

AN EXPLORATORY STUDY OF JAMU AND TRADITIONAL SKILL THERAPIES AT THE GRIYA SEHAT RUMAH CANTIK ARTIK

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ABSTRACT

Griya Sehat Rumah Cantik Artik, a traditional health care facility in Klaten Regency, offers *jamu* and traditional skill therapies to enhance physical fitness and address health concerns. This study aimed to explore the application of *jamu* therapy and traditional skill therapies at *Griya Sehat Rumah Cantik Artik*. The present study employs a qualitative research approach, characterized by an exploratory study design. In-depth interviews, observations, and documentation studies are utilised as data collection instruments, with a total of four informants participating in the study. The results of the study showed various types of *jamu* for fitness improvement. These included dried herbs and tea such as *wedang uwuh*, butterfly pea, saffron, and roselle; *jamu* in the form of powder, including moringa powder and zuriat powder; capsule, including moringa capsules, channa B pollen, and buminoxhan; instant *jamu*, including instant ginger-lemongrass, instant turmeric-tamarind, and others. In addition, tea formulations were composed of ingredients following B2P2TOOT recipes for hypertension, cholesterol, uric acid, obesity, and ulceration. This kind of tea, including mint tea, *wedang uwuh*, *gempur lemak*, and for diabetes. The available traditional skill therapy range encompasses cupping, acupuncture, acupressure, *totok wajah*, body massage, *boreh*, scrub, spice bath, *ratus Miss V*, and ear candle. Consequently, it can be deduced that enhancing physical fitness and well-being can be achieved by implementing *jamu* and traditional skill therapy.

Keywords: Exploratory study, *jamu* therapy, traditional skill therapy, Rumah Cantik Artik

INTRODUCTION

The concept of health can be examined from various perspectives, including physical, socio-cultural, and spiritual dimensions. A healthy, fit individual can perform daily activities with minimal fatigue, exhibiting superior stamina and bodily vitality. Achieving a healthy and fit body is possible by regularly doing various sports activities, ensuring adequate daily nutritional intake, maintaining positive emotions, having sufficient rest, engaging in leisure activities, and practicing healthy behaviours. Furthermore, integrating herbal medicine into fitness regimens aligns with the paradigm of "back to nature" (Isnawati, D., 2021).

Presently, traditional medicine, better known as *jamu*, for enhancing well-being and addressing ailments, persists in being maintained by contemporary society (Arisandi and Andriani, 2011). *Jamu* represents the nation's ancestral heritage has been utilized for generations in the medication and maintenance of health (Siswanto, 2012).

Jamu is gaining popularity within the community because it enhances physical fitness, prevents diseases, and is safer than other forms of medicine (Djamaludin et al., 2009). According to the Indonesian Ministry of Health, 40% of the Indonesian population

utilizes traditional medicine, reaching 70% in rural areas. In recent studies, approximately 59.12% of the Indonesian population consumes *jamu*, with 95.6% of consumers expressing confidence in its efficacy for enhancing health outcomes. In addition, on December 6, 2023, UNESCO officially designated *Jamu* as an intangible cultural heritage from Indonesia, thereby recognizing it internationally (Indriani and Ardiana., 2023).

According to Indonesian Law No. 17, Article 161, paragraph (2) of 2023, traditional health services may be administered in independent practices, health centers, traditional health service facilities, hospitals, and other health facilities. Furthermore, the Indonesian Minister of Health Regulation No. 15 of 2018 stipulates that *Griya Sehat* (wellness center) is a traditional health service facility, offering complementary traditional care and treatment administered by traditional health workers. In Klaten Regency, a notable wellness center known as *Griya Sehat Rumah Cantik Artik* provides various traditional health services, encompassing fitness and traditional beauty services. Preliminary study conducted on February 10 and 15, 2025, at *Griya Sehat Rumah Cantik Artik*, located on Tapakdoro St., Candirejo no. 13, Tonggalan, Klaten Regency, to ascertain the average number of visitors over the past six months (August-December) by interview method. It was found that the average number of visitors from August to December was between 125 and 130 individuals. These visitors sought various traditional health services, including traditional skill therapies such as cupping, massage, *boreh*, *totok wajah*, and others, as well as *jamu* therapy for health, beauty, and fitness.

