

IDENTIFIKASI TUMBUHAN BERKHASIAT OBAT BAGI IBU PASCA MELAHIRKAN DI DESA SUSUPU KABUPATEN HALMAHERA BARAT

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ABSTRAK

Tumbuhan obat adalah tumbuhan yang telah diidentifikasi dan diketahui berdasarkan pengamatan manusia memiliki senyawa yang bermanfaat untuk mencegah dan menyembuhkan penyakit, melakukan fungsi biologis tertentu, hingga mencegah serangan serangga dan jamur. Tujuan dari penelitian ini adalah untuk mengidentifikasi Jenis Tumbuhan Berkhasiat Obat Pada Ibu pasca melahirkan di Desa Susupu Kecamatan Sahu Kabupaten Halmahera Barat, Mengetahui bagian-bagian tumbuhan obat di manfaatkan pada ibu pasca melahirkan di Desa Susupu Kecamatan Sahu Kabupaten Halmahera Barat dan Mengetahui cara pengolahan tumbuhan berkhasiat obat di Desa Susupu Kecamatan Sahu Kabupaten Halmahera Barat. Metode yang digunakan dalam penelitian ini adalah metode observasi dan metode wawancara. Berdasarkan hasil penelitian terdapat 38 jenis tumbuhan berkhasiat obat bagi ibu pasca melahirkan. Tumbuhan yang sering digunakan adalah di Desa Susupu Kecamatan Sahu Adalah Iler (*Coleus Scutellariodes (L)*), Kunyit (*Curcuma Longa Linn*), bangle (*Zingiber purpureum roxb*), jahe (*Rocs alpinia glanga L*) dan Serai (*Cymbopogon Citrates*).

Kata Kunci: Identifikasi, Tumbuhan, Berkhasiat, Obat,

IDENTIFICATION OF MEDICINAL PLANTS FOR POST-BIRTHLYWOMEN IN SUSUPU VILLAGE, WEST HALMAHERA DISTRICT

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ABSTRACT

Medicinal plants are plants that have been identified and are known based on human observation to have compounds that are useful for preventing and curing diseases, performing certain biological functions, and preventing insect and fungal attacks. The purpose of this study was to identify types of medicinal plants in postpartum mothers in Susupu Village, Sahu District, West Halmahera Regency, to find out which parts of medicinal plants are used in post-partum mothers in Susupu Village, Sahu District, West Halmahera Regency and to know how to process nutritious plants medicine in Susupu Village, Sahu District, West Halmahera Regency. The method used in this research is the method of observation and interview methods. Based on the research results, there are 38 types of medicinal plants for postpartum mothers. Plants that are often used in Susupu Village, Sahu District are Iler (*Coleus Scutellarioides (L)*), Turmeric (*Curcuma Longa Linn*), bangle (*Zingiber purpureum roxb*), ginger (*Rocs alpinia glanga L*) and lemongrass (*Cymbopogon Citrates*).

Keywords: Identification, Plants, Efficacious, medicine,