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Empon – Empon as A Local Wisdom Of Javanese People

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Abstract

This study aims to explore the local wisdom of empon - empon in Java. This research uses a qualitative approach, and In the research of this article, the writer use the interview method. Interview will be conducted on Javanese people in Sumatera Utara. The source of the data will be taken from the Kabupaten Deli Serdang Kecamatan Labuhan Deli. It was found that the local wisdoms of empon – empon is a herbal plant that live in Indonesia. Types of empon-empon consists of Jahe, kunyit, Kencur, and Temulawak, and the Benefits of Empon – empon such as Jahe Contains gingerol, which as an antioxidant, makes ginger known as an anti-aging bioactive component. The bioactive components of ginger can function to protect fats or membranes from oxidation, inhibit cholesterol oxidation and increase immunity. Kunyit such as the potential to improve heart health and prevent against Alzheimer's and cancer. It's a potent anti-inflammatory and antioxidant. It may also help improve symptoms of depression and arthritis. Kencur Increased energy, Increased appetite, Reduced bad cholesterol, Antioxidants, Temulawak which are useful for anticancer, antimicrobial, anti-inflammatory, antioxidant, The need of empon-empon plants increases also with the public awareness of health and the usage of herbal ingredients as remedies.

Keywords: Empon-empon; Javanese; Local Wisdom

1. Introduction

Local wisdom is an idea or policy based on the values of virtue in a society, which is believed to be a way of life, and is passed down from generation to generation. Local wisdom can be in the forms of knowledge, skills and policies that can prosper the community. Local wisdom has two forms, tangible and intangible forms. Tangible forms such as traditional texts, traditional buildings and cultural symbols; while the intangible such as advice or proverbs. [1].

Nakorntap et al. in Mungmachon stated that local wisdom is a basic knowledge obtained by a person from living in balance with nature. This is related to the culture in society that is accumulated and inherited. This wisdom can be in the form of an abstract as well as concrete, but the most important characteristic are that it comes from an experiences or a truth obtained from a life. The wisdom of this real experiences integrates body, soul and environment. It gives respect to older people and their life experiences. In addition, he also values morals more than material things. [2].

Local wisdom is a form of expression of the ethnics group in Indonesia from which people carry out their activities and behavior according to their thoughts, and in the end their actions produce certain works. For example, Borobudur and Prambanan temples, traditional houses, the Subak water system in Bali's rice fields, and batik, a cultural heritage known to the world. All of them show that there are ideas and activities underlying in the creation of artifacts from other forms of Indonesian ethnic production that are graceful and majestic. This also shows that local wisdom from Indonesian culture is a compilation of ethnic culture, a process that is expressed in the life of a society through learning practices.[3]. Local wisdom can be interpreted as habits, rules and regulations values as a result of the cognitive efforts adopted by a particular society or local people who are considered good and wise, which are implemented and obeyed by that community.

Since ancient times, human health problems have been a concern. This can be seen from the use of plants and animals as traditional medicine, books and inscriptions. In addition to Indonesia, medicinal plants have also been known for centuries has been known to the Chinese, Indian, Brazillian, Ethiopia in many cultural aspects. Until now, the tradition of drinking traditional medicine is still popular in several Asian, Latin American, and African countries including Indonesia and India.[4]. Javanese people in particular have long used medicinal plants as a deterrent, inhibitor, against a disease, the use of which is used as herbal medicine derived from medicinal plants. Local wisdom of the efficacy of various medicinal plants is an ancestral heritage that is still proven to be useful today, and is safe based on empirical evidence. Various types of medicinal plants as basic ingredients of traditional medicine are widely grown in Indonesia, especially various empon-empon plants or herbs and spices in traditional Javanese medicinal ingredients.[4]. Empon-empon are currently increasingly promising profits, because the demand for empon-empon commodities continues to increase from time to time. Empon – empon such as jahe, kunyit, kencur, temu lawak, temu giring, and lempuyang are usually used as raw materials for producing herbal medicine, besides that they can also be used for herbal medicinal plants and ingredients for cosmetics.

2. Methods

The research uses a qualitative descriptive method. Qualitative research according to Creswell is a type of research in which the researcher relies heavily on information from the object or the participation of the object in a broad scope, general questions, collecting data that consists mostly of words or text from participants, explaining and analyzing words and conduct subjective research. [5], [6]. The technique of collecting data was done by doing interview. The location was in Kabupaten Deli Serdang Kecamatan Labuhan Deli.

3. Result and Discussion

Empon-Empon is a herbal plant that live in Indonesia. The problem is many people who don't know about these empon - empon plants, such as the types of empon - empon plant itself, its benefits and uses. Fauziah Muhlisah stated that Lots people who don't really understand about empon-empon plants, even consider empon-empon plants are the same as spices, even though they are from the type of plant itself already very different. When the world modern medicine is not yet known, the role of the variety of these plants is very large. Grandmother our ancestors have been using it since long time ago for daily cooking purposes, keeping health and treat disease. [7].

