

# Medicinal Plant of Sasambo as a Traditional Health Tourism Alternative Post COVID-19

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## Abstract

The province of West Nusa Tenggara, which consists of Lombok Island and Sumbawa Island, has a stunning natural panoramic beauty, making it one of the main tourist destinations in Indonesia. The COVID-19 outbreak has had an impact on the sluggishness of the tourism sector. This problem requires a solution. One alternative is to use the medicinal plant Sasambo (Sasak, Samawa, Mbojo) as an alternative to traditional health tourism. Data from community records, results of questionnaire responses, and scientific articles related to Sasambo traditional medicine show that there are various types of Sasambo medicinal plants that have the potential as an alternative to traditional health tourism with details, Lombok (Sasak) 43 species, Sumbawa (Samawa) 25 species, and Bima (Mbojo) 35 species. Some of these plant species are used for the treatment of diseases caused by viruses. The islands of Lombok and Sumbawa have abundant medicinal plants, making the two islands a potential destination for traditional health tourism.

## Keywords

Medicinal Plant, Sasambo, Health Tourism

## 1. Introduction

Indonesia is an island nation, which has various tribes and traditions. The main tradition is especially in medicine. In medical theory there are several medicinal plants used by the community. The community usually plates the plants in their garden. The medicinal plants are: turmeric, curcuma, ginger, bay leaf, and Indian mulberry [1]. West Nusa Tenggara (NTB), one of the islands in Indonesia, has many types of medicinal plants. NTB has two islands, namely Lombok island and Sumbawa island. Both of the islands have three tribes, namely Sasambo (Sasak Samawa Mbojo) tribes. Sasak tribes are on Lombok island, Samawa and

Mbojo tribes are on Sumbawa island.

Sasambo traditional health culture has the potential to be integrated into tourist destinations, namely various species of medicinal plants and herbal ingredients (medicinal oils, honey, wild horse milk) which can be directed to tackle COVID-19. Sasambo tribe has medicinal plants which are used in medicine. Samawa tribe has familiar traditional medicine, namely Sumbawa oil. Sumbawa oil can heal various diseases, and was used since the old time [2].

Traditional medicinal generally used various types of flora and fauna for healing disease. Various diseases were healed by concoction from flora and fauna found in garden or forest. Its healing can be founded in village community or city community [3]. Its development of traditional medicine in Sasambo tribes makes West Nusa Tenggara as a potential object of traditional medicine. The way of West Nusa Tenggara government policy is to manage sustainable tourism. This sustainable tourism is guided on four pillars, such as destination development, marketable, industry and institution. To support it, government makes a branding point such as programs visiting Lombok Sumbawa, Friendly Lombok, and Charm Sumbawa [4].

## 2. Methodology

The data in this study were collected from community records, results of questionnaire responses, and scientific articles related to Sasambo traditional medicine. Community records regarding the medicinal plants Sasambo are traced respectively to the Sasak Tribe, Samawa Tribe, Mbojo Tribe. Each questionnaire was given to 100 people representing the Sasak Tribe, Samawa Tribe, Mbojo Tribe. Meanwhile, scientific articles related to Sasambo traditional medicine are traced both to international and national journals. The data was selected through stages of display data, reduction data and conclusion data from scientific article.

## 3. Result and Discussion

Study literate results show various medicinal plants founded in Sasambo tribes. Medicinal plants in Sasak tribes found 163 various [5]. In order hand Samawa tribes found 40 medicinal plants [6]. Mbojo tribes found 45 medicinal plants [7]. Data in **Table 1** show various types of medicinal plants that Sasambo community has. The various medicinal plants provide evidence that Indonesia's nature is very rich. The various medicinal plants indicate the benefit various too. Medicinal plants are used for various diseases, as of easier disease until hard disease. All parts of medicinal plants can be used and processed to be a medicine.

