



Study Ethnobotany of Minyak Karo

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Abstract: Research on the study of Minyak Karo ethnobotany aims to determine the types of plants that are the raw material for making Minyak Karo and its utilization. The method used in the study is a qualitative descriptive method with data collection techniques carried out through an emic approach and an ethical approach to the interview method with producers of Minyak Karo. The results obtained in this study are 42 species from 24 families which are used as ingredients in the production of Minyak Karo. Zingiberaceae is the type most widely used in these herbs. Plant parts used are leaves (16 species), rhizomes (7 species), roots (6 species), seeds (5 species), fruit (4 species), flowers and tubers (2 species each), and stems (1 species). Benefits of Minyak Karo treat aches, treat colds, reduce heat / fever, heal wounds, dry out and treat sunburn, treat itching, strengthen bones in infants, treat lumbago, treat rheumatism, treat sprains, treat body aches, and treat muscle cramps. Minyak Karo is an external medicine so that its use is enough by way of being rubbed, applied or massaged.

Keywords: Minyak karo; Zingiberaceae; benefits

I. Introduction

Ethnobotany is a botanical science regarding the use of plants in daily needs and ethnic customs. Ethnobotany study is not only about taxonomic botanical data, but also involves regional botanical knowledge, in the form of a review of interpretations and associations that study the reciprocal relationship between humans and plants, and with regard to the use of these plants is preferred for cultural interests and the preservation of natural resources (Dhamono, 2007).

One of the well-known traditional treatments in North Sumatera is treatment using Minyak Karo. Treatment using Minyak Karo has been done for generations. Karo community strongly believes that humans from birth to death cannot be separated from their social functions. Using and utilizing plants as health support materials is one form of application of the understanding of the Karo community in the management of natural resources.

Pain in karo language is called in several categories, namely *magin / bangger* and pain. *Bangger* or less healthy is the condition of someone who feels the disruption of the function of certain body parts, it's just that the person can still do daily activities. While pain is interpreted as disruption of certain bodily functions and cause the person to be unable to carry out their daily activities (Sembiring and Sismudjito, 2013).

Minyak Karo is a processed / herb derived from local plants Ethnic Karo which is the fundamental reason for the importance of this research to collect and inventory useful local plant species. Invented local plants are then explored in more depth the benefits and functions in accordance with ethnobotany studies. This was stated by Suryadarma (2008) that ethnobotany emphasized how to reveal the cultural links of the community with plant resources in the environment directly or indirectly. The emphasis is on the deep connection of human culture with the surrounding plant-based nature. Prioritizing the perception and conception of cultural groups in managing the knowledge system of its members facing plants in their sphere of life.

Based on Nasution's research (2009), it is known that among the types of plants which are the main components in the adequate herb are the Zingiberaceae, which are eight species. The

plants of the Zingiberaceae tribe contain volatile oil which is volatile and its vapor is useful for dealing with various diseases.

In addition *Oukup* Karo tribe also has oil which is often known as Minyak Karo. Minyak Karo is indeed less well known by the public than the Karo tribe itself, therefore research is needed to discuss super karonese nutritious oils to be more global and known to anyone. Given the increasing proliferation of foreign products that contain lots of chemicals, even though the products belonging to their own country are very rich in benefits. The purpose of this study was to determine the types of plants that become the raw material for making Minyak Karo and its utilization.

II. Research Method

The research was conducted from February to May 2019 at Pancur Batu Market, North Sumatera. The research method used is a qualitative descriptive method. Data collection techniques carried out through the emic approach and ethical approach to the interview method with producers of Minyak Karo. The emic approach is intended to obtain data on people's knowledge of Minyak Karo according to their glasses and language, without having to test its truth. While the ethical approach is used in analyzing data from the public knowledge in a scientific manner, in accordance with the field occupied by researchers, namely taxonomy. Furthermore, plant type data contained in the Minyak Karo concoction is done through observation and interviews with the producers of Minyak Karo.

III. Discussion

Based on the results of the study, 42 species from 24 families were used as ingredients in the production of Minyak Karo. Types of plants that are dominating is from the family Zingiberaceae (7 species). (See figure 1).

