ETNOKIMIA MASYARAKAT BALI TENTANG TANAMAN OBAT *DIABETES MELITUS* MENURUT *USADA TARU PRAMANA*

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ABSTRAK

Penelitian ini bertujuan untuk memaparkan dan menafsirkan jenis tanaman yang dimanfaatkan oleh masyarakat Bali menurut *Usada Taru Pramana* sebagai obat *diabetes mellitus*, serta kandungan kimia dalam tanaman tersebut. Jenis penelitian ini yaitu etnografi yang menggunakan pendekatan kualitatif. Subjek penelitian ialah transkrip lontar *Usada Taru Pramana*, praktisi herbal, buku dan jurnal ilmiah, serta lingkungan alam. Objek penelitian ini adalah pengetahuan/informasi mengenai jenis tanaman yang digunakan sebagai obat *diabetes mellitus* dan kandungan kimianya. Pengambilan data dilaksanakan dengan metode observasi, wawancara, dan studi dokumentasi. Data dianalisis menggunakan model *Miles* dan *Huberman* melalui tiga tahap, yaitu analisis sebelum di lapangan, analisis selama di lapangan, dan analisis setelah di lapangan. Teknik uji keabsahan data dalam penelitian ini memakai triangulasi sumber, triangulasi teknik, kecukupan referensi, dan *memberchek.* Hasil penelitian tanaman obat yang digunakan dalam mengobati *diabetes mellitus* di antaranya jambu biji, gayam, pulai, belimbing, belimbing besi, jempiring, miana, sirih, sembung, bawang merah, pare, pepaya, kelor, kedelai, sambiloto, kumis kucing, mimba, meniran, pegagan, binahong, kersen, insulin, tapak dara, daun Afrika, lamtoro, brotowali, kelapa, sidaguri, temulawak, daun sendok, bawang berlian, daun dewa, jintan hitam, dan ciplukan. Simpulan penelitian ini menunjukkan terdapat 34 jenis tanaman yang digunakan sebagai obat *diabetes mellitus* yang terdiri atas 29 famili dan 34 genus. Di dalam masing-masing tanaman tersebut terdapat kandungan kimia utama yang digunakan dalam mengobati penyakit *diabetes mellitus*, seperti flavonoid, saponin, tanin, alkaloid, steroid, triterpenoid, vitamin, terpenoid, pektin, iridoid glikosida, polifenol, alil profil disulfida, kharatin, andrografolida, asam asiatat, kumarin, asam askorbat, beta karoten, niasin, seskuiterpen, galaktomanan, xanthorrhizol, kurkumin, eleutherinosida A, eleuthosida B, eleutherol, thymoquinon, dan withangulatin-A.

Kata kunci : tanaman obat, *usada taru pramana*, *diabetes mellitus*, kandungan kimia

BALINESE ETHNOCHEMISTRY TOWARDS DIABETES MELLITUS MEDICINAL PLANTS IN RESPECT OF USADA TARU PRAMANA

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ABSTRACT

The purpose of the results to describe and interpret the types of plants used by the Balinese people according to Usada Taru Pramana as diabetes mellitus medicines, as well as the chemical content in these plants. This type of research is ethnography that uses a qualitative approach. The research subjects were Usada Taru Pramana's lontar transcripts, herbal practitioners, scientific books and journals, and the natural environment. The object of this research is knowledge/information about the types of plants used as medicines for diabetes mellitus and their chemical content. Data collection was carried out by means of observation, interviews, and documentation studies. Data were analyzed using the Miles and Huberman model through three stages, namely analysis before in the field, analysis during the field, and analysis after in the field. The data validity test technique in this study used source triangulation, technical triangulation, reference adequacy, and checking. The results of research on medicinal plants used in treating diabetes mellitus include guava, inocarpus fagiferus, alstonia scholaris, averrhoa bilmbi, averrhoa carambola, gardenia augusta, coleus scutellarioides, piper betle, blumea balsamifera, allium cepa, momordica charatia, carica papaya, moringa oleifera, glycine max, andrographis panicculata, orthosiphon aristatus, azadirachta indica, phyllanthusniruri, centella asiatica, andredera cordifolia, muntinga calabura, thitonia diversifolia, catharanthus roseus, vernonia amygdalina, leucaenaleucocephala, tinospora crispa, cocos nucifera, sida rhombifolia, cucurma xanthorrhi, plantago mayor, eleutherine palmifolia, gynura pseudochina, nigella sativa, and physalis angulate. The conclusions of this study indicate that there are 34 types of plants used as diabetes mellitus medicines consisting of 29 families and 34 genera. Each of these plants contains the main chemical ingredients used in treating diabetes mellitus, such as flavonoids, saponins, tannins, alkaloids, steroids, triterpenoids, vitamins, terpenoids, pectin, iridoid glycosides, polyphenols, allyl profile disulfide, kharatin. , andrographolide, asiatic acid, coumarin, ascorbic acid, beta carotene, niacin, sesquiterpenes, galactomannan, xanthorrhizol, curcumin, eleutherinoside A, eleuthoside B, eleutherol, thymoquinone, and withangulatin-A.

Keywords : medicinal plants, *usada taru pramana*, diabetes mellitus, chemical content