

Exploration of Local Knowledge Traditional Medicine and Food Ingredients of The Anak Dalam Tribe, Duano, Kerinci As a Source of Public Health Knowledge

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Abstract: The purpose of this study was to explore local knowledge and traditional food ingredients for the Anak Dalam, Duano and Kerinci people, especially those related to traditional medicine and food ingredients for each Jambi tribes. The Anak Dalam, Duano and Kerinci tribes have a rich cultural heritage, with local knowledge on spices and ingredients passed down from generation to generation. This study examines local wisdom as a source of public health. This type of qualitative research with an ethnographic approach to data collection was carried out through observation, interviews, focused discussions (FGD) and documentation with the Anak Dalam, Duano and Kerinci ethnic community. As a result, we found that the Anak Dalam tribe has Basale treatment, Duano has the Kelung ritual, and Kerinci has a lot of knowledge about local medicines and different foods, one of which is Betemas/Tasapa. In addition, the traditional diet of the Suku Anak Dalam, Duano and Kerinci tribe emphasizes the use of locally available ingredients for their nutritional and medicinal properties. This study highlights the importance of local knowledge in public health information resources. In addition, traditional food ingredients provide information about sustainable diets and potential sources of new compounds, this research contributed in finding the novelty of ethnoscience and ethnic food Jambi tribes. This research concludes that raising awareness through the documentation of traditional knowledge Jambi's indigenous people is important for the preservation and regeneration of cultural heritage. As result, Studying the local knowledge of traditional medicine and ingredients of the Anak Dalam, Duano, Kerinci tribes are valuable insights for public health.

Keywords: Anak Dalam Tribe, Duano, Ethnic Food, Kerinci, Local and Public Health Knowledge

A. Introduction

The Anak Dalam Tribe, Duano and Kerinci community, located in Jambi Province holds a wealth of traditional knowledge regarding medicine and food ingredients. Traditional medicine and local food practices have been passed down through

generations within indigenous communities, representing valuable cultural heritage and a potential source of public health knowledge (Novra et al. 2023). The importance of exploring local knowledge of traditional medicine and food ingredients lies in several aspects, preservation of indigenous knowledge, Indigenous communities possess a profound understanding of their environment and have developed unique healthcare practices based on their cultural beliefs and experiences (Wibawa and Awaliyah, 2023). Mangunjaya et al. (2020) shows this culture and traditions are linked because culture is the body of knowledge that facilitates the life of a society.

Addressing environmental barriers (social, natural and cultural environments). This knowledge is at risk of being lost as modernization and globalization influence traditional ways of life (Zhou et al. 2020). Documenting and understanding the local knowledge of the Anak Dalam Tribe, Duano and Kerinci helps preserve their cultural heritage and contributes to the recognition and respect of indigenous knowledge systems. Alternative and complementary health practices, traditional medicine often offers alternative and complementary approaches to modern healthcare systems (Zhang et al. 2023). By exploring the local knowledge of the Anak Dalam Tribe, Duano and Kerinci valuable insights can be gained into the effectiveness and safety of traditional healing practices and food ingredients. The medicinal plants sold in the market are also partly the same as the medicinal plants used by the SAD community (Asra et al., (2023).

This knowledge can inform the development of integrated healthcare models that combine traditional and modern approaches, leading to improved health outcomes for local communities. Ningsih et al. (2023), health services can also take the form of public health information books, so there is no difference between urban and rural communities without losing local knowledge. Combining these two insights aims to raise awareness of the importance of sustainable health (Milad et al. 2023). Sustainable and accessible healthcare, local knowledge of traditional medicine and food ingredients can provide cost-effective and accessible healthcare options, particularly for remote and marginalized communities. Hai et al. (2023) otherwise very traditional medicine and food ingredients Hardened because it is open to the public in terms of price and availability. Understanding the Anak Dalam Tribe's traditional healthcare practices can help identify sustainable resources, promote self- sufficiency, and reduce dependence on expensive pharmaceuticals. This research can contribute to the development of culturally appropriate healthcare interventions that empower communities to take charge of their health. Public health promotion and disease prevention, traditional medicine and local food practices often emphasize disease prevention and health promotion. Exploring the traditional knowledge of the Anak Dalam Tribe, Duano and Kerinci can uncover valuable insights into preventive healthcare strategies, including the use of medicinal plants, dietary practices, and lifestyle choices (Yanti et al. 2022).