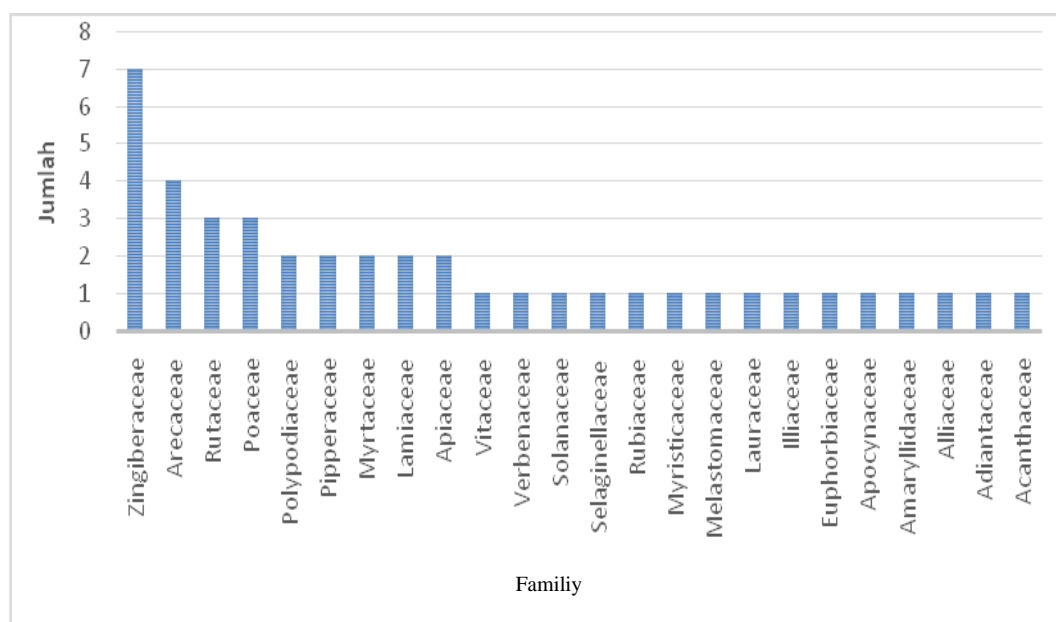


Figure 1. Number of Plant Species Based on Families in Minyak Karo

Figure 1 explains that the types of Zingiberaceae (7 species) contained in Minyak Karo consist of *Curcuma heyneana*, *Zingiber casumounar*, *Zingiber zerumbet*, *Kaempferia galanga*,

Curcuma zanthorrhiza, *Zingiber officinale* and *Curcuma longa*. Each type has different properties from each other, then put together in Minyak Karo ingredients. Part of the plant used is the rhizome by slicing and then mixing with other ingredients and cooked.

Zingiberaceae family has traditionally been able to cure various diseases, especially diseases related to pregnancy and hereditary problems. Some plants that are used will work optimally if in the form of concoctions, namely a combination of plants in one herb. This is related to the active substance in the form of secondary metabolites contained in it. Active substances in this family are thought to be stable and work optimally when mixed with active substances contained in other plants (Hartanto and Sofiyanti, 2014).

Other raw materials from the Arecaceae family (4 species) consist of *Metroxylon sago*, *Cocos nucifera*, *Arenga pinnata*, and *Areca catechu*. The main raw material in making Minyak Karo is green coconut (*Cocos nucifera*), the oil taken, while the other 3 types (*Metroxylon sago*, *Arenga pinnata*, and *Areca catechu*) are used as the root part. Rutaceae (3 species), including the main raw material in the production of Minyak Karo which has the efficacy of aromatherapy and body heating. The types consist of *Zanthoxylum acanthopodium*, *Citrus hystrix*, and *Citrus medica*. The parts used are fruit and seeds. Family Poaceae (3 species) consists of *Cymbopogon nardus*, *Calamus diepenhorstii*, and *Bambusa sp.* which has different properties, including aromatherapy found in fragrant lemongrass (*Cymbopogon nardus*) and the part used is the stem. While the rattan (*Calamus diepenhorstii*) and bamboo (*Bambusa sp.*) Used are the roots.

Types of plants from other families, each consisting of 2 species and 1 species. They are

Polypodiaceae (*Pyrrosia piloselloides* dan *Drymoglossum piloselloides*), Piperaceae (*Piper betle* dan *Piper nigrum*), Myrtaceae (*Melaleuca leucadendra* dan *Syzygium aromaticum*), Lamiaceae (*Pogostemon cablin* dan *Ocimum tenuiflorum*), Apiaceae (*Trachyspermum roxburghianum* dan *Coriandrum sativum*), Acanthaceae (*Strobilanthes crispus*), Adiantaceae (*Adiantum sp.*), Alliaceae (*Allium sativum*), Amarylidaceae (*Allium cepa*), Apocynaceae (*Catharanthus roseus*), Euphorbiaceae (*Aleurites moluccana*), Illiaceae (*Illicium verum*), Lauraceae (*Cinnamomum verum*), Melastomaceae (*Melastoma candidum*), Myristicaceae (*Myristica fragrans*), Rubiaceae (*Uncaria gambir*), Selaginellaceae (*Selaginella sp.*), Solanaceae (*Solanum verbacifolium*), Verbenaceae (*Vitex trifolia*), dan Vitaceae (*Vitis gracilis*).

