

ABSTRAK

Normayunita, NIM 4181220022 (2018), Pemanfaatan Tumbuhan Obat di Kecamatan Lingga Bayu Kabupaten Mandailing Natal Provinsi Sumatera Utara.

Penelitian ini bertujuan untuk mengetahui dan memberikan informasi mengenai spesies tumbuhan, habitus, organ yang dimanfaatkan, cara pengolahan, cara penggunaan dan khasiat tumbuhan obat yang dimanfaatkan oleh masyarakat desa di Kecamatan Lingga Bayu Kabupaten Mandailing Natal Provinsi Sumatera Utara. Metode penelitian ini adalah deskriptif kualitatif dan kuantitatif. Pengumpulan data dengan wawancara semi terstruktur dan teknik pengambilan sampel *purposive sampling*. Hasil penelitian menunjukkan bahwa terdapat 69 spesies dari 39 famili tumbuhan obat yang dimanfaatkan di Kecamatan Lingga Bayu Kabupaten Mandailing Natal Provinsi Sumatera Utara. Spesies yang paling banyak dimanfaatkan berasal dari famili Zingiberaceae yaitu 9 spesies. Habitus tumbuhan yang dimanfaatkan sebagai obat yaitu terna 31%, perdu 29%, pohon 28%, semak 7%, liana 4% dan epifit 1%. Organ tumbuhan yang dimanfaatkan sebagai obat yaitu 75% daun, 13% rimpang, 6% batang, 3% buah, 1,50% kulit batang dan 1,50% bunga. Cara pengolahan tumbuhan obat yaitu direbus, diparut, diremas, ditumbuk, digiling, dikunyah, diasap, dibakar, dipotong, dijemur dan dihaluskan. Cara penggunaan tumbuhan obat yaitu diminum, digosok, ditempel, dihirup, dioles, dimakan, dimandikan, dibalutkan, dikumur dan disumbat. Khasiat tumbuhan obat yang dimanfaatkan untuk mengobati disentri, diare, mencret, biang keringat, koreng, badan pegal-pegal, penyakit sawan, obat cacing, obat kuku, pelancar pencernaan, pelancar asi, penyakit kuning, obat luka, mimisan, sakit gigi, penurun darah tinggi, masuk angin, sakit kepala, terkilir, obat mata, asam urat, kolesterol, malaria, bisul, demam, panu, pilek, batuk dan penambah stamina.

Kata Kunci: *Tumbuhan Obat, Pemanfaatan, Lingga Bayu*



ABSTRACT

Normayunita, NIM 4181220022 (2018), Utilization Of Medicinal Plants In Lingga Bayu District, Mandailing Natal Regency, North Sumatra Province

This study aims to find out and provide information about plant species, habitus, organs used, processing methods, methods of use and efficacy of medicinal plants used by the village community in Lingga Bayu District, Mandailing Natal Regency, North Sumatra Province. This research method is descriptive qualitative and quantitative. Collecting data with semi-structured interviews and purposive sampling technique. The results showed that there were 69 species from 39 families of medicinal plants in Lingga Bayu District, Mandailing Natal Regency, North Sumatra Province. The most widely used species came from the Zingiberaceae family, namely 9 species. Habitus of plants used as medicine are 31% herb, 29% shrub, 28% tree, 7% shrub, 4% liana and 1% epiphytes. The plant organs used as medicine are 75% leaves, 13% rhizomes, 6% stems, 3% fruit, 1.50% bark and 1.50% flowers. The methods of processing medicinal plants are boiled, grated, kneaded, ground, ground, chewed, smoked, burned, cut, dried and mashed. How to use medicinal plants are drunk, rubbed, taped, inhaled, smeared, eaten, bathed, wrapped, gargled and gagged. Efficacy of medicinal plants used to treat dysentery, diarrhea, loose stools, prickly heat, sores, body aches, convulsions, worm medicine, nail medicine, digestive aids, breast milk, jaundice, wound medicine, nosebleeds, toothache, lowering high blood pressure, colds, headaches, sprains, eye medications, gout, cholesterol, malaria, ulcers, fever, tinea versicolor, colds, coughs and stamina boosters.

Keywords: *Medicinal Plants, Utilization, Lingga Bayu*