Syarifuddin et al. (2020) The use of plants as medicine is not only used by ordinary people to treat disease.

Medicinal plants can also be used to treat minor ailments to serious ailments such as internal medicine. Integrating this knowledge into public health programs can help address community-specific health challenges, enhance health literacy, and improve overall well-being. Cultural diversity and intercultural understanding, studying the traditional medicine and food practices of the Anak Dalam Tribe promotes intercultural understanding and respect (Kujariningrum et al. 2023). It acknowledges the value of diverse knowledge systems and fosters collaborations between indigenous communities and healthcare professionals. Elviandri et al. (2023), the development of Kerinci Indigenous People-Based Cultural Tourism in Jambi Province through traditional medicine can increase awareness about health and education. By recognizing and incorporating local knowledge, healthcare providers can deliver culturally sensitive and holistic care, bridging the gap between indigenous traditions and mainstream healthcare.

B. Methods

This type of qualitative research with an ethnographic approach was carried out from May 2022 to March 2023. The selection of this research location took into account several of these areas having potential. The implementation was carried out in three locations, namely the first location in the Simarantihan Suo-Suo Hamlet, Sumay District, Tebo Regency, the second location was Tanjung Solok, Kuala Jambi District, Tajung Jabung Timur Regency, and the third location was Sungai Deras Village, Air Panas Timur District, Kerinci Regency, Jambi Province. Research that prioritizes processes is based on phenomena and concrete evidence in the field. This descriptive method aims to see a clear picture or description of the actual situation and conditions (Spradley, 1979). Data collection was carried out in natural settings (scientific conditions), primary data sources with data collection techniques by observation, interviews, focused discussions and documentation (Wirza et al. 2023). Data were analyzed using descriptive qualitative Spradley Model (Domain, Taxonomy, Components, and Themes) in terms of data validity, data triangulation, NVivo, member review and thematic analysis. grouped based on findings then supported by references.

C. Results and Discussion

Based on the results of the data analysis of observations, interviews, focused discussions and documentation, the results of research on local knowledge of traditional medicine and food ingredients for the Anak Dalam, Duano and Kerinci tribes can be presented in table 1.

Table 1. Local Knowledge Medicine and Food Ingredients for the Anak Dalam, Duano and Kerinci Tribes.

| No | Ethnic Group | Local knowledge Medicine | Ethnofood |
|----|------------------------|----------------------------------|---|
| 1. | Anak Dalam Tribe (SAD) | Basale, Betangas and Nuak | Pekasam, Ikang Hasop, Umbut Rotan |
| 2. | Duano | Kelung, Tetemas and Malam Beinai | Bekasam, Sirup Pedade, Sumbun, and Nipah |
| 3. | Kerinci | Tasapa and Bauhing | Kancung Beruk, Air Serbuk Kawo and Sirup Kayu Manis |

Table 2 Foodstuffs and Traditional Medicinal Ingredients or the Anak Dalam, Duano and Kerinci Tribes.

