

# Optimization of Traditional Jamu Utilization in Health Services at Terminal Purabaya by DPC ASPETRI Sidoarjo

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**Abstract:** Traditional herbal medicine has long been a part of Indonesia's health culture. Its use as a natural health drink is becoming increasingly relevant amid growing public awareness of a healthy lifestyle. To support the health of homecoming travelers undertaking long journeys during the Eid exodus, the Branch Leadership Council of the Indonesian Traditional Herbal Practitioners Association (DPC ASPETRI) of Sidoarjo Regency initiated a community service program through the distribution of immune-boosting herbal drinks at Purabaya Terminal. The herbal drink distributed was Jamu Waruga from CV Sangkuriang, containing ginger, moringa, gotu kola, and turmeric—herbs known for their benefits in boosting stamina and maintaining immunity. This activity aimed to optimize the use of traditional herbal medicine in health services by providing the public with direct access to high-quality herbal drinks. In addition to distributing the herbal drinks, the public was given brief education on the benefits of jamu and the importance of maintaining immunity during travel. The results of this activity showed a positive response from the community, who experienced direct benefits from consuming jamu and gained a better understanding of the efficacy of traditional herbal medicine. This initiative is expected to inspire further utilization of Nusantara's herbal potential as part of a broader preventive health system.

## Keywords:

Traditional Herbal Medicine, Immunity, Public Health, Purabaya Terminal, ASPETRI

## Introduction

Health is a crucial factor in supporting public mobility, especially for those traveling long distances, such as homecoming travelers during Eid. Every year, millions of Indonesians embark on their journey to celebrate Eid with their families. The high mobility during homecoming poses risks of fatigue, weakened immunity, and increased susceptibility to illness. Therefore, preventive measures to maintain travelers' health are essential. One effective solution is the use of traditional herbal drinks, which naturally help boost stamina and strengthen the immune system.

Jamu has long been recognized as a cultural heritage of the Nusantara with various health benefits. As the trend toward natural remedies increases, jamu is gaining popularity as an alternative for maintaining health. One practical form of jamu is Jamu Waruga from CV Sangkuriang. This jamu contains potent herbal ingredients such as ginger, moringa, gotu kola, and turmeric. Ginger is known for its anti-inflammatory properties and energy-boosting effects, moringa is rich in antioxidants and nutrients that support the immune system, gotu kola enhances cognitive function and aids in recovery, while turmeric has antioxidant properties and supports digestive health. The combination of these ingredients makes Jamu Waruga an excellent choice for helping homecoming travelers maintain their stamina during long journeys.

Purabaya Terminal, one of the largest terminals in Indonesia, serves as a central departure and transit point for thousands of travelers daily. The high activity level at the terminal makes travelers more prone to fatigue and travel-related stress. Recognizing this condition, DPC ASPETRI Sidoarjo initiated a community service program to distribute Jamu Waruga for free to homecoming travelers. This initiative aims not only to provide direct health benefits but also to reintroduce jamu as a practical, natural, and accessible health solution for the wider public.

In addition to the distribution of jamu, brief education on the benefits of herbal consumption was provided to the public. Travelers received information on how jamu ingredients work in the body, the best times to consume them, and how jamu can be incorporated into a healthy lifestyle. This effort was made to raise public awareness about the importance of health during travel while also encouraging them to appreciate and adopt local herbal products.

Optimizing the use of traditional herbal medicine in health services not only provides short-term benefits to the community but also supports the preservation of Indonesia's traditional medical culture. Through this activity, it is hoped that the public will become more aware of the importance of jamu in daily health maintenance and be able to integrate herbal consumption habits into their lifestyle. Moreover, this initiative can serve as a model for similar programs in other locations, particularly in major transportation hubs where large numbers of people gather.

Through this initiative, DPC ASPETRI Sidoarjo demonstrates its commitment to supporting public health through approaches rooted in local wisdom. Providing jamu to travelers at Purabaya Terminal is expected not only to help them stay fit during their journey but also to inspire the public to take greater care of their health

through natural, time-tested methods.

## Method

This community service activity took place on March 29, 2025, at Purabaya Terminal, Sidoarjo, one of the busiest terminals in Indonesia, which serves as a key hub for homecoming travelers heading to their hometowns to celebrate Eid al-Fitr. In support of the travelers' health and stamina during their long journeys, DPC ASPETRI Sidoarjo organized the distribution of Waruga Jamu, an herbal drink to help boost immunity and maintain stamina.