All parts of medicinal plants can be processed to be a medicine, the processed as follows:

- 1) Leaves

Leaves of medicinal plants can be a medicine if processed, as follows: milled leaf, put half of water, and attach it to the body parts that hurt. In order hand

**Table 1.** Data Sasambo medicinal plants.

Tribe name	No	Medicinal Plant Names			Medicine
		Tribe language	English	Latin	
	1	Api-api	Indian Mangrove	<i>Avicennia officinalis</i>	Smallpox
	2	Atiberu Ayan/kelicung	Black woods	<i>Diospyrus macrophylla</i>	Allergy
	3	Banten	<i>Aspidistira grandiflora</i>	<i>A. grandiflora</i>	Ulcer and rheumatic
	4	Bebele	Wood apple	<i>Aedle marmelos</i> (L) Correa	Mumps and gonorrhoea
	5	Barora	Guest tree	<i>Klenhovia hospita</i>	Sprue
	6	Blandengan	White lead tree/leucaena	<i>Leucaenaglauca (lamk) de wit benth</i>	Wormy
	7	Bungkumbi	<i>Tabernaemontana sphaerocarpa</i> BI	<i>Tabernaemontana sphaerocarpa</i> BI	Sore eyes
	8	Daunbakung	Giant lily	<i>Crinum asiaticum</i>	Wound
	9	Daunbebenyah	Scurvy weed	<i>Commelinadiffusa</i> Burm f.	Fever and headache
	10	Daunempet-empet	Gronatrifolra	<i>Desmodium triflorum</i> (L) DC	Diarrhea
	11	Daungeronongbodok	sun hemp	<i>Crotalaria usaramoensis Baker f</i>	Pink-eye
	12	Daunpecutjaran	Devil's horse whip	<i>Stachytarpheta jamaicensis</i> (L) Vahl	cough and tonsils
	13	Dauseripa	Lilac tasseflower	<i>Emilia sonchifolia</i> (L) DC	Wound
	14	Daun Sesapa	<i>Blumea balsamifera</i> (L) DC	<i>Blumea balsamifera</i> (L) DC	Rheumatic, dengue, flu, diarrhea and menstruation pain
<b>Lombok (Sasak)</b>	15	Daun Srikaya Bayan	Sweetsop/sugar-pineapple	<i>Annona squamosa</i> L.	Wound, ulcers , cough and fever
	16	Daunteinganbangket	Pennywort	<i>Centella asiatica</i> (L) Urban	Fever and bladder stone
	17	Daunterinjing	Slender sow thistle	<i>Sonchus oleraceus</i> L.	Wound
	18	Entut-entut	Skunk vine	<i>Paederia foetida</i> L.	Stomachache and waist ache
	19	Geguthu	Climbing bridelia	<i>Bridelia stipularis</i> (L) BI	Dysentery
	20	Gambir	<i>Uncaria gambir</i>	<i>Uncaria gambir</i>	Dysentery
	21	Grepek	Indian coral	<i>Erythrina</i> sp.	Smallpox
	22	Inggü	<i>Ferula asafoetida</i>	<i>Ferula asafoetida</i>	Migraine
	23	Jambokan	Pill bearing spurge	<i>Euphorbia hirta</i> L.	Wound and dysentery
	24	Jarak	Physic Nut	<i>Jatropha curcas</i> L.	Wormy, stomachache and wound
	25	Jeringo	Sweet flag/calamus	<i>Acorus calamus</i>	Stomachache and dengue
	26	Jeliti	<i>Wrightia javanica</i>	<i>Wrightia javanica</i>	Rheumatic
	27	Jowet	Java-plum	<i>Eugenia cumini</i>	Stomachache, dysentery, and dengue
	28	Kekosok	Coralberry/mulberry	<i>Ardisia javanica</i> DC	Smallpox
	29	Kelokosudang	Bay-leaf/Indonesian lurel	<i>Syzygium polyanthum</i>	Psoriasis and fracture
	30	Kendal	Clammy cherry	<i>Cordia obliqua</i> Willd	Fever
	31	Kethuk	<i>Alocasia</i>	<i>Alocasia</i> sp.	Snake poison, psoriasis and shingles

## Continued

32	Kulitbatangdurenan	<i>Knema sumatrana</i>	<i>Knema sumatrana (blume) W.J. de wilde.</i>	Malaria
33	Lebui	Pigeon pie	<i>Cajanus cajan</i>	Bladder stone
34	Daunlekong	Candlenut	<i>Aleurites moluccana (L)</i>	Dengue and allergy
35	Lembukikbulu	Fig trees	<i>Ficus hispida L.</i>	Lower respiratory infections
36	Lita	Indian devil tree	<i>Alstonia scholaris</i>	Malaria
37	Meniran	Small gooseberry	<i>Phyllanthus niruri</i>	Kidney disease, diabetes and psoriasis
38	Randu	Cotton tree	<i>Ceiba pentandra</i>	Toothache
39	Sereto	<i>Ehretia microphylla</i>	<i>Ehretia microphylla</i>	Malaria
40	Suren	Suren toon	<i>Toona sureni</i>	Ulcer
41	Songgolangit	Tridax daisy	<i>Tridax procumbens</i>	Waist ache, kidney disease, hypertension and cholesterol
42	Tanamansumangge	Wood sorrel	<i>Oxalis corniculata L.</i>	Cough
43	Wareng	Asian bushbeech	<i>Gmelina asiatica L.</i>	Earache and Exim

