



# Ethnobotany of Plants Used in Postpartum Mother Care in Sigulai Village, Simeulue Regency

Fifi Nasari<sup>1</sup>, Jailani<sup>2\*</sup>, Ernilasari<sup>3</sup>

<sup>1,2,3</sup>Universitas Serambi Mekkah, Indonesia

\*fifinasari.mp@gmail.com

## ABSTRACT

*Traditional medicine is used as an alternative to cure disease, maintain health, and for various care practices such as postnatal care for mothers. This research aimed to determine the types of plants used, plant parts, types of use and how plants are used by the outermost communities of Aceh in Sigulai Village, Simeulue Island in postnatal care for mothers. This ethnobotanical study was carried out through in-depth interviews with respondents, namely birth attendants, healers and postpartum mothers. Qualitative data analysis was carried out descriptively, quantitative data was analyzed using the Fidelity Level formula. The results of the research show that there are 28 plant species used by the people of Sigulai Village to support the recovery process of mothers after giving birth. Betel is the type of plant most often used. The part of the plant most often used is the leaves. Processing is most often done by boiling and drinking either singly or in a mixture.*

**Keywords:** *ethnobotany, medicinal plants, postnatal care*

## 1. INTRODUCTION

Indonesia is an archipelagic country that has a very high level of biodiversity, especially its flora. This flora is used by the Indonesian people for various needs. Since ancient times, Indonesian people have had a lifestyle that tends to use plants for clothing, food, pesticides, traditional events, industrial raw materials, cosmetics and medicines (Chandra, 2022). Medicinal plants in Indonesia are reported to number 30,000 species out of a total of 40,000 species of medicinal plants in the world. This number represents 90% of the number of medicinal plants in Asia (Haba, 2022).

The use of plants as medicine is claimed to have relatively fewer side effects compared to modern medicine that uses synthetic chemicals. Apart from that, the availability of natural ingredients that are easily accessible and processing which is relatively easier and cheaper, plus beliefs that have been inherited from generation to generation, are the reasons why people still maintain the use of plants in traditional medicine (Sumayyah, 2017). Traditional medicine is used as an alternative to cure disease, maintain health, and for various care practices. One type of care that is still carried out is postnatal care for mothers.

Postpartum maternal care (postpartum mothers) is an effort carried out by midwives, postpartum mothers and families in the hope that nothing dangerous happens during the postpartum period that could disrupt the mother's health (Sari et al, 2020). Postpartum maternal care aims to maintain stamina, restore body condition, improve postpartum blood flow, and increase breast milk production. The World Health Organization (WHO) stated that postnatal care for mothers begins after delivery and ends after the mother's condition is normal, such as the return to the condition of the womb as it was before pregnancy. This service takes place over a period of six weeks (Aprilia, 2023). One community that still maintains the use of plants in postnatal care for mothers is the people of Sigulai Village, Simeulue Island.

Sigulai Village is one of the villages located in the outermost area of Aceh, namely on Simeulue Island which is geographically isolated from the main land of Aceh and is approximately 150 km off the west coast of Aceh (Monita, 2018). Because it is separated from other communities in the Acehnese plains, this village certainly has local biodiversity and a wealth of customs, culture and traditional knowledge as well as empirical experiences passed down from generation to generation that are different from other Acehnese communities. Cultural differences will produce different information and diverse knowledge.

One type of local knowledge that is passed down is information related to the use of plants, especially



local plants in health care, especially postnatal care for mothers. The lack of access to health and confidence in information that comes from ancestors means that people still maintain the use of plants in postnatal care for mothers. This empirical experience is passed down from generation to generation without any written documentation. Empirical knowledge related to plant use is very important to document according to its use. In order to know the types of plants and their uses in society, this knowledge can be done through ethnobotanical studies (Syahputra et al., 2021).

## 2. METHODS

### 2.1. Research Design

This research was descriptive qualitative and quantitative with a purposive sampling method. The method for selecting respondents was snow ball sampling. Snow ball sampling is a procedure for taking samples from a population, in other words snow ball sampling is a procedure for taking samples in a chain (multi-level) manner (Lenaini, 2021).

### 2.2 Location, Population and Sample

This research was conducted in Sigulai Village, Simeulue Island. The time for carrying out the research will be in August 2024. The tools used in this research were stationery, camera, voice recorder, label paper, branch scissors and sprayer bottles. The material used is 70% alcohol.

The population of this study was all mothers who had given birth totaling 433 people, all healers/shamans (people who work in traditional medicine) numbering three people, all birth attendants (people who work as birth attendants and traditional mother and child care) totaling four people in Sigulai Village, Simeulue Island.