Traditional health services, which prioritize disease prevention, health quality enhancement, and disease treatment, gain interest from the community. The study aims to explore traditional health services in the form of *jamu* therapy and traditional skill therapies carried out at *Griya Sehat Rumah Cantik Artik*.

METHODS

This research employs a qualitative methodology and utilizes an exploratory study design. Exploratory research is defined as scientific research undertaken to gain more knowledge and then obtain a description of a phenomenon that occurs (Asarina, 2014). This research was conducted from October 2024 to February 2025 at *Griya Sehat Rumah Cantik Artik*, located on Tapakdoro St., Candirejo no. 13, Tonggalan, Klaten Regency.

The population under study comprised four individuals, including three alumni of the *Jamu* Department and one alumnus of the Acupuncture Department as informants. These individuals provided traditional health services in *jamu* therapy and traditional skill therapies. The research methodology comprised three overarching guidelines, namely: (Supratiknya, 2015)

- a. An in-depth interview will be conducted to present data related to *jamu* therapy and traditional skill therapies at *Griya Sehat Rumah Cantik Artik*. Following established guidelines, the researcher will pose several predetermined questions to the subject during the interview.
- b. Qualitative observation is conducted using the five senses. This particular form of observation is not merely observation but rather a direct engagement with the practical implementation of conventional healthcare services by researchers.
- c. A documentation study was conducted using photographic records and data reports of visitors who received *jamu* therapy and traditional skill therapies at *Griya Sehat Rumah Cantik Artik*.

The principal instrument employed in this research is the researcher, assisted by one trained research assistant. The researcher utilizes instrument tools such as a notebook, a voice recorder, and a camera.

According to Rijali (2018), the data analysis process comprises four distinct steps: initial data collection, data reduction, data organization, and conclusion. Furthermore, it is imperative to employ a methodology that can assess the validity of the data obtained from the research. This is essential to ascertain the reliability and relevance of the information collected. According to Haryono (2020), four techniques can be employed: source triangulation, technique triangulation, time triangulation, and theory triangulation.

RESULT AND DISCUSSION

Griya Sehat Rumah Cantik Artik Klaten was founded in 2017. The institution's staff includes three alumni of the *jamu* department and one alumnus of the acupuncture department. *Griya Sehat Rumah Cantik Artik* has obtained an operational license number 01/GS/33.10/2020.

The study's results indicated that *Griya Sehat Rumah Cantik Artik* offers *jamu* therapy, available in a wide range of dosage forms, which has been demonstrated to enhance physical fitness and overcome various health problems. Traditional skill therapies can also promote fitness enhancement and address health concerns.

a. *Jamu* therapy to enhance physical fitness at *Griya Sehat Rumah Cantik Artik*

The form of herbal medicine preparations is in the form of powder, such as the powder products from *MOI*, *Sofiya*, and *Naturafit Tribbunabawi*, whose factories have met the CPOTB standards provided by *Griya Sehat RC Artik*.

Table 1. *Jamu* in the form of powder and capsule at *Griya Sehat Rumah Cantik Artik*

Form of <i>jamu</i>	Composition	Benefits	Dosage	Product type
<i>Royal moringa organic powder</i>	- Organic moringa leaf	- Nutrient - Enhance immunity - Prevent anemia	- Can be put on bread/cake - Can be mixed with a drink or fruit	<i>Sofiya</i> product
Zuriat powder	- Organic zuriat	- Improve fertility - Maintaining cardiovascular health	- Dissolve one teaspoon of zuriat powder into 200 mL of boiled water, and add honey - Drink twice a day	<i>Sofiya</i> product
<i>Kelorina</i>	- Moringa leaf powder - Transparent capsule shell 00	- Enhance immunity - Improve blood flow	2 capsules, 3 times a day	<i>MOI (Moringa Organik Indonesia)</i> product
<i>Channa B Pollen</i>	- <i>Channa striata</i> - Bee pollen	- Nutrient - Improve metabolism	2 capsules, 3 times a day	<i>Naturafit Tribbunabawi</i> product
<i>Buminoxhan</i>	- <i>Channa striata</i> extract - <i>Phyllanthus</i> extract - <i>Curcuma</i> extract	- Improve metabolism - Improve sperm quality (for men)	2 capsules, 3 times a day	<i>Naturafit Tribbunabawi</i> product