Tribe name	No	Medical Plant Names			Medicine for
		Tribe language	English	Latin	
	1	Aren	Palm tree	<i>Arengapinnata Merr</i>	Kidney stone disease and sprue
	2	Cabejawa	Long pepper	<i>Piper retrofractum</i>	Toothache and colds
	3	Ceplukan	Ciplukan	<i>Physalis angulata L.</i>	Hypertension and diabetes
	4	Cermail	gooseberry	<i>Phyllanthus acidus L.</i>	fever, wormy and launch menstruation
	5	Gadung	Asiatic bitter yam	<i>D. hispida</i>	Leprosy and scurvy
	6	Gambir	<i>Uncaria gambir</i>	<i>Uncariagambir hunter R.</i>	Sprue and stomachache
	7	Gayam	Otaheite chestnut	<i>Inocarpus fagiferus</i>	Diarrhea
	8	Kecubung	Angel trumpet	<i>Datura suaveolens Humb</i>	Asthma, rheumatic and waist ache
<b>Sumbawa (Samawa)</b>	9	Kenanga	Ylang flower	<i>Cananga odorata</i>	Lower respiratory infections, malaria, Bronchitis, scurvy, and hepatitis B
	10	Kesambi	Kesambi	<i>Schleichera oleosa Merr</i>	Scurvy and Exim
	11	Kluwih	Seeded	<i>Artocarpus camansi</i>	Toothache and cholesterol
	12	Kumis kucing	Lac tree	<i>Orthosiphon aristatus</i>	Kidney stone disease and diabetes
	13	Mangkokan	Shield aralia	<i>Polyscias scutellaria</i>	Breast cancer and bladder stone
	14	Mengkudu	Indian mulberry	<i>Morinda citrifolia L.</i>	Hypertension and appendicitis
	15	Meniran	Small gooseberry	<i>Phyllanthus niruri L.</i>	Gonorrhoea, and malaria
	16	Merambung	Vernoniaarborea	<i>Vernonia arborea</i>	Sprue and fever
	17	Mindi	Chinaberry tree	<i>Melia adezarach</i>	Hypertension and wormy

## Continued

	18	Mundu	Mangosteen	<i>Garcinia</i> spp.	Mumps and wound
	19	Patikankebo	Pill bearing spurge	<i>Euphorbia hirta</i> L	Sore throat and bronchitis
	20	Randu	Cotton tree	<i>Ceiba pentandra</i>	Ambient , and dysentery
	21	Saga	Rosary pea	<i>Abrus precatorius</i>	Sprue and tonsils
	22	Sambungnyawa	Longevity spinach	<i>Gynura procumbens</i>	Cyst, cancer and tumor
	23	Serut	Sandpaper tree	<i>Streblus asper</i> , Lour	Hepatitis Bandulcer
	24	Srikayagroso	Custard-apple	<i>Annana squamosa</i>	Wormy and stomachache
	25	Tanjung	Spanish cherry	<i>Mimusops elengi</i> L.	Headache and fever
Tribe name	No	Medicinal Plant Name			Medicine for
		Tribe language	English	Latin	
Bima (Mbojo)	1	Anggo	Jamaica cherry	<i>Muntingiacalabura</i>	Rheumatic, stomachache and antioxidants
	2	Dungga Mbudi	Kaffir Lime	<i>Citrus hystrix</i>	Dengue and stomachache
	3	Dungga Ncia	Lemon	<i>Citrus auratifolia</i>	Cough
	4	Duwe	Java-plum	<i>Eugenia cumini</i>	Stomachache, dysentery, dengue and Exim
	5	Garoso Jawa	Soursop	<i>Annona muricata</i>	cholesterol and rheumatic
	6	Garosombudi	Custard-apple	<i>Annona squamosal</i>	Wormy and stomachache
	7	Golka	Siam weed	<i>Chromolaena odorata</i>	Gastric pains and vertigo
	8	Jambu Doro	Guava	<i>Psidium guajava</i>	Stomachache and dengue fever
	9	Kajabu	Redflower ragleaf	<i>Crassocephalum</i>	Cancer
	10	Kajara Sarui	Spiny amaranth	<i>Amaranthus spinosus</i>	Gonorrhea and ambient
	11	Kakapi Na'e	Seven golden candlestick	<i>Cassia alata</i>	Exim, skin fungus and scabies
	12	Kambesi	Star gooseberry	<i>Sauropus androgynous</i>	wound and anemia
	13	Kana'a	Pill bearing spurge	<i>Euphorbia hirta</i>	Sore throat and bronchitis
	14	Kana'a Keta	Chinese cider	<i>Euphorbia thymifolia</i>	Dysentery and ambient
	15	Mahoni	Mahogany	<i>Swietenia mahagoni</i>	stomachache and menstruation pain
	16	Mangge	Tamarind	<i>Tamarindus indica</i>	Stomachache
	17	Nceha	Scabrous elephant's foot	<i>Elephantopus scaber</i>	influenza and vaginal discharge
	18	Nonu	Indian mulberry	<i>Morinda citrifolia</i>	Hypertension and appendicitis
	19	Ntonu	Wild giger	<i>Zingiber zerumbet</i>	Allergy and wound
	20	Pataha	Basil	<i>Ocimum basilicum</i>	Flu, headache and wormy
	21	Pate	Witeleadtree	<i>Leucaena leucocephala</i>	Wormy and ulcer
	22	Pawu Keta	Goat weed	<i>Ageratum conyzoides</i>	Gastric pains
	23	Rerasawadoro	Oldenlandia	<i>Hedyotis corymbosa</i>	Bladder stone and kidney stone
	24	Rondu	Pride of india	<i>Lagerstromieia speciosa</i>	Toothache and tuberculosis
	25	Ro'oParongge	Moringa	<i>Moringa oleifera</i>	Cholesterol and eye ache