The samples from this research were three healers/shamans (people who work as traditional healers), and four birth attendants (people who work as birth attendants and traditional care for mothers and children). Postpartum mothers in the last 3 years who were under 45 years old, with a total of 79 people.

### 2.3 Data Collection

Data collection was carried out using a list of interviews/tables, and asking questions that had been prepared so that information was obtained from selected respondents. The research parameters included the type of plant used, the part of the plant used, the type of care, as well as the method of processing and use, apart from that, observations were also carried out. directly the types of plants used in the field (Wijaya, 2020).

## 3. RESULTS & DISCUSSION

Types of plants used in postpartum care for mothers by the people of Sigulai Village, Simeulue Island. Based on the results of research conducted in the Sigulai Village community on Simeulue Island, 28 types of plants spread across 16 families were obtained which were used as medicinal plants in postnatal care for mothers. In detail, it can be seen in table 4.1 below.

**Table 1. Types of plants used in postpartum maternal care by the Sigulai Village Community**

No	Family	Scientific Name	Regional Name
1.	Zingiberaceae	<i>Curcuma xanthoriza</i>	Temulawak
		<i>Zingiber zerumbet</i>	Lempuyang
		<i>Curcuma longa L.</i>	Kunyit
		<i>Zingiber officinale</i>	Jahe
		<i>Alpinia galanga</i>	Lengkuas
		<i>Kaempferia galanga</i>	Kencur



No	Family	Scientific Name	Regional Name
2.	Piperaceae	<i>Piper betle</i>	Sirih
		<i>Piper nigrum</i>	Lada
3.	Asteraceae	<i>Pluchea indica</i>	Beluntas
		<i>Blumea balsamifera</i>	Sembung
4.	Petiveriaceae	<i>Petiveria alliacea</i>	Singawalang
5.	Lamiaceae	<i>Ocimum sanctum</i>	Kemangi Hutan
		<i>Coleus amboinicus</i>	Bangun-bangun
6.	Poaceae	<i>Vetiveria zizanioides</i>	Akar Wangi
		<i>Cymbopogon citratus</i>	Serai
		<i>Oryza sativa L</i>	Padi
7.	Sterculiaceae	<i>Guazuma ulmifolia</i>	Jati Belanda
8.	Caricaceae	<i>Carica papaya</i>	Pepaya
9.	Asphodelaceae	<i>Aleo vera</i>	Lidah Buaya
10.	Lauraceae	<i>Syzygium polyanthum</i>	Salam
		<i>Cinnamomum verum</i>	Kayu Manis
11.	Pandanaceae	<i>Orthosiphon stamineus</i>	Pandan
		<i>Centella asiatica</i>	Pegagan
12.	Rutaceae	<i>Citrus aurantifolia</i>	Jeruk nipis
13.	Talitaceae	<i>Tinospora crispa</i>	Brotowali
14.	Myrtaceae	<i>Syzygium aromaticum</i>	Cengkeh
15.	Myristicaceae	<i>Myristica fragrans</i>	Pala
16.	Liliaceae	<i>Allium sativum</i>	Bawang Putih

Based on Table 1, it is known that the most widely used family is Zingiberaceae, with 6 species, followed by the Poaceae family with three species, the Asteraceae, Pandanaceae, piperaceae, Lamiaceae and Lauraceae families with two species each, while the other families have one species each.

In this research, it was found that 28 plant species from 16 families were used by the people of Sigulai Village for postnatal care for mothers. This number is relatively greater than the types of plants used by the people of North Kluet District, South Aceh Regency, which number 20 plant species used in traditional post-natal medicine (Saudah et al. 2023). Meanwhile, the results of the research in Sigulai Village were fewer, only using 28 species compared to the results of research (Korassa et al. 2023), where the East Amarasi District, East Nusa Tenggara Regency used 38 species of plants which were used for postnatal care of mothers.

This shows that there are differences in local culture and access to natural resources in the region. Availability of plants and local traditions are important factors in determining the types of plants used. This research emphasizes the importance of local wisdom in managing natural resources to support postnatal maternal health. Variations in the number and types of plants reflect people's unique adaptations to their surrounding environment, so it is vital to document and preserve this knowledge for future generations.

The types of plants most widely used by the Sigulai Village Community are 16 families, namely from the Zingiberaceae family with six species, Poaceae with three species, Piperaceae, Asteraceae, Lamiaceae, Lauraceae, Pandanaceae with two species each, while the other families only have one species. The Zingiberaceae family is widely used in the field of medicine. One of the benefits of Zingiberaceae is as a medicine for colds and internal



diseases (Nasution et al., 2020). Plants from the Zingiberaceae family generally contain aromatic compounds and several secondary metabolite compounds which have antimicrobial, antioxidant, anti-cancer properties and increase immunity (Ernilasari et al., 2022).