Table 2. Self-made instant *jamu* at *Griya Sehat Rumah Cantik Artik*

Form of <i>jamu</i>	Composition	Benefits	Dosage	Product type
<i>Wedang uwuh sultan</i>	- Sappanwood - Cinnamon - Cardamom - Ginger - Lemongrass - Star anise	- Enhance immunity - Detoxification - Improving metabolism	- Put one pouch of <i>wedang uwuh sultan</i> into 400 mL of hot water - Infuse for ± 15 minutes	Self-made

	- Lump sugar - Clove - Clove leaf - Cinnamon leaf		- Add lump sugar	
Blue pea tea	- Butterfly pea - Roselle flower	- Contain high antioxidants to enhance immunity	- Put one teabag into hot water for ± 5 minutes, add honey - Can be drunk every day	Self-made

- b. *Jamu* therapy to address some health issues at *Griya Sehat Rumah Cantik Artik*. Various herbal concoctions available, produced, sold, or prepared at *Griya Sehat RC Artik* are made in-house (for internal use) and from manufacturers with distribution permits. As for the herbal medicine, it comes in various forms such as *simplicia*, instant, tea, capsules, and powder.

Table 3. *Jamu* available at *Griya Sehat Rumah Cantik Artik*

Form of <i>jamu</i>	Composition	Benefits	Dosage	Product type
Dried butterfly pea flower	- Dried butterfly pea flower - Sealed ziplock bag - 100 grams	- Lower cholesterol level - Relieves cough - Enhance immunity	3-5 pieces of dried butterfly pea flowers, infuse in hot water Twice a day for one week	Self-made
Dried roselle flower	- Dried roselle flower - Sealed ziplock bag - 250 grams	- Lower uric acid level - Lower blood pressure - Lower glucose level	3-5 pieces of dried roselle flowers, infuse in hot water Twice to thrice a day for one week	Self-made
Dried saffron negin flower	- Dried saffron flower - 0.25 grams - Mini glass package	- Lower glucose level - Reduce menstrual pain	3-5 pieces of dried saffron flowers, infuse in 500 mL of hot water	Sofiya product

The herbal concoction made by *Griya Sehat RC Artik* is mixed personally based on the complaints felt by the patients.

Table 4. *Jamu* in the form of tea at *Griya Sehat Rumah Cantik Artik*

Form of <i>jamu</i>	Composition	Benefits	Dosage
<i>Jamu</i> for blood pressure	- 6 grams of celery - 3 grams of centella herb - 4 grams of java tea - 6 grams of turmeric - 6 grams of curcuma - 3 grams of phyllanthus herb	Lower blood pressure	<ul style="list-style-type: none"> Boil 600 mL of water Turn the heat down and put 1 pouch of the product, infuse for 10 to 15 minutes
<i>Jamu</i> for cholesterol	- 3 grams of guazuma leaf - 1 gram of senna leaf - 3 grams of green tea - 3 grams of sonchi leaf - 4 grams of turmeric - 5 grams of curcuma - 3 grams of phyllanthus herb	Lower cholesterol level	<ul style="list-style-type: none"> Make into two glasses Drink in the morning and afternoon
<i>Jamu</i> for obesity	- 2 grams of guazuma leaf - 4 grams of kemuning leaf	To lose weight	

	- 3 grams of sonchi leaf	
<i>Jamu</i> for GERD	- 5 grams of turmeric - 6 grams of ginger - 5 grams of sembung leaf - 1 gram of black seed	Protect the stomach from inflammation
<i>Jamu</i> for uric acid	- 5 grams of sappanwood - 2 grams of sonchi leaf - 4 grams of turmeric - 5 grams of curcuma - 3 grams of phyllantus herb - 3 grams of kepel leaf	Reduce uric acid level

Table 5. *Wedang* at *Griya Sehat Rumah Cantik Artik*

Form of <i>jamu</i>	Composition	Benefits	Dosage	Product type
<i>Wedang diabet</i>	- Cinnamon - Stevia - Mangosteen rind - Fenugreek - Star anise - <i>Dandang gendis</i>	- Diabetic therapy - Lower blood sugar	- Put one sachet into 200 ml of hot water - Infuse for ± 5 minutes - Add sugar to taste	<i>Rumah Pengobatan Al Ikhlas Karanganyar</i> product
<i>Wedang uwuh celup</i>	- Sappanwood - Ginger - Kepel leaf - Star anise - Clove - Cinnamon	- Relieve insomnia - Relieve fatigue - Relaxing - Lower uric acid		
<i>Wedang gempur lemak celup</i>	- Gynura tuber - Fenugreek - Bayleaf - Gynura leaf - Cinnamon - Black seed	- Reduce cholesterol level - Relieve cramps		
<i>Wedang mint celup</i>	- Mint leaf - Ginger - Aromatic ginger - Fennel seed	- Relieve cough - Relieve a cold and flu - Relieve the throat		

