

STUDI ETNOBOTANI TANAMAN OBAT UNTUK PENYAKIT HIPERTENSI DI KECAMATAN CIBINONG KABUPATEN CIANJUR

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ABSTRAK

Hipertensi merupakan salah satu penyakit degeneratif yang prevalensinya terus meningkat, termasuk di Kecamatan Cibinong, Kabupaten Cianjur. Pengobatan hipertensi dengan obat sintetis seringkali menimbulkan efek samping jangka panjang, sehingga masyarakat beralih ke tanaman obat sebagai alternatif. Penelitian ini bertujuan untuk mengidentifikasi jenis-jenis tanaman obat yang digunakan oleh masyarakat, bagian tanaman yang dimanfaatkan, cara pengolahan, serta efektivitasnya dalam menurunkan tekanan darah. Metode penelitian yang digunakan adalah kualitatif deskriptif dengan pendekatan etnobotani. Data dikumpulkan melalui wawancara semiterstruktur, observasi, dan dokumentasi terhadap 30 responden berusia 35-65 tahun yang memiliki riwayat hipertensi. Hasil penelitian menunjukkan bahwa daun salam (*Syzygium polyanthum*), kumis kucing (*Orthosiphon aristatus*), rosella (*Hibiscus sabdariffa*), dan jahe (*Zingiber officinale*) merupakan tanaman yang paling banyak digunakan. Bagian tanaman yang paling sering dimanfaatkan adalah rimpang (33%), daun (50%), dan bunga (17%). Cara pengolahan utama adalah direbus (60%), dan direndam (40%). Mayoritas responden (53%) menyatakan tanaman obat cukup efektif dalam menurunkan tekanan darah tanpa efek samping yang signifikan. Pengetahuan tentang penggunaan tanaman obat diperoleh dari orang tua secara turun – temurun (60%), lingkungan sekitar (23%), dan internet (17%). Penelitian ini memberikan kontribusi dalam pelestarian pengetahuan tradisional dan potensi pengembangan obat herbal berbasis tanaman lokal.

Kata Kunci : Etnobotani, Tanaman obat, hipertensi, Cibinong, pengetahuan tradisional

**ETHNOBOTANICAL STUDY OF MEDICINAL PLANTS FOR
HYPERTENSION IN CIBINONG DISTRICT, CIANJUR REGENCY
CIANJUR**

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ABSTRACT

Hypertension is one of the degenerative diseases with a continuously increasing prevalence, including in Cibinong District, Cianjur Regency. Treatment of hypertension using synthetic drugs often causes long-term side effects, prompting people to turn to medicinal plants as an alternative. This study aims to identify the types of medicinal plants used by the community, the parts of the plants utilized, the methods of preparation, and their effectiveness in lowering blood pressure. The research method used is descriptive qualitative with an ethnobotanical approach. Data were collected through semi-structured interviews, observations, and documentation involving 30 respondents aged 35–65 years who have a history of hypertension. The results show that bay leaf (*Syzygium polyanthum*), cat's whiskers (*Orthosiphon aristatus*), roselle (*Hibiscus sabdariffa*), and ginger (*Zingiber officinale*) are the most commonly used plants. The most frequently used plant parts are rhizomes (33%), leaves (50%), and flowers (17%). The main methods of preparation are boiling (60%) and soaking (40%). The majority of respondents (53%) stated that medicinal plants are fairly effective in lowering blood pressure without significant side effects. Knowledge about the use of medicinal plants was obtained from parents through oral tradition (60%), the surrounding environment (23%), and the internet (17%). This study contributes to the preservation of traditional knowledge and the potential development of herbal medicines based on local plants.

Keywords: Ethnobotany, medicinal plants, hypertension, Cibinong, traditional knowledge