Most types used in making Minyak Karo are well known and are used in everyday life, such as cooking spices and spices. Many species are obtained from the forest, which is deliberately taken because the community knows its properties for generations as a medicine. With the presence of Minyak Karo made from natural ingredients, people as Minyak Karo users believe that Minyak Karo has the properties to treat several diseases. It can be seen that almost all types of plants contained in the raw material for making them have potential as ingredients in medicine.

The types of plants used for making Minyak Karo are commonly found on road sides, in community fields, in forests and in the homes of residents. The Karo people in general use medicinal plants that grow wild more often than medicinal plants that are cultivated because according to them medicinal plants that grow wild are more efficacious compared to medicinal plants that are cultivated. According to (Kacaribu, 2018) plants that are cultivated are more likely to be contaminated by harmful metals that are usually derived from fertilizers, pesticides, and also from vehicle fumes around residents' homes.

The most dominant parts of plants used in making Minyak Karo are the leaves (16 species), rhizomes (7 species), roots (6 species), seeds (5 species), fruit (4 species), flowers and tubers (each 2 species), and stems (1 species). (Figure 2).

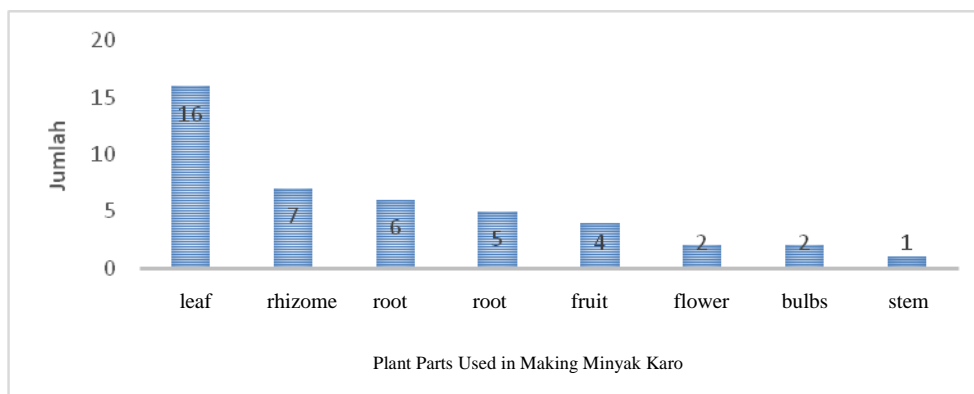


Figure 2. Plant Parts Used in Making Minyak Karo

From Figure 2. Shows that the leaf is the most widely used part in the production of Minyak Karo. The leaves used are all processed by blending / blended then cooked with a mixture of green coconut oil. The rhizome is used by thinly sliced, the roots are sufficiently washed and then mixed in other ingredients, the seeds, flowers, tubers and stems are processed by blending / blending. While the extracted part of the fruit is taken only then mixed with other ingredients.

The ingredients used are washed and cooked within 30 days, with the aim of all ingredients are ripe, odorless, and durable. After that it is cooled down until it is completely cold then filtered.

Based on the results of interviews the efficacy of Minyak Karo is believed to be hereditary for health, among other ways to treat aches, treat colds, reduce heat / fever, heal wounds, dry out and treat sunburn, treat itching, strengthen bones in babies, treat pain waist, treat rheumatism, treat sprains, warm the body, and treat muscle cramps. How to use it enough to be drained or massaged, because Minyak Karo is an external medicine. This Minyak Karo can be used for all people ranging from children to the elderly.

According to Barus research, 2015 states that the making of karo massage oil is made with rituals with the aim that karo massage oil is able to cure diseases that are believed to originate from supernatural spirits or diseases sent by people through occult ways and request protection from ancestral spirits. .

The research results of Pandapotan et al, 2018 stated that the making of Minyak Karo is one form of local wisdom that is very well known in Karo culture. The composition contained in Minyak Karo is different. As in the Village of Lingga, one of the residents added to it the contents of monkey oil and snake oil for ndikar (grappling) activities. The spices consist of coconut oil, monkey oil, python oil, tiger / cat oil, sesame oil, green coconut oil, rattan root (ketang), sugar palm (enau), areca root, iron-tree root, yellow bamboo root (hurgen) tuba root, coconut root, parched nek miting.

IV. Conclusion

From the results of the research that has been carried out, it can be concluded that there are 42 species from 24 families found in Minyak Karo materials. The plant species of the Zingiberaceae family are the most abundant in the herb. Plant parts used are leaves, rhizomes, roots, seeds, fruit, flowers, tubers and stems. The benefits of Minyak Karo according to the user can treat various external diseases, because the use of Minyak Karo can only be rubbed, smeared and massaged.

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