The preparation of the herbal drink was carried out collectively by the board members of DPC ASPETRI Sidoarjo. A total of 100 bottles of Waruga Jamu were prepared, ensuring both the quality and cleanliness of the product before distribution. The key ingredients of this jamu—ginger, moringa, gotu kola, and turmeric—were chosen for their known health benefits, such as improving energy and supporting the immune system during long travels.

On the event day, the service team gathered early at Purabaya Terminal for coordination and to ensure smooth execution of the activity. The distribution of jamu was led by Khairul Bahri Priyono, the Chairperson of DPC ASPETRI Sidoarjo. Additionally, the activity was supported by the presence of Hj. Haretaty Larasaty, Br.M., the Chairperson of DPD ASPETRI East Java, who also participated in the jamu distribution process. Her presence added motivation to the service team and reinforced the support for promoting jamu as part of a healthy lifestyle.

The distribution took place at a strategic location within the terminal, ensuring that it was easily accessible to travelers waiting for their buses. ASPETRI members also provided brief education on the benefits of herbal consumption and how to incorporate herbal remedies into a healthy lifestyle. Travelers who received the jamu were encouraged to ask questions about the herbal ingredients and their benefits, making the event not only a product giveaway but also a health education session.

Throughout the distribution process, the ASPETRI team made sure that the event ran smoothly and comfortably. The public responded positively, with many travelers expressing enthusiasm in receiving the jamu and engaging in discussions about its benefits. This event not only provided immediate benefits to the travelers but also served as an opportunity to reintroduce traditional herbal medicine as a practical and natural health solution.

With the completion of this event, it is hoped that travelers will gain a better understanding of the importance of maintaining stamina during travel and will consider incorporating jamu into their daily routines. The event is also expected to inspire similar initiatives in the future, encouraging the wider public to explore traditional herbal remedies as part of a healthy lifestyle.

## Hasil

The distribution of jamu as a healthy solution for travelers, carried out by DPD Aspetri East Java at the Health Post in Purabaya Terminal on March 27–28, 2025, can be considered a highly relevant form of community service in the context of public health today. As public mobility increases, especially with the use of public transportation, health becomes a primary concern, particularly for those undertaking

The community service event organized by DPC ASPETRI Sidoarjo at Purabaya Terminal highlights the importance of utilizing traditional herbal medicine in maintaining public health, especially for homecoming travelers. The Eid exodus is a particular challenge for travelers' health due to the long journeys, limited access to healthy food, and the potential for fatigue. In this context, the distribution of Waruga Jamu, containing ginger, moringa, gotu kola, and turmeric, was a strategic move to support travelers' stamina and immune systems during their journey.

Waruga Jamu was selected because of its well-rounded formula, which provides numerous health benefits. Ginger is known for its warming effects on the body and its ability to alleviate motion sickness during travel, while moringa is packed with nutrients that help maintain vitality. Gotu kola enhances concentration and reduces stress, and turmeric possesses anti-inflammatory properties that can help relieve muscle tension from long trips. The combination of these ingredients made Waruga Jamu an ideal herbal solution for travelers facing physical challenges during their journey.

The jamu distribution event also served as an educational opportunity for the public on the importance of maintaining health through natural remedies. One of the challenges in reintroducing jamu to modern society is overcoming the perception that jamu may not be palatable or difficult to incorporate into daily routines. Offering Waruga Jamu in practical, ready-to-consume bottled form was an innovation that helped increase public interest in herbal medicine.

During interactions with travelers, many expressed that they were trying jamu

with this particular combination of ingredients for the first time. Most responded positively to the taste and the refreshing effects they experienced. Some even expressed interest in making jamu a regular part of their health regimen after gaining a deeper understanding of its benefits. This suggests that providing education and sampling jamu in public places, like terminals, can be an effective way to introduce traditional herbal medicine to a broader audience.

The participation of Hj. Haretaty Larasaty, Br.M., the Chairperson of DPD ASPETRI East Java, was also a key factor in enhancing enthusiasm among the participants. Her presence not only offered moral support to the service team but also strengthened the public's trust in the quality and effectiveness of traditional jamu. Furthermore, the involvement of Khairul Bahri Priyono, the Chairperson of DPC ASPETRI Sidoarjo, demonstrated ASPETRI's strong commitment to promoting and developing the use of jamu at both local and national levels.