#### 4. CONCLUSION

Based on the research findings and the discussions conducted, a total of 28 types of medicinal plants from 16 different families are used in postnatal care for mothers in Sigulai Village, Simeulue Island. The most commonly utilized part of these plants is the leaves, while the bark, roots, and tubers are the least used. In this community, medicinal plants are typically prepared by boiling or pounding, either to be consumed as a drink or applied externally to the mother's body after childbirth.

#### REFERENCES

- Aprilia, L. and Mukhlisah, N.R.I. (2023) 'Artikel review: Perawatan tradisional Indonesia bagi ibu pada masa nifas', *Sasambo Journal of Pharmacy*, 4(1), pp. 24–29. Available at: <https://doi.org/10.29303/sjp.v4i1.206>.
- Chandra, R., Suwarno\*, E. and Suhesti, E. (2022) 'Etnobotani Masyarakat Desa Tanjung Belit Kabupaten Kampar Provinsi Riau', *Jurnal Karya Ilmiah*
- Ernilasari, E., Yuslinaini, Y., Saudah, S., & Ahadi, R. (2022). Species of Herb Plants used as Traditional Medicine in the Home Gardens of The Aceh Tengah Community. In *Proceedings of International Conference on Multidisciplinary Research* (Vol. 5, No. 1, pp. 170-178).
- Haba, F.S., Purnama, M.M.E. and Mau, A.E. (2022) 'Keanekaragaman Jenis Dan Pemanfaatan Tumbuhan Obat Di Hutan Penelitian Bu'At So'E, Kecamatan Mollo Selatan, Kabupaten Timor Tengah Selatan, Provinsi Nusa Tenggara Timur', *Wana Lestari*, 4(01), pp. 182–193. Available at: <https://doi.org/10.35508/wanalestari.v6i01.8041>.
- Korassa, Y. B., Lutsina, N. W., Fernandez, S. S., & Upa, M. S. M. P. (2023). Etnofarmakologi dan Pemanfaatan Tanaman Berkhasiat Obat Untuk Ibu Pasca Melahirkan Di Kecamatan Amarasi Timur. *FarmasiKoe*, 6(1), 7-14.
- Lenaini, I. (2021) 'Teknik Pengambilan Sampel Purposive Dan Snowball Sampling', *HISTORIS: Jurnal Kajian, Penelitian & Pengembangan Pendidikan Sejarah*, 6(1), pp. 33–39. Available at: <http://journal.ummat.ac.id/index.php/historis>.
- Monita, E. (2018). Kesadaran identitas kesukuan dalam masyarakat simeulue timur (Doctoral dissertation, UIN Ar-Raniry Banda Aceh).
- Nasution, J., Riyanto, R. and Chandra, R.H. (2020) 'Kajian Etnobotani Zingiberaceae Sebagai Bahan Pengobatan Tradisional Etnis Batak Toba Di Sumatera Utara', *Media Konservasi*, 25(1), pp. 98–102. Available at: <https://doi.org/10.29244/medkon.25.1.98-102>.
- Saudah, S., Irhamni, I., & Diana, D. (2023). Identifikasi Tumbuhan Obat Pasca Melahirkan Pada Masyarakat Lhong Aceh Besar. *Serambi Konstruktivis*, 5(2), 1-5.
- Sari, N. (2020). Pengaruh Senyawa Kurkumin pada Penyembuhan Luka. *Jurnal Farmasi dan Obat Tradisional*, 12(1), 45-52.
- Sumayyah, S. and Salsabila, N. (2017) 'Obat Tradisional: Antara Khasiat dan Efek Sampingnya', *Farmasetika.com (Online)*, 2(5), p. 1. Available at: <https://doi.org/10.24198/farmasetika.v2i5.16780>.
- Syahputra, G.S., Astuti, M.A., Piter, P., Arbain, D. (2021) 'Kajian Etnofarmasi Dan Fitokimia Tumbuhan Obat Kampung Adat Urug, Kecamatan Sukajaya, Kabupaten Bogor, Jawa Barat', *Jurnal Tumbuhan Obat Indonesia*, 14(1), pp. 15–35. Available at: <https://doi.org/10.22435/jtoi.v14i1.3016>.
- Wijaya, H. (2020). *Analisis data kualitatif teori konsep dalam penelitian pendidikan*. Sekolah Tinggi Theologia Jaffray.