## Continued

26	Ro'oPraja	Buffalo gelatin	<i>Cycleabarbata miers</i>	Fever and diabetes
27	Sabia	Java long pepper	<i>Piper retrofractum</i>	Anemia, cholera and bronchitis
28	Sambi	Lac tree	<i>Schleichera oleosa</i>	Exim and scabies
29	Soka	Common purslane	<i>Portulaca</i> sp.	Eye ache
30	Songga	Strychnine bush	<i>Strychnos lucida</i>	Rheumatic and wound
31	Supa	Philippine medic	<i>Caesalpinia sappan</i>	Diabetes
32	Tamba	Giloy	<i>Tinospora crispa</i>	Rheumatic and diabetes
33	Tatanga	Physic nut	<i>Jatropha curcas</i>	Wound, colds and stomachache
34	Tula	Indian devil tree	<i>Alstonia scholaris</i>	Gastric pains
35	U'a	Betel palm	<i>Areca catechu</i>	Wormy and glaucoma

leaves can be processed, as follows: boiling the leaf with water and drink the stew water of leaves [7].

#### 2) Rod

Rod of medicinal plants can be a medicine if processed, as follows: boiling rod of the medicinal plants and stew water of rod can be used to treatment by drinking it [8].

#### 3) Fruit

Fruit of medicinal plants can be a medicine if processed, as follows: milled or mashed fruit, filtered fruit that has been mashed, in put the water in filtered processed and medicine can be used [5].

#### 4) Root

Root of medicinal plants can be a medicine if processed, as follows: boiling root of the medicinal plants and stew water of root can be used to treatment by drinking it [9].

#### 5) Flower

Flowers of medicinal plants are usually used without specification processed [3].

Potions medicinal of Sasambo community are various and beneficial. If the Sasambo medicinal plants are well managed, then it can be the income for Sasambo community. This management can be in the form of community empowerment and providing facilities. Health tourism one of destination is interesting for tourists. Health tourism can be tourist to explore the knowledge about traditional medicine [10].

## 4. Conclusion

The cultural wealth of the medicinal plants of Sasambo has not been fully utilized. Sasambo traditional health culture has the potential to be integrated into tourist destinations which can be directed to tackle COVID-19. The medicinal plant Sasambo could be used as an alternative for the purpose. This study succeeded in recording the medicinal plants of Sasambo which consisted of Sasak 43

species, Samawa 25 species, and Mbojo 35 species. Some of these plant species are used for the treatment of diseases caused by viruses.

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## Conflicts of Interest

The authors declare no conflicts of interest regarding the publication of this paper.

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