

**ETNOKIMIA MASYARAKAT BALI TENTANG TANAMAN OBAT
REMATIK (*RHEUMATOID ARTHRITIS*) MENURUT
USADA TARU PRAMANA SEBAGAI PENDUKUNG MATERI KIMIA
FARMAKOLOGI**

Oleh

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ABSTRAK

Penelitian ini bertujuan untuk mendeskripsikan dan menjelaskan jenis dan kandungan kimia tanaman obat rematik menurut *Usada Taru Pramana* serta pengintegrasinya ke dalam pembelajaran kimia, khususnya di SMK Farmasi. Jenis penelitian ini adalah analisis dokumen dengan mempergunakan pendekatan kualitatif. Subjek penelitian ini adalah lontar *Usada Taru Pramana*, buku *Usada Taru Pramana*, dan narasumber. Objek penelitian ini yakni jenis tanaman obat rematik beserta kandungan dan khasiatnya, serta konsep etnokimia yang dapat diintegrasikan ke dalam pembelajaran kimia. Prosedur yang dilaksanakan pada penelitian ini yaitu studi dokumen untuk memperoleh jenis tanaman, studi literatur untuk memperoleh kandungan kimia dan manfaat tanaman obat, observasi untuk memperoleh gambar tanaman dan memverifikasi jenis tanaman berdasarkan ciri-cirinya, dan wawancara untuk memverifikasi manfaat tanaman obat. Analisis data dilaksanakan secara deskriptif kualitatif. Hasil penelitian menunjukkan terdapat dua puluh tiga jenis tanaman obat rematik menurut *Usada Taru Pramana* yang berasal dari limabelas famili, yakni jeruju, awar-awar, jeruk, nanas merah, bodhi, sambiloto, temulawak, weru, kamboja, lempuyang, sidaguri, gandarusa, meniran, mengkudu, dadap, tapak liman, pulutan, pegagan, cakar ayam, merica, sembung, kunyit putih, dan kompri. Kandungan kimia tanaman-tanaman tersebut meliputi alkaloid, flavonoid, saponin, tannin, steroid, terpenoid, triterpenoid, fenolik, polifenol, dan minyak atsiri, yang memiliki khasiat sebagai antiinflamasi, antioksidan, dan analgesik. Konsep etnokimia tersebut dapat diintegrasikan ke dalam pembelajaran kimia yaitu pada materi farmakologi di SMK Farmasi.

Kata kunci: etnokimia, tanaman obat, *Usada Taru Pramana*, rematik

**BALINESE ETHNOCHEMISTRY ABOUT RHEUMATISM
MEDICINAL PLANTS ACCORDING TO *USADA TARU PRAMANA* AS
A SUPPORTING MATERIALS IN PHARMACOGNOSY STUDY**

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ABSTRACT

The aims of this study were to describe and explain the types and chemical constituents of rheumatic medicinal plants and its integration into chemistry learning, especially in pharmacy vocational schools. This study is content analysis research and used a qualitative approach. The subjects of this study are *Usada Taru Pramana* manuscript, *Usada Taru Pramana* books, and experts. The objects of this study are the types of rheumatic medicinal plants with their chemical contents and ethnochemistry concepts that can be integrated into chemistry learning. The procedures carried out in this study are document study to obtain the types of the medicinal plants, literature study to obtain chemical content and benefits of the medicinal plants, observation to obtain plant images and verify the plant's types based on their characteristics, and interview to verify the benefits of medicinal plants. The data analysis was carried out in a descriptive qualitative manner. The result of this study showed that there are twenty-three types of rheumatic medicinal plants according to *Usada Taru Pramana* from fifteen different families, such as jeruju, awar-awar, orange, red pineapple, bodhi, creat, curcuma, tall albizia, frangipani, lempuyang, arrowleaf sida, gandarusa, gale of wind, noni, dadap, elephantopus, aramina, gotu kola, chicken claw fern, pepper, sembung, white turmeric, and comfrey. The chemical constituents of the rheumatic medicinal plants are alkaloids, flavonoids, saponins, tannins, steroids, terpenoids, triterpenoids, phenolics, polyphenols, and essential oils, which have anti-inflammatory, antioxidant, and analgesic activity. The ethnochemistry concept that can be integrated into chemistry learning is in the pharmacognosy materials at the pharmacy vocational school.

Keywords: ethnochemistry, medicinal plants, *Usada Taru Pramana*, rheumatic