- c. Traditional skill therapies to promote fitness enhancement and address health concerns
Based on the research findings, the types of skills implemented to improve fitness and address disorders at Griya Sehat RC Artik include fitness cupping, such as wet cupping, dry cupping, sliding cupping, body massage, boreh, facial acupressure, and ear candling. The type of skill at Griya Sehat RC Artik that patients like the most is cupping therapy.

Table 6. Traditional skill therapies in the form of cupping at *Griya Sehat Rumah Cantik Artik*

Cupping type	Usage		Instrument	Material	Steps
	Fitness enhancement	For health concerns			
<i>Bekam luncur</i>	✓	✓	- Cup - Basin - Kidney tray - Vacuum - Handscoon - Litter box	- Olive oil - Alcohol - Cotton - Tissue	- Swipe with alcohol - Apply olive oil - Expose with infrared - Do the cupping process - Slide the cup for ±5 minutes

<i>Bekam kering</i>	✓	✓	- Cup - Basin - Kidney tray - Vacuum - Handscoon - Litter box	- Olive oil - Alcohol - Cotton Tissue	- Swipe with alcohol - Apply olive oil - Do a massage - Do the cupping process - Swipe with the alcohol at the cupping point
<i>Bekam basah</i>	✓	✓	- Cup - Basin - Kidney tray - Vacuum - Handscoon - Litter box - Needle - Lancet	- Olive oil - Alcohol - Cotton - Tissue	- Swipe with alcohol - Apply olive oil - Expose with infrared - Do the <i>bekam kering</i> and <i>bekam luncur</i> process - Swipe with the alcohol at the cupping point - Stick the needle - Swipe with the alcohol at the cupping point - Dry with a towel

The types of therapeutic actions for fitness and addressing health issues at Griya Sehat RC Artik include acupuncture for fitness, such as slimming acupuncture for weight loss, and promil acupuncture to enhance women's fertility. Additionally, acupuncture for addressing health issues includes pain acupuncture (lower back pain, shoulder pain, and neck pain), stroke acupuncture, migraine acupuncture, stroke acupuncture, and acupuncture for digestive and reproductive disorders. Acupressure is used for fitness and health therapy that can be combined with cupping, body massage, and body SPA.

Table 7. Traditional skill therapies in the form of acupressure at *Griya Sehat Rumah Cantik Artik*

Acupressure	
Definition	A therapeutic method that uses meridian points to stimulate the meridian pathways through pressing techniques.
Materials	Acupressure instrument, tissue, alcohol, cotton
Steps	- Prepare the room for therapy - Make sure the therapist is in good condition, equipped with proper PPE, and washes their hand properly - Apply alcohol, then olive oil, to a particular body part - Perform a light massage. - Perform an acupressure massage according to the acupressure points
Benefits	improve fitness, overcome stiff muscle pain, and overcome indigestion

Table 8. Traditional skill therapies in the form of body massage and SPA at *Griya Sehat Rumah Cantik Artik*

	Body Massage	Body SPA
Definition	A type of physical therapy that involves a full-body massage.	A spa treatment that aims to promote skin health and relaxation.
Materials	Bed, cloth, massage instrument, massage oil	Bed, cloth, massage instrument, massage oil, scrub, and body mask
Steps	- Clean the soles with alcohol. - Perform a massage on the soles - Massaging the feet, body, hands, head, front and back part of the neck using rubbing, scrubbing, kneading, and vibrating techniques.	- Perform a full-body massage (head, neck, torso, and legs). - Perform a warm steam treatment. - Do a body scrub. - Apply a body mask to nourish the skin. - Take a spice bath.
Benefits	- Relieve muscle pain - Improve blood flow	- Clean and brighten skin - Relieve muscle pain

Boreh is used by applying *boreh* powder, and scrub by applying it to the body so that the body becomes more relaxed and clean.