| No | Ethnic Group | Foodstuffs and traditional medicinal ingredients | Mantra (Prayer) |
|----|--------------|--|---|
| 1. | Kerinci | “Ubik Tuji” 1. Kaffir lime (Citrus hystrix) 2. Lime betel | “Bismillahhirrohmanirrohim” Jimuji Aku menawo si anu kena tuji entah tuji angin tuji tulang tuji daging Aku tau asal Kau mulo jadi dari tuban tengguni berkat. Laa ilahaillallah” |
| 2. | Kerinci | “Ubik Tamakau Acang” 1. Hibiscus 2. Kundau/Pumpkin 3. Alum 4. Palm sugar 5. Free-range chicken eggs | “Bismillahhirrohmanirrohim” Mendaki gunung kerinci dapat sirih satu kebat aku nawo si anu kena racun aku tau asal kau jadi dari tanduk zulkarnain dipotong antara langit dengan bumi debu tanduk zulkarnain berkat. Laa ilahaillallah” |
| 3. | Kerinci | “Ubik Sakang Gigu” 1. Rice that is inserted into the cavities of cavities | Bismillahhirrohmanirrohim Je lu je li Aku tau asal kau jadi dari sekesis kalau datang mendayu aku lagi dimakan sumpah dikutuk Al-Qur’an 30 Juz. Laa ilahaillallah muhammadarrasulullah. |
| 4. | Kerinci | “Tasapa” 1. Turmeric (Curcuma longa Linn. Syn) | Bismillahhirrohmanirrohim Patawo sapa ditanam disimpang jalan antu lalu balimu ngabut aku nyuput semangat si anu berkat kata tuhun mustazat kata Allah |

| | | | |
|----|---------------------------------|---|-----------|
| 5. | Anak Dalam Tribe (SAD) | “Besale” 1. Pandan 2. Areca flower 3. Betel 4. Jasmine 5. Turmeric rice 6. Black sugar cane 7. Banana fronds 8. Coconut leaves “Betanggas” 1. Lemongrass roots 2. Fragrant pandanus 3. Langir 4. Buloh roots 5. Turmeric leaves 6. Galangal leaves, 7. Thousands of leaves 8. Illalang roots 9. Blessing roots, 10. Genderuse leaves | No Mantra |
| 6. | Duano | “Kelung and Tetemas” 1. Turmeric (<i>Curcuma longa</i> Linn. Syn) | No Mantra |

Based on the results of the research on the first location respondents, namely the head of the Simarantihan Suku Anak Dalam Hamlet and the community, it was possible to discuss the results of the research that there are several activities for the treatment of the Suku Anak Dalam, including the tradition of giving birth, the tradition of getting rid of diseases (healing) and the traditional Simati tradition (Effendi & Purnomo, 2020). Researchers observed the treatment process from the beginning to the end where in the treatment. treatment uses medicinal plants, spells, music and traditional dances in a series called Besale which is an activity to cleanse the soul of someone who is sick due to evil spirits that reside within that person. Yelianti et al. (2023) treatment of tribal children in using medicinal plants that grow naturally, utilization of plant parts such as leaves, flowers, roots and stems. The process of traditional medicine begins with a request from the community to help one of their members who is sick to a dukun. The ceremony is carried out with the preparation of tools and materials. One of them is the use of plants as medicine which is done in various ways, namely: pasting, mashed, boiled, dried, grated, and mixed into accessories (Bracelets Reverse Oaths) with an odd number. The sale process starts from 19.00 WIB until 03.00 hours depending

on the number of people to be treated. According to the head of the sub-district head, not all diseases can be treated with Besale medication. The besale ritual is only carried out when medical treatment is no longer able to heal. Asra et al. (2020) Basale is a method of treatment or ritual of the tribe of children in which is done when general treatment can no longer be done. Basale traditional medicine is performed from dusk to dawn accompanied by mantras, medicinal plants as media and traditional musical accompaniment. Apart from that, food is very dependent on the diversity of the living environment which is sourced from plants and animals (Ulfa et al. 2023). what's interesting is the food ingredients of the tribe of Anak Dalam fermentation of freshwater fish stored in bamboo and Asam Kemang. Apart from Basale, there is the Betangas tradition, which is a treatment that uses herbs and plants that are boiled and then steamed on people who are sick. Nuak is a tradition of caring for pregnant women by traditional healers whose aim is to provide health information, massage and preparation for childbirth. As shown in Figure 1(a-f) local knowledge of medicine, food ingredients and Jimat (counter accessories) for Anak Dalam.



