
	Oil	1	1%
Long Processed	< 1 hour	77	96%
	1-6 hours	2	3%
	1 day	1	1%
How to Store	Closed containers	60	75%
	Refrigerator	10	13%
	Open space	5	6%
	Dry place	4	5%
	Disposable	1	1%
Special Treatment	None	80	100%
Storage Length	Immediate use	74	93%
	1-3 days	5	6%
	After soaking	1	1%

Source: Data processed, 2025

Table 2. Medicinal Plant Preferences

Category Drug Names	Sum	Percentage
Turmeric	16	20%
Guava Leaves	13	16%
Soursop Leaves	7	9%
Betel Leaves	9	11%
Temulawak	9	11%
Ginger	9	11%
Komba Komba	3	4%
Papaya Leaves	3	4%
Bay Leaf	2	2%
Ginseng	2	2%
Moringa Leaves	2	2%
Cherry	2	2%
Galangal	1	1%
Clove	1	1%
Aloe Vera	1	1%
Cat Whiskers	1	1%
Sambiloto	1	1%
Javanese Bark	1	1%
Total	82	100%

Source: Data processed, 2025

Table 3. Complaint Categories

Complaint Categories	Sum	Participation
Strengthening Immunity	29	36%
Digestive Problems	24	30%
Skin disease	10	13%
Respiratory Problems	7	9%
Controlling Blood Sugar	3	4%
Overcoming Menstrual Pain	2	3%
Scratch Wounds	2	3%

Sore Throat	1	1%
Relieves Nausea	1	1%
Promote Menstruation	1	1%
Total	80	100%

Source: Data processed, 2025

Based on the results of the study shown in Table 4.1, all respondents (100%) use herbal plants as the main ingredient in traditional medicine. Meanwhile, the category of traditional medicines from animals or minerals was not found at all in this study (0%). This condition shows that the use of traditional medicine in the community is still limited to vegetable sources. This shows that the people of Poogalampa Village use local plants as a source of medicine. The plants used include leaves, stems, rhizomes, and roots that are believed to have healing properties for generations.

The form of preparation used is quite diverse, with herbal medicine ranking first (74%), followed by simplisia as many as 16 respondents (20%) and oil or ointment as many as 5 respondents (6%). Herbal medicine is more widely chosen because it is practical and can be consumed immediately, while simplicia is considered more durable. A small percentage of respondents processed the herb into oil or ointment for external use, such as treating wounds or itching. In terms of sources, the majority of respondents (85%) obtained plants from their own yards, namely 68 respondents, showing the community's independence in utilizing the potential of the surrounding nature. The rest bought in the market (13%) as many as 10 respondents or got from the healer (3%) as many as 2 respondents.

The most common management method was boiling (88%) for 70 respondents, while the method of pounding (9%) for 7 respondents and drying (4%) for 3 respondents was used under certain conditions. Most respondents did not add any additives (88%), but some added honey or sugar (11%) to improve the taste. A total of 77 respondents (96%) in managing traditional medicines in less than an hour, indicating a simple and practical way of processing. In storage, the majority chose closed containers (75%) as many as 60 respondents, while a small percentage of 10 respondents kept them in the refrigerator (13%) or left them open (6%) as many as 5 respondents, while storage in a dry place (5%) as many as 4 respondents. For special treatment, all respondents did not give special treatment to traditional medicines, almost all respondents (93%), namely 74 respondents, took drugs directly after processing, so they tended to be fresher and more natural.

The preferences of medicinal plants used by the community as shown in Table 4.2 are quite varied, with turmeric occupying the first place (20%) with 16 respondents, followed by guava leaves (16%) with 13 respondents, betel leaves, temulawak, and ginger (11% each), soursop leaves (9%) with 7 respondents, komba-komba leaves and papaya leaves each (4%) with 3 respondents then bay leaves, Ginseng, Moringa Serei, each (2%) is as many as 2 respondents, then galangal, cloves, aloe vera, cat whiskers, sambiloto, Javanese bark each (1). The selection of this plant is closely related to its trusted properties, such as turmeric which contains curcumin which functions as an anti-inflammatory, ginger to maintain immunity, and guava leaves which are rich in tannins and flavonoids to overcome diarrhea.

The efficacy or category of complaints as listed in Table 4.3 include increasing immunity (36%) for 29 respondents, overcoming digestive problems (30%) for 24 respondents, skin diseases (13%) for 10 respondents and respiratory disorders (9%) for 7 respondents. In addition, some respondents mentioned other benefits such as controlling blood sugar, improving menstruation, and relieving pain.

Overall, the results of this study show that the people of Poogalampa Village still rely on herbal plants as an alternative treatment, with a simple but effective utilization pattern. These findings affirm the importance of education on more hygienic processing and storage methods, so that the use of traditional medicines can be safer, more useful, and sustainable.

COVER

Based on the results of the study, it can be seen that as many as 80 respondents (100%) use herbal plants as the main ingredient in traditional medicine. This shows that people are still very dependent on the surrounding natural resources, especially plants, to maintain health and overcome disease complaints. In terms of management, the most dominant method used is boiling, as indicated by 70 respondents (88%). This method is considered the most practical and effective method for extracting the active content from herbal plants. Meanwhile, for storage, the majority of respondents, namely 60 people (75%) choose to store herbs in closed containers. This research was only conducted in Poogalampa Village with a limited number of samples, so the results could not be generalized to other

regions. The data collected was also based only on questionnaires and interviews, so it depended on the honesty and memory of the respondents.

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