Table 9. Traditional skill therapies in the form of *boreh* and scrub at *Griya Sehat Rumah Cantik Artik*

	<i>Boreh</i>	Scrub
Definition	Body treatments that use spice mixtures applied to the body provide a warm feeling and help relieve bodily pain.	Body skin care using natural spices that exfoliate dead skin.
Materials	Bed, cloth, massage instrument, massage oil, <i>boreh</i> powder	Bed, cloth, massage instrument, massage oil, scrub powder
Steps	<ul style="list-style-type: none"> - Perform a massage with the patient in the prone position - Apply <i>boreh</i> spices all over the body. - Swaddle the patient with layered cloth and wait 30 minutes. - The patient suggested taking a bath afterward. 	<ul style="list-style-type: none"> - Perform a massage with the patient in the prone position - Apply <i>boreh</i> spices all over the body. - Swaddle the patient with layered cloth and wait 30 minutes. - The patient suggested taking a bath afterward.

Female patients at *Griya Sehat RC Artik* are interested in undergoing skill therapies such as herbal baths and vaginal steaming.

Table 10. Traditional skill therapies in the form of spice bath and *Ratus Miss V* at *Griya Sehat Rumah Cantik Artik*

	Spice bath	<i>Ratus Miss V</i>
Definition	Traditional methods of body care using spices	Traditional methods of caring for the female intimate area or <i>Miss V</i>
Materials	<ul style="list-style-type: none"> - Massage instrument - Bathtub - Dried spices - Towel - Spices pot - Aromatherapy 	<ul style="list-style-type: none"> - Massage instrument - Bathtub - Dried spices for <i>Ratus Miss V</i> - Towel - <i>Ratus</i> chair
Steps	<ul style="list-style-type: none"> - Fill the bathtub with water. - Bring the ingredients for the spice bath to be boiled in a jar. - Pour the decoction into the bathtub. - Help the patient get into a comfortable position in the bathtub. - Wait 30 minutes for the patient to soak. - The patient suggested taking a bath afterward 	<ul style="list-style-type: none"> - The spices of <i>Ratus Miss V</i> is boiled in a jar. - Put it under the <i>ratus</i> chair. - The patient can sit comfortably on <i>ratus</i> chair, and be exposed to spices' steam - After the steam cools, the patient can rinse the female intimate area with the spices water.
Benefits	<ul style="list-style-type: none"> - Cleanse the skin of dirt and excess oil. - Eliminates body odor. - Body relaxation 	<ul style="list-style-type: none"> - Enhance fitness - Prevents vaginal infection and discharge.

Actions for fitness improvement available at *Griya Sehat RC Artik* for the face, for the ear area.

Table 11. Traditional skill therapies in the form of *totok wajah* and ear candle at *Griya Sehat Rumah Cantik Artik*

	<i>Totok Wajah</i>	Ear Candle
Definition	Facial massage technique that emphasizes acupressure points.	A therapy that cleanses the ears using hollow, burnt candles.

Materials	<ul style="list-style-type: none"> - Basin - Tissue - Massage instrument - Hand towel - Litter box - Towel - Cleansing cream - Toner - Massage cream - Face wash - Cotton 	<ul style="list-style-type: none"> - Massage instrument - Handsocon - Cleansing candle - Kidney tray - Matches - Candle - Massage oil
Steps	<ul style="list-style-type: none"> - Perform cleansing - Apply toner and massage cream. - Massaging the face - Massaging following facial acupuncture points 	<ul style="list-style-type: none"> - Apply massage oil to the ears. - Perform a light massage on the ears - Light a candle and insert it into the ear until it reaches the base.
Benefits	<ul style="list-style-type: none"> - Improves blood circulation - Prevents wrinkles - Relieves stress and anxiety 	<ul style="list-style-type: none"> - Clears away cerumen - Relaxes the ear - Reduces pain in the head and sinuses

Rumah Cantik Artik offers the *jamu Wedang Uwuh Sultan* in the form of dried herbs. Consuming *Wedang Uwuh* for one week can help improve the immune system by eliminating fatigue and refreshing the body. Herbal therapy in the form of tea to enhance fitness includes blue pea tea, containing butterfly pea and roselle flowers. This tea is beneficial for increasing the body's immunity because of its flavonoids, anthocyanins, and antioxidants.