Figure 1. (a) Dukun Beranak, (b) Asam Kemang, (c) Pekasam, (d) Bracelet Sawan, Sebalik Sumpah (d) Sengong

Whereas for respondents in the second location, namely the Duano Tribe and the people of Tajuk Solok, Kuala Jambi Subdistrict, East Tanjung Jabung Regency, a discussion of the results of the research can be carried out that the way of treatment for the Duano Tribe is generally related to Malay culture but has several differences, including the kelung tradition. Kelung is a traditional medicine to get rid of disease outbreaks and ask the creator and ancestors, however, Kelung treatment has started to be rarely done. The Duano tribe (sea tribe) is a tribe that has local knowledge of medicine which is always related to the potential of coastal natural resources and a thriving culture (Oryza et al. 2018). Apart from the Kelung Duano ritual, there is also the Sumbun tradition, which is a tradition of harvesting shellfish which is used as a traditional food ingredient which is rich in protein, calcium and other compounds that are good for the body. As shown in Figure 2 (a-c) Duano Ethnic food.



(a) (b) (c)
Figure 2. (a) Nipah fruit, (b) Pedade fruit, (c) Nipah fruit ice

Lubis et al. (2023) Calcium is needed by children in their infancy and helps growth resilience. This is all local knowledge that needs to be documented in videos as a medium for community knowledge. Putra et al. (2023) said the sea tribe also has knowledge about a lifestyle of eating fish which is good for bone growth and prevents slow growth. all of these activities can be documented in the form of a video which can be a source of public health knowledge. Information through video media can provide education and a way to store local knowledge of traditional medicine (Ghozali et al. 2023). Government programs on the importance of public health can be optimized (Wahyu et al. 2023).

Finally, in the third location respondents, namely the Kerinci Tribe and the people of Sungai Deras Village, Air Panas Timur Sub-District, Kerinci Regency, it was possible to discuss the results of the research that the method of treatment for the Kerinci Tribe is generally related to Malay culture but has some differences in each region,

including local knowledge of Tasapa (Betamas) treatment which using turmeric plant media, whitening and mantra (Prayer). In addition to Tasapa, the rushing river area also has food ingredients such as Beruk's kancung, Kawo water, ubik Tuji, ubik Sakang Gigu, Ubik Tamakau Acang, and Bauhingk. Kaido and Takashino, (2023) Arabica coffee is not only the fruit that is used but the leaves are also made into a drink. As shown in Figure 3 (a-c) the process of making tasapa/tetamas by shamans using turmeric as a food ingredient.



Figure 3. (a) Dukun, (b) Tasapa, (c) Betemas

The use of turmeric as a medium of treatment, where turmeric contains lots of antioxidants, essential oils, anti-inflammatories, vitamins B1, B2, B6, B12, Vitamin E and lecithin. All of these compounds can have an impact on health (Latief et al. 2023). Local knowledge like this is Jambi culture which must be preserved and documented as heritage (Magfirah and Muhaimin, 2023). Saputra (2023) traditions need to be preserved and developed without changing. If local and modern knowledge coincide, harmony will be formed between ethnic communities (Zulkarnain et al. 2020).

D. Conclusion

Exploring the local knowledge of traditional medicines and food ingredients of the Anak Dalam, Duano and Kerinci tribes can provide valuable insights and contribute to public health knowledge. There are important points in this research, namely the preservation of traditional knowledge, traditional medicine, Alternative Medicine Options and pharmacological research. Exploring traditional medicines and food ingredients of the Anak Dalam tribe can lead to pharmacological research and the discovery of new bioactive compounds. Exploration of local wisdom of traditional medicine and food ingredients of the Anak Dalam Tribe (Basale, Betangas, Nuak, Pekasam, Umbut Rotan, Bracelet Sawan, Sebalik Sumpah and Sengong), Duano

(Kelung, inai, herbal medicine for pedade fruit, nipah and fish bubbles dan Sumbun) Kerinci (Tasapa, Bauhing, Ubik Tamakau Acang, Ubik Saking Gigau) can provide valuable insights for public health. It helps preserve traditional knowledge, provides alternative medicine options, encourages pharmacological research, fosters cultural understanding and supports sustainable practices and media of public health knowledge.

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