



JAMU: Traditional Indonesian medicine

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Abstract:

Jamu is believed to originate from two ancient Javanese words, Djampi which means healing and Oesodo which means health. The term herbal medicine is introduced to the public through people who are believed to have traditional medical science.

Indonesian people since the days of the Mataram Kingdom until now still use herbal medicine. This typical Indonesian drink has become a matter of pride as it is with Ayurveda from India and Zhongyi from China. Since then, women have more role in producing herbal medicine, while men have a role in finding natural herbal plants. This fact is reinforced by the findings of Cobek and Ulekan artifacts - mash tools to make herbal medicine. The artifact can be seen at the Liyangan archeological site located on the slopes of Mount Sindoro, Central Java.

Jamu as herbal medicine is generally used by the Indonesian people as a natural medicinal beverage to maintain health, and cure various diseases. The tradition of drinking herbal medicine is estimated to have existed since 1300 AD and is a historic drink. Jamu is a nutritious drink from Indonesia as a health drink, preventing and curing various diseases. Jamu is served with various types, considering that Indonesia has quite a lot of herbal plants. Each region has a different type of herbal medicine, adapted to herbs that grow in the area.

Processing herbs is not too complicated, most of them only take juice from the juice of herbal plants. There is also crushed. Often made from turmeric, ginger, galangal, kencur, and cinnamon. Specially brown sugar, rock sugar, and lime juice are usually used as enhancers of the fresh and sweet taste.

Uniquely, in the manufacture of herbal medicine also adjusted the dose of each ingredient, temperature, mashing or boiling time, and others. If not considered properly,



will lose the properties of the ingredients can even harm the body. Likewise with its development, the tradition of drinking Jamu experiences ups and downs according to its era. Broadly speaking, it is divided from the pre-historical era when the processing of forest products flourished, the Japanese colonial era, the early era of Indonesian independence, until now.

As its development, the tradition of drinking herbal medicine had decreased. Exactly the first time modern science entered Indonesia. At that time the campaign of certified medicines succeeded in changing the mindset of the Indonesian people so that interest in Jamu declined. Besides the matter of standards or certificates, the efficacy of herbal medicine was also questioned

Biography:

Dr. dr. Amarullah H. Siregar, DIHom, DNMed, MSc, MA, PhD [19 September 1960] as one of the stroke doctors who recommended TNO as a stroke treatment therapy. Doctor of Naturopathy from Clayton College of Natural Health, Birmingham USA. PhD Health Science from Fairfax University New Orleans - USA.

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