

Strengthening the Role of ASPETRI East Java in Indonesian Herbal Medicine: Training New Members for the Sustainability of Natural Medicine Development in Indonesia

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Abstract: ASPETRI (Indonesian Traditional Herbal Practitioners Association) East Java plays a strategic role in the preservation and development of natural medicines based on local wisdom. This article discusses the training program for new ASPETRI members as an effort to strengthen the organization's role in Indonesian herbal medicine. The training covers both theoretical and practical aspects, including the identification of medicinal plants, herbal formulation, and their evidence-based scientific applications. The methods used in this program include training sessions, workshops, and mentorship by experts in herbal. The outcomes of this training are expected to enhance the competence of new members, ensure the sustainable use of safe and effective herbal medicine, and encourage innovation in the development of natural drugs. Thus, ASPETRI East Java continues to contribute to improving the quality of traditional medicine and integrating it into the national healthcare system.

Keywords:

ASPETRI, Natural Medicine, Training, Herbal Medicine, Sustainability.

Introduction

Indonesia is known as one of the countries with the greatest biodiversity in the world, with more than 30,000 plant species, around 7,500 of which have the potential to be medicinal plants. This rich flora has long been utilized by society as the primary basis of traditional medicine, passed down from generation to generation. Herbal medicine has become an integral part of Indonesian culture, particularly in traditional healing concepts that rely on natural formulations.

ASPETRI (Indonesian Traditional Herbal Practitioners Association) plays a significant role in developing and sustaining traditional medicine based on herbal formulations. ASPETRI East Java, as part of the national ASPETRI organization, carries a major responsibility in maintaining the quality and effectiveness of herbal

medicine practices conducted by its members. To ensure the sustainability and professionalism of this practice, training programs for new members are an essential requirement that cannot be overlooked.

In the ever-evolving modern era, herbal medicine faces various challenges, ranging from increasingly strict regulations, competition with conventional medicine, to the demand for scientific evidence regarding the efficacy and safety of herbal formulations. Therefore, the training for new ASPETRI members is not only aimed at introducing the fundamentals of herbal medicine but also at equipping them with in-depth knowledge of safety standards, professional ethics, and the integration of modern scientific knowledge in traditional medicine.

Training for prospective members of ASPETRI East Java is a strategic step to ensure that practitioners joining this organization have adequate competence. Below are some key reasons why this training is crucial:

a. Maintaining the Quality of Herbal Medicine

Without proper training, there is a concern that herbal medicine practices might be carried out without clear standards, which could pose risks to patient health. Therefore, this training is designed to ensure that each new member has sufficient knowledge of herbal formulation, appropriate dosage, as well as indications and contraindications of each herbal ingredient used.

b. Enhancing Competence and Professionalism

In traditional medicine practices, there is often a gap between empirical knowledge passed down through generations and approaches based on modern scientific research. Through training, new members are equipped with a broader understanding of ASPETRI's articles of association and bylaws, ASPETRI organizational regulations, ASPETRI code of ethics, plant morphology, herbal pharmacology, identification of medicinal plants and simplicia, human anatomy and physiology, and licensing procedures.

c. Compliance with Regulations and Standardization

With increasingly stringent regulations in the field of traditional medicine, ASPETRI members must understand the various rules governing the use and distribution of herbal medicines. This training includes aspects of herbal medicine legality, certification, and the registration procedures for herbal products to ensure compliance with prevailing regulations.

d. Strengthening Networking and Collaboration

ASPETRI East Java serves not only as a platform for herbal medicine practitioners but also as a network that connects various stakeholders, including academics, researchers, and herbal pharmaceutical industry players. Training for new members provides them with the opportunity to better understand the herbal medicine ecosystem in Indonesia and establish collaborations that support the development of their profession.

Training for new members of ASPETRI East Java is not only conducted theoretically but also includes practical training that enhances understanding of the concepts taught. Several methods used in this training include lectures, discussions, workshops, expert mentoring, case studies, and evaluations.