Moringa powder and capsules already fulfill the Good Manufacturing Process for Traditional Medicine of Indonesia (CPOTB) standard, boost immunity, and prevent anemia. Moringa leaves contain several active compounds, including iron, protein, vitamins A and C, tannins, and steroids, that have the potential to prevent anemia (Sunarsih et al., 2024). *Jamu zuriat* powder is used to increase fertility. The Zuriat fruit contains flavonoids, which are phytoestrogens that bind to estrogen alpha receptor. This binding causes improvements in the reproductive organs. Zuriat also contains vitamin E, which stimulates the anterior pituitary gland to secrete steroid hormones and initiate ovarian folliculogenesis events (Antari, 2023). Channa B. Pollen and Buminoxhan are made from channa extract, which can increase the nutritional intake of HIV patients with malnutrition. For the elderly, taking these capsules for 30 days can increase energy and carbohydrate intake (Hamal, 2009).

Jamu includes instant ginger, lemongrass, red ginger, tamarind, turmeric, and aromatic ginger, which contains curcumin as an antioxidant, antimicrobial, anti-inflammatory, and antitumorigenic agent (Trubus, 2013). It also has the potential to increase appetite and boost the immune system. The combination of temulawak rhizome, turmeric rhizome, and meniran herb has been efficacious in improving fitness (Siswoyo, 2011). White turmeric has been demonstrated to possess immune-boosting properties in its instant herbal formulation. This notion is further substantiated by the belief that white turmeric has antioxidant properties, which can neutralize free radicals. This, in turn, prevents bodily cells from undergoing damage and maintains robust immune function (Putri, 2014). The employment of instant *manjakani* herbs, which contain manlaki seeds, has been demonstrated to be an effective measure for the prevention of vaginal discharge and vaginal infections. This finding aligns with the assertion by Himalaya (2017), which posits that *manjakani* seeds have been a customary practice for cleansing and treating bacterial and fungal infections affecting the female genitalia. This tradition is rooted in the recognized tannin content of *manjakani* seeds, which ranges from 50% to 70%. These seeds have been observed to exhibit inhibitory activity against the proliferation of *C. albicans*.

Dried herbs, available at Griya Sehat RC Artik, include dried butterfly pea, roselle, and saffron negin petals. These herbs are used to address various health problems, including elevated cholesterol levels. This finding aligns with Al Sanafi (2016), who reported the presence of chemical compounds, including flavonols, proteins, alkaloids, anthraquinones, anthocyanins, tannins, saponins, and flavonoids, in butterfly pea flowers. These compounds have been identified to possess immunomodulatory, antioxidant, antiallergic, antimicrobial, antipyretic, analgesic, and hypoglycemic properties. Infusing 3-5 roselle flowers in 200 cc of hot water has been demonstrated to reduce uric acid levels (Widyanto et al., 2009). The anthocyanin pigments in rosella petals have been shown to form flavonoids, tannins, and saponins. These compounds have the potential to reduce uric acid by inhibiting the action of the enzyme xanthine oxidase, which plays a role in the conversion of purine to uric acid (Yulianto, 2009). Saffron petals have been demonstrated to be beneficial in the treatment of diabetes. Saffron has shown various pharmacological effects, including antispasmodic, analgesic, carminative, and appetite-inducing properties. These properties contribute to diabetes management in terms of prevention and treatment (Dehghanmehr et al., 2017).

Jamu in the form of infusion (tea), such as the combination of celery, centella, cat's whiskers, turmeric, temulawak, and phyllanthus herb, is utilized for patients with high blood pressure. These ingredients correspond to the scientific constituents from the Center for Research and Development of Medicinal Plants and Traditional Medicine (B2P2TOOT). This finding aligns with the research theory proposed by Husaana (2016), which asserts that a scientifically formulated herbal antihypertensive compound, comprising centella, cat's whiskers, and celery, exhibits a more pronounced blood pressure-lowering effect than captopril. Rumah Cantik Artik utilizes B2P2TOOT recipes to formulate herbal tea tailored to individual patient conditions, ensuring the herbs' ease of preparation and rapid dissolution. This approach is designed to enhance compliance with consistent herbal medicine intake and maximize its health benefits. This assertion aligns with the findings of Hidayati et al. (2024), which contend that using *jamu* in the form of tea bags enhances ease of use and convenience. The consumption of herbal tea has been demonstrated to be efficacious. The rapid absorption of liquid tea by the digestive tract is a contributing factor to its effectiveness. The mechanism of active compounds in herbal tea allows for direct absorption through the intestinal wall and into the bloodstream, resulting in a more immediate effect. Furthermore, the efficacy of hot water solvents in extracting water-soluble active compounds from herbal ingredients has been well-documented.

