

**ETNOKIMIA TANAMAN OBAT ASMA MENURUT *USADA TARU*
PRAMANA SEBAGAI MATERI PEMBELAJARAN FARMAKOGNOSI DI
SMK FARMASI**

Oleh

Ni Putu Yuni Narita Dewi, NIM 1913031003

Program Studi Pendidikan Kimia, Jurusan Kimia

ABSTRAK

Penelitian ini bertujuan untuk mendeskripsikan dan menjelaskan jenis tanaman obat Asma menurut *Usada Taru Pramana* beserta kandungan kimia tanaman obat tersebut, dan pengintegrasinya ke dalam pembelajaran farmakognosi. Jenis penelitian ini adalah penelitian etnografi dengan menggunakan pendekatan kualitatif. Subjek pada penelitian ini adalah lontar *Usada Taru Pramana*, buku *Usada Taru Pramana*, buku *Usada Bali*, dan *Praktisi*. Objek penelitian ini yaitu jenis beserta kandungan kimia tanaman obat asma, serta konsep etnokimia yang dapat diintegrasikan ke dalam pembelajaran farmakognosi. Teknik pengumpulan data yang digunakan dalam penelitian ini yaitu studi dokumen, wawancara, dan observasi. Analisis data dilaksanakan secara deskriptif kualitatif. Hasil penelitian menunjukkan terdapat 9 (sembilan) jenis tanaman obat asma menurut *Usada Taru Pramana* yang berasal dari 8 (delapan) famili, di antaranya adas (*Foeniculum vulgare*), pegagan (*Centella asiatica (L.) Urban*), ceremai (*Phyllanthus acidus (L.) Skeels*), belimbing wuluh (*Averrhoa bilimbi L.*), sirih (*Piper betle L.*), temulawak (*Curcuma xanthorrhiza Roxb*), kunyit (*Curcuma longa L.*), sambiloto (*Andrographis paniculata (Burm.f.) Nees*), dan kelor (*Moringa oleifera Lamk*). Kandungan kimia yang terdapat pada tanaman-tanaman tersebut meliputi flavonoid, monoterpen, steroid, triperpenoid, adenosin, kalsium, alkaloid, saponin, tanin, minyak atsiri, fenol, dan terpen, yang memiliki aktivitas sebagai antiinflamasi, antioksidan, antibakteri, analgesik, antialergi, antimikroba, antiasma, antihistamin, dan antivirus. Konsep etnokimia tersebut dapat diintegrasikan ke dalam pembelajaran kimia pada materi Farmakognosi di SMK Farmasi.

Kata kunci: etnokimia, *Usada Taru Pramana*, tanaman obat, kandungan kimia, farmakognosi, sakit asma

**ETHNOCHEMISTRY OF ASTHMA MEDICINAL PLANTS ACCORDING
TO USADA TARU PRAMANA AS LEARNING MATERIALS OF
PHARMACOGNOSY IN PHARMACEUTICAL
VOCATIONAL SCHOOLS**

By

Ni Putu Yuni Narita Dewi, NIM 1913031003

Chemistry Education Study Program, Department of Chemistry

ABSTRACT

This study aims to describe and explain the types of asthma medicinal plants according to *Usada Taru Pramana* along with the chemical constituents of these medicinal plants, and their integration into pharmacognosy learning. This type of research is ethnographic research using a qualitative approach. The subjects in this study were *Usada Taru Pramana* ejection books, *Usada Taru Pramana* books, *Usada Bali* books, and Practitioners. The objects of this research are the types and their contents and benefits of medicinal asthma plants, as well as ethnochemical concepts that can be integrated into chemistry learning. Data collection techniques used in this research are document studies, interviews, and observations. Data analysis was carried out in a qualitative descriptive manner. The results showed that according to *Usada Taru Pramana*, there were 9 (nine) types of medicinal plants for asthma, which came from 8 (eight) families, including fennel (*Foeniculum vulgare*), gotu kola (*Centella asiatica* (L.) Urban), Ceremai (*Phyllanthus acidus* (L.) Skeels), Belimbing Wuluh (*Averrhoa bilimbi* L.), Betel (*Piper betle* L.), curcuma (*Curcuma xanthorrhiza* Roxb), Turmeric (*Curcuma longa* L.), whileoto (*Andrographis paniculata* (Burm.f.) Nees), and Moringa (*Moringa oleifera* Lamk). The chemical compounds present in these plants include flavonoids, monoterpenes, steroids, triperpenoids, adenosine, calcium, alkaloids, saponins, tannins, essential oils, phenols, and terpenes, which have compound activity as anti-inflammatory, antioxidant, antibacterial, analgesic, hypo-allergenic, antimicrobial, antiasthma, antihistamine, and antiviral. The ethnochemical concept can be integrated into chemistry learning in Pharmacognosy material at Pharmacy Vocational Schools.

Keywords: ethnochemistry, *Usada Taru Pramana*, medicinal plants, chemical constituents, pharmacognosy, asthma