Although the training program for new ASPETRI East Java members has been well-structured, several challenges remain. One of them is the need for stronger integration between traditional medicine knowledge and evidence-based research. To this day, many herbal formulations are used based on empirical experience without supporting scientific data on their efficacy. Therefore, greater collaboration between herbal practitioners and researchers in the fields of pharmacy, nutrition, agriculture, and medicine is needed to develop scientific standards for the use of natural medicines.

Additionally, another challenge is increasing public awareness of the importance of choosing safe and standardized herbal medicines. Many herbal products are still found circulating without distribution permits or containing harmful additives. ASPETRI East Java plays a crucial role in educating the public and providing accurate information on the correct use of herbal formulations.

In the future, it is hoped that the training for new ASPETRI members will not only focus on the technical aspects of herbal formulation and usage but also cover strategies to face global challenges, such as competition with the conventional pharmaceutical industry and technological advancements in healthcare. By doing so, ASPETRI members can be more adaptive to changes and remain relevant in contributing to herbal medicine development in Indonesia.

Training for new ASPETRI East Java members is a strategic step in ensuring the sustainability of natural medicine development in Indonesia. With comprehensive training, every ASPETRI member is expected to possess high competence, be able to practice herbal medicine safely and effectively, and contribute to preserving Indonesia's traditional medicine heritage. Moving forward, this training is expected

to continue evolving and adapting to contemporary needs, ensuring that herbal medicine remains a primary choice in the national healthcare system.

Methods

The orientation program for new ASPETRI East Java members is a systematically designed activity to ensure that each participant gains a deep understanding of traditional herbal medicine based on scientific knowledge and professional ethics. This event was held at the production house of CV. Sangkuriang in Sidoarjo on February 16, 2025, with 20 new member candidates from various educational backgrounds and experiences in traditional medicine.

This orientation program was structured into several phases: preparation, implementation, and evaluation, with methods emphasizing active participant engagement. The methods used in this program included discussions, lectures, workshops, hands-on herbal introduction practice, and Q&A sessions to deepen participants' knowledge and skills in herbal medicine practice.

The preparation phase is a crucial step in ensuring the smooth execution of the orientation program. Preparations were made by the organizing committee, consisting of representatives from ASPETRI East Java and experienced facilitators in herbal medicine. Several key activities in this phase included:

A. Determination of Materials and Speakers.

The committee established the topics to be covered in the orientation, including theoretical and practical aspects, such as History and philosophy of herbal medicine in Indonesia, ASPETRI regulations and code of ethics, Introduction to medicinal plants and simplicial, Formulation and use of herbal medicine in health therapy, Techniques for preparing traditional herbal formulations, Safe and effective herbal preparation practices in herbal medicine.

Additionally, the committee invited experts and experienced practitioners as speakers, including academics in the field of herbal pharmacy, traditional medicine practitioners, and representatives from the ASPETRI central board, represented by Mr. Adam, SH, Deputy Chairman of ASPETRI. The speakers for this orientation were certified Training of Trainer (ToT) educators, including Dr. Apt. Teguh Setiawan Wibowo, MM., MBA., M.Si., M.Farm., AIFO; Hartaty Larasaty, Br.M; Moh Risqy Lazuardi Ramadhan, A.Md Battrra., SKM., M.Si

B. Venue and Facilities Preparation

The orientation was conducted at the UKOT production house of CV. Sangkuriang, which was equipped with comprehensive facilities, including discussion rooms, various simplicia, and a medicinal plant garden for hands-on practice.

C. Participant Selection and Registration

Prospective new members who wished to participate were required to register in advance and fulfill administrative requirements set by ASPETRI, such as submitting personal identification, a passport photo, a background in traditional medicine, and a commitment to professional ethics.

The implementation phase is the core of the orientation program, conducted intensively over a full day on February 16, 2025. The activities were divided into several sessions with varied methods to ensure participants comprehensively understood the material.

A. Opening and Introduction Session

The event began with a welcoming speech by the Chairman of ASPETRI East Java, emphasizing the crucial role of new members in preserving the continuity of herbal medicine in Indonesia. In this session, participants were introduced to ASPETRI's vision and mission and the importance of professionalism in traditional medicine practice.