Jamu in the form of tea bags, which is traditionally prepared by Griya Sehat Al Ikhlas, such as wedang mint as a cough reliever, contains a blend of mint leaves, aromatic ginger, fennel, and ginger. This finding aligns with Eriska's (2023) theory, which posits that mint leaves are rich in antioxidants with antibacterial, anti-tumor, and anti-allergic properties. Furthermore, mint leaves have been found to contain provitamin A, vitamin C, and flavonoids. All existing species possess a certain degree of menthol content in peppermint (90%), which functions as a diaphoretic, antispasmodic, and carminative agent.

Bekam kering has been demonstrated to be efficacious in treating minor ailments, while *bekam basah* is effective in managing chronic and degenerative diseases, including gout, blood sugar, and hypertension (Widada, 2011). On the other hand, research has demonstrated that acupuncture can stimulate the release of endorphins and enkephalins, which can regulate pain perception, thereby inducing an analgesic effect.

Body massage has been demonstrated to enhance blood circulation, as the pressure applied during massage stimulates blood flow in areas where circulation is compromised. The application of pressure and traction during massage therapy has been demonstrated to

facilitate the release of lactic acid from muscular tissues and augment the circulation of lymphatic fluid, which plays a crucial role in eliminating metabolic byproducts.

The body SPA involves applying massage techniques with warm steam, inducing relaxation. Hot steam therapy increases blood flow, dilates blood vessels, increases oxygen levels, and reduces joint stiffness by increasing muscle elasticity (Gatlin and Schulmesiter, 2007). Subsequently, the scrub and body mask employs jicama, which has been demonstrated to have the capacity to refresh the skin, enhance its brightness, mitigate body odor, and improve skin elasticity (Sutanto et al., 2016).

Boreh is a traditional skill therapy that uses a spice mixture and is administered to patients to induce a sensation of warmth throughout the body. The patient is swaddled in a layered blanket, which increases warmth and induces relaxation, thus relieving discomfort. Hartayu et al. (2012) indicate that self-prepared boreh is more hygienic, as it is typically free from mold and insect remains. Traditional scrubs have been demonstrated to be beneficial for the skin. A gentle massage during a scrub has been shown to exfoliate and stimulate the growth of new skin cells, resulting in a clean, smooth, and bright appearance (Darwati, 2013).

The efficacy of spice baths in addressing body odour, skin smoothness, and itchy skin complaints has been well-documented (Mardirita, 2016). The aroma of these spices has been demonstrated to have a mind-calming and emotionally calming effect. It has also facilitated optimal blood circulation, reducing fatigue, dizziness, and insomnia. Spice baths are a form of detoxification that aims to eliminate toxins from the body.

Ratus Miss V is a traditional skill therapy that may be administered up to two times per week following menstruation. According to the research, patients undergoing *ratus Miss V* treatment report a range of positive sensations, including cleanliness, mat, tightness, and fragrantness. Moreover, this treatment has been found to alleviate vaginal discharge (Febriyani and Palupi, 2019). Facial massage has been shown to promote relaxation and reduce facial stiffness (Aldiyoto, 2016). Ear candles are used on patients to remove cerumen, relax the ears, reduce stress and insomnia, and reduce sinus inflammation (Ulung, 2010).

CONCLUSION

Griya Sehat Rumah Cantik Artik offers a range of *jamu* therapies to promote fitness enhancement, encompassing various forms such as dried herbs, tea, powder, capsules, and instant *jamu*. These preparations are derived from the Center for Research and Development of Medicinal Plants and Traditional Medicine (B2P2TOOT) recipes.

Griya Sehat Rumah Cantik Artik offers a comprehensive array of traditional therapeutic skills to enhance physical well-being and address health concerns. These include cupping, acupuncture, acupressure, *totok wajah*, body massage, *body SPA*, *boreh*, traditional scrub, spice bath, *ratus Miss V*, and ear candles.

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