F. Muhlisah [7] stated that empon-empon comes from the Javanese language. From the word is Empu which means rimpang induk or akar tinggal. This word used to refer a group of plants that have rimpang or akar tinggal. Plant which are included in this group are generally plants that are commonly used for traditional medicine and spices Cook. Currently empon-empon is widely used in food, beverages, cosmetics, dyes, and to extract the essential oil. there are many types of empon-empon, there are only 10 types empon-empon that are often used. Type empon-empon consists of Jahe, kunyit, Kencur, Laos /lengkuas, Lempuyang, Temulawak, Temu Ireng, Temu kunci, Temu Giring, and Temu Mangga. Only 5 types of empon - empon that have been widely cultivated such as Temulawak, Jahe, Lengkuas, Kencur, and, Kunyit. Therefore, empon - empon needs to be socialized and developed.

Empon – empon is a group of medicinal plants which it belongs to the ginger family (Zingiberaceae), for example “kunir” (*Curcuma Longa L.*), “kencur” (*Kaempferia galanga L.*), “jahe” (*Zingiber officinale Roscoe*), and “laos” (*Alpinia galangal (L) Willd*). Empon – empon is used for first aid for sick people, usually before the patient is taken to the Puskesmas or doctor. Several types of empon - empon are also used for spices, dyes, and ornamental plants. [8]

Traditional medicinal plants are very important as curative and protective medicinal preparations. The use of medicinal plants that grow on community land as part of the procurement of traditional medicinal ingredients has been carried out by the community since ancient times. In Javanese society in particular, various traditional medicines made from natural spices have been used by the ancestors. prepared as assistance at Borobudur Temple related to the processing/making of herbal medicine.

Variations in the types of medicinal plants used in each potion from their parents or habits carried out by their ancestors. Some people only know that certain types of herbal medicine can treat certain diseases based on beliefs and empirical experiences that have been proven since ancient times.

Table 1. Benefits of Empon - empon

Empon - empon	Its Benefits
Jahe (<i>Zingiber officinale Roscoe</i>)	Contains gingerol, which as an antioxidant, makes ginger known as an anti-aging bioactive component. The bioactive components of ginger can function to protect fats or membranes from oxidation, inhibit cholesterol oxidation and increase immunity. Another benefit of ginger, it can warm the body, cure back pain, asthma, colds and muscle aches.
Kunyit (<i>Curcuma longa</i> atau <i>Curcuma domestica</i>)	such as the potential to improve heart health and prevent against Alzheimer's and cancer. It is a powerful anti-inflammatory and antioxidant. It can also help improve symptoms of depression and arthritis.
Kencur (<i>Kaempferia galanga</i>)	can increase energy, can increase appetite, reduce cholesterol, as a natural antioxidant, As a cough medicine, can reduce bloating, can treat swollen / sprained muscles.
Temulawak (<i>Curcuma xanthorrhiza</i>)	temulawak which are useful for anticancer, antimicrobial, anti-inflammatory, antioxidant, antihyperglycemic, antihypertensive, neuroprotective, and estrogenic effects.

Various spices and empon-empon as local wisdom in Javanese society are commonly referred to as herbs, including jamu kunir asem, jamu beras kencur, jamu paitan, jamu godhong kates, jamu cabe puyang, and jamu temulawak.

Table 2. Empon empon as herbal medicine

Herbal Medicine	Main Materials and others Materials
Jamu Beras kencur	The raw material for kencur rice is rice and kencur. Other ingredients that are usually mixed are kedawung, ginger, kapulogo, kawak acid, temukunci, keningar wood, turmeric, lime, and nutmeg. As a sweetener used brown sugar and white sugar
Jamu Kunir Asem	The raw material for tamarind turmeric is turmeric and tamarind, sometimes it is mixed with sinom (young tamarind leaves), ginger, kedawung, and lime. As a sweetener used brown sugar mixed with white sugar and salt
Jamu Temulawak	The raw material for temulawak herbal medicine is ginger rhizome, often added with kencur, seedless asemkawak, palm sugar, fresh pandan leaves, and cumin.

4. Result and Discussion

From the analysis above, it can be concluded that the local wisdom of empon – empon means a group of medicinal plants which it belongs to the ginger family (*Zingiberaceae*), for examples such as “kunir” (*Curcuma Longa L.*), “kencur” (*Kaempferia galanga L.*), “jahe” (*Zingiber officinale Roscoe*). In Javanese society in particular, various traditional medicines made from natural spices have been used by ancestors. prepared as assistance in the Borobudur Temple which is concerned with processing/making herbal medicine.

Reference

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