B. Scientific Lecture and Discussion

This session featured experts presenting materials on herbal medicine from scientific and empirical perspectives. Topics covered included ASPETRI code of ethics; Licensing procedures for Indonesian traditional medicine practice; Basic principles of herbal medicine and its effectiveness compared to modern medicine; Standardization in herbal formulation to ensure safety and quality; Government regulations and policies on the use and distribution of herbal medicines. After the presentation, participants engaged in interactive discussions, asked questions, and shared their experiences in herbal medicine practice.

C. Workshop and Herbal Introduction Practice

In this session, participants had the opportunity to directly identify various medicinal plants commonly used in traditional medicine. The activities took place in ASPETRI's medicinal plant garden, where participants Identified different medicinal plants based on morphology and benefits, Learned basic simplicia processing

techniques, Simulated the preparation of simple herbal formulations. This session provided participants with practical experience, helping them better understand how herbal plants are processed from raw materials into ready-to-use products.

D. Q&A and Case Study Session

After the herbal introduction practice, participants had the opportunity to directly ask questions to the speakers and senior ASPETRI practitioners. Additionally, they were given case studies related to issues in herbal medicine, such as How to handle patients experiencing side effects from herbal formulations; What steps should be taken when there is a conflict between herbal medicine and conventional medical treatments. This discussion session helped participants develop analytical skills and decision-making abilities in herbal medicine practice.

As the final stage of the orientation, participants attended an evaluation session to assess their understanding of the materials presented. The evaluation was conducted in the form of Feedback and Summary of Activities by Speakers. Participants were asked to provide feedback covering all aspects of the orientation program. The speakers also provided a summary of the orientation program, which included herbal medicine theory, regulations, and professional ethics, to assess participants' comprehension. Before concluding the event, participants had the opportunity to share their impressions and messages about the orientation. Feedback from participants served as valuable input for ASPETRI to enhance the quality of future orientation programs.

The orientation program concluded with the issuance of an ASPETRI certification, issued by the ASPETRI Central Board (DPP ASPETRI), to participants who successfully completed all sessions. This certification remains valid as long as they remain ASPETRI members. With this orientation program, it is expected that new ASPETRI East Java members will have better competencies in applying herbal medicine safely, effectively, and professionally.

Result

The discussion and analysis in the training program for new ASPETRI East Java members serve as a deep reflection on the importance of strengthening the capacity of traditional medicine practitioners in facing the dynamics of scientific development and health regulations in Indonesia. This program was not only aimed at enhancing participants' understanding of the fundamental principles of herbal medicine but also

at reinforcing professionalism, compliance with regulations, and mastery of technical skills in formulating and applying natural-based therapies.

The training, held on February 16, 2025, at the CV. Sangkuriang production facility in Sidoarjo, involved 20 new ASPETRI East Java members from diverse educational backgrounds and experiences in traditional medicine. This diversity among participants was one of the most interesting aspects of the program, as it allowed for a richer exchange of knowledge between experienced practitioners and those who were delving deeper into the world of herbal medicine for the first time.

One of the key discussion points was the importance of balancing empirical knowledge passed down through generations with an evidence-based approach. During the scientific lecture sessions delivered by experts in herbal pharmacy and traditional medicine, participants gained insights into the history of herbal medicine in Indonesia and how this concept can expand with the support of scientific research. One of the main challenges in herbal medicine is the lack of scientific data supporting the efficacy of many traditional formulations that have been used for centuries. Therefore, in this session, participants were encouraged to better understand how to document and conduct simple studies on the herbal remedies they use so that their practice can be scientifically accountable.

The session on regulations and professional ethics was also a crucial part of the discussion, given the increasingly strict rules concerning traditional medicine and the distribution of herbal medicines in Indonesia. Participants were introduced to various regulations governing the use and marketing of herbal products, including licensing requirements for practitioners wishing to develop businesses in this field. The Deputy Chairman of ASPETRI, Mr. Adam, SH., emphasized that understanding regulations is not just an administrative obligation but also a form of protection for herbal practitioners to ensure they practice legally and safely.