The success of this event was evident in the positive responses from the travelers, both in their direct appreciation and their engagement with the service team. Some travelers even inquired about where they could obtain Waruga Jamu after the event, signaling a growing interest in incorporating jamu into their health routines.

This event also demonstrated that traditional medicine can complement modern health systems. In an era where people are increasingly seeking natural alternatives for maintaining their health, traditional herbal remedies like jamu provide a relevant and accessible option. Therefore, it is important for organizations like ASPETRI to continue innovating ways to introduce jamu to the public, making it more acceptable and beneficial to a wider audience.

Through this initiative, DPC ASPETRI Sidoarjo showed its active role in supporting public health, especially for those who are traveling long distances during the Eid exodus. Moving forward, similar activities can be carried out in other strategic locations, not just during the homecoming season but also in other occasions where the public needs practical and natural health solutions. Waruga Jamu, with its rich combination of herbal ingredients, is expected to gain wider recognition and use among the public as part of a healthy lifestyle based on local wisdom.



*Figure 1. DPC Aspetri Sidoarjo Homecoming Monitoring Activities with the Health Office*



*Figure 2. Distribution of Herbal Medicine to Security Officers*

## Conclusion

The community service activity organized by DPC ASPETRI Sidoarjo at Purabaya Terminal successfully provided real benefits to homecoming travelers by distributing Waruga Jamu as a health drink. The goal of providing the jamu was to help travelers maintain their immunity and stamina during long journeys, especially during the energy-draining homecoming season. With ingredients like ginger, moringa, gotu kola, and turmeric, Waruga Jamu proved to be a practical and beneficial herbal solution for the public.

The positive responses from travelers indicated a growing awareness of the

importance of herbal medicine, especially when offered in a modern, easily consumed form. The education provided during the event also gave the public a new understanding of the benefits of jamu and how to incorporate it into their daily routines.

The success of this event is attributed to the full support of various parties, including Hj. Haretaty Larasaty, Br.M., Chairperson of DPD ASPETRI East Java, and Khairul Bahri Priyono, Chairperson of DPC ASPETRI Sidoarjo, who were directly involved in the activity. The high level of enthusiasm from the public further proved that traditional herbal medicine still has a place in modern society and can be developed further.

Overall, this event made a positive impact on raising public awareness about the importance of maintaining health through natural means. In the future, it is hoped that similar programs can be expanded to other locations, so the benefits of traditional herbal medicine can be widely recognized and integrated into preventive health efforts.

## **Acknowledgement**

With full gratitude, we would like to express our deepest thanks to the entire community of Sidoarjo Regency and the homecoming travelers passing through Purabaya Terminal. The participation and enthusiasm of the community in the distribution of Waruga herbal drink is a clear testament that health is a shared priority. The warm reception from the travelers towards this traditional herbal drink further motivates us to continue educating and preserving herbal medicine as part of a healthy lifestyle.

We would also like to express our highest appreciation to the board members of DPC ASPETRI Sidoarjo Regency, who have worked hard in preparing and ensuring the success of this event. The dedication and solid teamwork have ensured that the distribution of the herbal drink went smoothly and provided direct benefits to the community. This activity was not only about sharing a health drink but also served as a momentum to reintroduce the rich tradition of Indonesian herbal medicine to the wider public.

Our sincere thanks also go to the Chairperson of DPD ASPETRI East Java, Mrs. Hj. Hartaty Larasaty, Br.M., for her presence and full support during this event. Her presence is a real proof of the importance of synergy in building public awareness about the benefits of traditional herbal medicine. Similarly, we extend our gratitude

to the Chairperson of ASPETRI, Ir. Sugiman, Br.M., A.Md.Kes., S.Ud., for always providing support and guidance in every effort to develop and serve in the field of traditional medicine.

To all the homecoming travelers passing through Purabaya Terminal, we urge you to always maintain your health during your journey. Going home is a valuable moment to reunite with family, and good health will make your Eid al-Fitr celebration even more perfect. Ensure that you stay fit by maintaining a healthy diet, getting enough rest, and strengthening your immunity so that your journey home will be more comfortable and safe.

In closing, we wish you a Happy Eid al-Fitr 1446 H, and we seek forgiveness from you, both physically and spiritually. May blessings and happiness always accompany us all, and may we celebrate this day of victory in health, peace, and togetherness.

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