

# Jamu as a Preventive Health Solution: Community Service by DPC ASPETRI Ngawi at Maospati Terminal in Commemoration of Eid al-Fitr 1446 H

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**Abstract:** *Jamu, a traditional Indonesian herbal concoction, offers numerous health benefits and has been used for generations as a natural means of maintaining physical well-being. In welcoming Eid al-Fitr 1446 H, the DPC ASPETRI Ngawi organized a community service activity at Maospati Terminal with the aim of introducing jamu as an alternative preventive health solution. This activity included educational outreach about the benefits of jamu and the distribution of free herbal drinks to terminal visitors. The initiative is expected not only to raise public awareness about the importance of natural health preservation but also to reintroduce jamu as a part of cultural heritage applicable in daily life. The program aims to promote a healthy lifestyle rooted in local wisdom, while preserving the relevance of jamu as a traditional health solution to this day.*

## Keywords:

*Jamu, Preventive Health, Community Service, Eid Al-Fitr, Maospati Terminal, Local Wisdom, Tradition, DPC ASPETRI Ngawi.*

## Introduction

Jamu is one of Indonesia's cultural heritages that has been known since ancient times as a herbal remedy to maintain health and prevent various diseases. Numerous studies and empirical experiences have proven that jamu contains natural compounds with properties that help boost the immune system, improve digestion, and alleviate minor health issues. However, despite its proven benefits, the use of jamu as part of a healthy lifestyle is often marginalized by the rapid development of modern medicine and the dominance of pharmaceutical products. One of the reasons behind this is the lack of public understanding of the importance of jamu and how it can be applied in daily life.

To address this challenge, DPC ASPETRI Ngawi conducted a community service activity under the theme "Jamu as a Preventive Health Solution" at Maospati Terminal, a location with high mobility during the lead-up to Eid al-Fitr 1446 H. The

terminal was selected as a strategic point to reach various segments of society, including travelers and local residents, in the hope of providing direct information about the benefits of jamu in maintaining health. This activity was designed not only to distribute free jamu to the public but also to educate them on how to incorporate it into their everyday lives.

Furthermore, the program aimed to promote jamu as a simple and affordable preventive health solution, particularly amid growing public awareness of the importance of a healthy lifestyle. With an approach grounded in local wisdom, this initiative seeks to broaden public understanding of the value of returning to traditional use of natural ingredients to support long-term health. Through this community service, it is hoped that the public can gain new insights and adopt jamu as an integral part of a health-conscious lifestyle rooted in tradition and nature.

## **Method**

The community service activity titled "*Jamu as a Preventive Health Solution*" was carried out on March 29, 2025, at Maospati Terminal, Ngawi, starting at 10:00 AM (WIB). This initiative was led by the Chairman of DPC ASPETRI Ngawi, Mr. Musliadi Zakaria, who directly coordinated the entire course of the event. During the activity, a total of 50 bottles of herbal tonic aimed at boosting immunity were distributed to terminal visitors. The jamu distributed was made from natural ingredients including turmeric, curcuma, gotu kola (pegagan), and moringa leaves, all of which are well-known for their benefits in enhancing the immune system and maintaining health naturally.

Prior to the distribution, Mr. Musliadi Zakaria gave a brief explanation regarding the benefits of each ingredient and how they can be used to maintain bodily endurance, especially in the face of unpredictable weather leading up to the holiday season. With an informative and interactive approach, the event aimed not only to distribute jamu, but also to raise public awareness about the importance of maintaining health through natural and accessible methods. The herbal drinks were handed out directly to the people at the terminal, allowing them to experience its benefits firsthand and better understand the significance of jamu as part of a healthy lifestyle.

## Hasil

The community service activity organized by DPC ASPETRI Ngawi at Maospati Terminal on March 29, 2025, aimed to introduce jamu as a preventive health solution to the public, particularly to travelers preparing for the celebration of Eid al-Fitr 1446 H. The distribution of immune-boosting jamu made from natural ingredients such as turmeric, curcuma, gotu kola, and moringa leaves served as an effort to educate the public about the advantages of herbal remedies in maintaining health. More broadly, this initiative sought to re-popularize jamu as part of a culturally grounded healthy lifestyle based on local wisdom.

A key aspect of this event was the selection of traditional ingredients rich in health benefits. Turmeric, curcuma, gotu kola, and moringa are well-known in Indonesian communities as medicinal plants that help improve immunity, enhance blood circulation, and support overall bodily function. These ingredients contain antioxidants and anti-inflammatory properties that reduce the risk of various illnesses, especially amid changing weather conditions during the holiday season. Thus, distributing this herbal remedy was not only meant to deliver immediate health benefits to recipients, but also to reintroduce the rich potential of Indonesian traditional herbal formulas.