During the workshop and herbal identification practice, participants had the opportunity to gain hands-on experience in recognizing various medicinal plants, understanding their morphology, and learning basic techniques for processing herbal raw materials. In this activity, participants were guided by certified Training of Trainer (ToT) instructors, namely Dr. Apt. Teguh Setiawan Wibowo, MM., MBA., M.Si., M.Farm., AIFO; Hartaty Larasaty, Br.M; and Moh Risqy Lazuardi Ramadhan, A.Md Battra., SKM., M.Si. They explained that in herbal medicine, selecting and processing the right materials is critical to treatment efficacy. Participants were also taught fundamental techniques for formulating safe and effective herbal remedies.

Some participants expressed that this hands-on practice provided a much clearer understanding compared to just theoretical explanations in a classroom setting.

An intriguing aspect of the practice session was the case studies assigned to participants, requiring them to formulate herbal remedies based on common health conditions such as diabetes, hypertension, and digestive disorders. In this session, participants were not only asked to match remedies with symptoms but also to consider safety aspects, proper dosages, and potential interactions with conventional medicine. The discussion in this session was highly interactive, with participants exchanging experiences regarding various types of medicinal plants they were familiar with in their respective regions.

During the Q&A and case study session, participants had the opportunity to directly ask the instructors questions. One particularly interesting question was how to handle patients experiencing side effects after consuming herbal remedies. The instructors emphasized that while herbal medicine is considered more natural, it is not entirely free from risks. Therefore, it is essential for herbal practitioners to understand the contraindications of every herbal formula they use and to provide clear education to patients regarding proper usage.

Additionally, in the discussion on global challenges in herbal medicine, participants were encouraged to think beyond local practice and consider how Indonesian herbal products could compete in the international market. One of the main barriers highlighted was the lack of standardization in herbal formulations and processing, which makes Indonesian products less competitive compared to those from countries like China and India, which have more established standardization systems. Consequently, ASPETRI plays a crucial role in encouraging its members to prioritize quality and standardization in every product they create.

During the evaluation stage, participants provided feedback on the entire training program. Most participants appreciated the applied learning methods, particularly the combination of theory and practice, which enabled them to gain a more holistic understanding of herbal medicine. However, some participants suggested that future training should include more case studies and direct patient simulations to better prepare them for real-world situations.

Overall, this training program successfully provided valuable knowledge for new ASPETRI East Java members. It not only strengthened their competence in herbal medicine but also raised their awareness of the importance of professionalism and regulatory compliance. With this training, new members are expected to feel more

confident in developing safe, effective, and standardized herbal medicine practices. Furthermore, this training represents a strategic step in ensuring the sustainability and recognition of Indonesian herbal medicine amid the increasingly complex global challenges.

Moving forward, ASPETRI is expected to continue innovating in this training program by adapting its content and methods to the latest scientific and regulatory developments. Moreover, collaboration between ASPETRI, academics, and the herbal pharmaceutical industry should be strengthened to further advance and gain international recognition for Indonesian herbal medicine. In this way, the training program will not only serve as a knowledge transfer platform but also as a starting point for herbal practitioners to contribute more significantly to the broader healthcare sector.

Conclusion

The training program for prospective new members of ASPETRI East Java has been successfully and systematically implemented. This program provided a deep understanding of science-based herbal medicine, professional ethics, and applicable regulations. The entire series of training activities, including scientific lectures, discussions, workshops, herbal identification practice, and Q&A sessions, was designed to equip participants with comprehensive skills.

Participants gained broader insights into the history and philosophy of herbal medicine in Indonesia, the safety and effectiveness standards of herbal formulations, and the importance of compliance with existing regulations. Additionally, hands-on practice in herbal plant identification and formulation provided valuable experience that can be applied in their professional practice.

The evaluation conducted at the end of the program indicated that participants greatly benefited from this training. With this training, new members of ASPETRI East Java are expected to apply the knowledge they have gained responsibly, safely, and professionally in their herbal medicine practice. Furthermore, this training is also a crucial step in ensuring the sustainability and improving the quality of herbal medicine in Indonesia.

Moving forward, ASPETRI East Java needs to continue developing the training program by adapting to advancements in science and technology, as well as strengthening collaboration with academics and researchers to support

standardization and scientific evidence in empirical herbal medicine. By doing so, the herbal medicine profession will gain greater recognition and contribute more significantly to the national healthcare system.

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