One of the visible impacts of this activity was the increased public awareness about the importance of natural health practices. Many terminal visitors expressed interest and were positively influenced by the information provided by the DPC ASPETRI team, especially in understanding how jamu can serve as a preventive solution rather than just a treatment when illness arises. Through direct interactions, particularly with Mr. Musliadi Zakaria, the chairman of DPC ASPETRI Ngawi, the public gained deeper insight into how to make herbal drinks using easily accessible ingredients found in their local surroundings. This educational effort is expected to have long-term effects by shifting mindsets toward preventive health and encouraging the daily use of jamu.

Furthermore, this activity also provided a platform for the community to reconnect with the local wisdom surrounding their cultural heritage. The use of jamu for health purposes goes beyond medicinal value—it also represents an important aspect of cultural preservation. In an era dominated by technological and modern medical advancements, jamu is often overlooked or underestimated. However, this initiative proves that jamu remains relevant as a health solution that is both affordable and accessible to the general public.

From a social perspective, the event fostered meaningful interaction between the community and organizations committed to public health. Through this initiative, DPC ASPETRI Ngawi not only distributed jamu but also created opportunities for the public to better understand the importance of a healthy lifestyle and the integration of traditional medicine into daily life. It is hoped that this will encourage individuals to maintain their health in more natural and traditional ways, reduce reliance on chemical-based medicines, and support the preservation of jamu as a valuable cultural heritage.

Overall, this activity highlights the significance of collaboration between communities, local organizations, and cultural knowledge in promoting a health-conscious lifestyle rooted in tradition. The use of jamu as a preventive health solution is a positive step in safeguarding physical wellness naturally while also preserving priceless cultural heritage. Moving forward, such activities could be expanded and replicated in other areas to reach a wider audience and amplify their positive impact.





Figure 1. Distribution of Immune-Boosting *Jamu* at Maospati Terminal



Figure 2. Group Photo After the Distribution of Immune-Boosting *Jamu* at Maospati Terminal

## Conclusion

The community service activity organized by DPC ASPETRI Ngawi at Maospati Terminal on March 29, 2025, successfully achieved its main goal of introducing *jamu* (traditional herbal medicine) as a preventive health solution to the public. Through the distribution of 50 bottles of immune-boosting *jamu* made from natural ingredients such as turmeric, *temulawak* (Java ginseng), *pegagan* (centella asiatica), and *daun kelor* (moringa leaves), this activity not only provided direct health benefits by enhancing the immune system of terminal visitors but also offered education on the importance of maintaining health through natural and traditional means.

Led directly by the Chairman of DPC ASPETRI Ngawi, Mr. Musliadi Zakaria, the public received not only the immune-boosting *jamu* but also in-depth information about the properties and uses of natural ingredients in daily life. In addition, this activity had a positive impact in raising public awareness of the importance of maintaining health through natural approaches based on local wisdom. The distribution of *jamu* also helped reduce people's dependence on modern medicine, which is often more expensive and associated with side effects. Through this initiative, DPC ASPETRI Ngawi successfully demonstrated that *jamu* is not only useful as a remedy when one is sick but also serves as a preventive measure to maintain good health, particularly in facing unpredictable weather conditions.

Overall, this activity highlights the importance of synergy between tradition, culture, and health in creating a more sustainable healthy lifestyle. By continuing to promote and utilize *jamu* as a preventive health solution, it is hoped that society will become more mindful in maintaining their health and help preserve Indonesia's rich cultural heritage.

## **Acknowledgement**

We would like to extend our heartfelt gratitude to the people of Ngawi and all travelers who took the time to participate in this community service event at Maospati Terminal. Your presence and enthusiasm greatly contributed to the success of this event. Thank you for your attention and trust in receiving the benefits of the immune-boosting *jamu* we distributed, as well as your willingness to receive information about the importance of maintaining health through natural means.

We also wish to express our sincere thanks to all members of DPC ASPETRI Ngawi who worked tirelessly to make this event a reality. Without the support and cooperation of everyone involved, this event would not have run smoothly. In particular, we extend our appreciation to the Chairwoman of DPD ASPETRI East Java, Mrs. Hj. Hartaty Larasaty, Br.M., who continuously provided guidance and full support, and to the National Chairman of ASPETRI, Mr. Ir. H. Sugiman, Br.M., A.Md.Kes., S.Ud., for his outstanding support of this community service program.

We would also like to remind all travelers passing through Maospati Terminal to always take care of their health during their journey. By maintaining good physical condition, we hope everyone can reunite with their beloved families and celebrate Eid al-Fitr with joy.

Lastly, we wish you a blessed Eid al-Fitr 1446 H. Please accept our sincerest

apologies for any mistakes or shortcomings. May the days ahead bring peace, happiness, and good health to us all.

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