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# Ethnomedicine exploration of medicinal plants in Dayak Bakumpai and Ngaju Tribes, Central Kalimantan, Indonesia

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Laboratory of Plants Systematic, Faculty of Tarbiyah, Istitut Agama Islam Negeri Kudus. Jl.Conge Ngembalrejo, Kudus 59322, Central Java, Indonesia

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bstract. Lestariningsih N, Jalil M, Ayatusa'adah, Nirmalasari R. 2022. Ethnomedicine exploration of medicinal plants in Dayak akumpai and Ngaju Tribes, Central Kalimantan, Indonesia. Biodiversitas 23: 1163-1174. Dayak Tribes in Central Kalimantan still utilize traditional medicines from parts of plants as a hereditary inheritance. Knowledge about traditional medicines, however, has not been well documented and most of the traditional gatherer families do not want to be a gatherer. This could lead to the loss of tradition in concocting traditional medicine. Therefore, the research aims to conserve and preserve local wisdom by documenting additional medicine. medicinal plants used by gatherers and communities of the Dayak Bakumpai and Ngaju Tribes. Moreover, it aims to gather data of the use value of the traditional medicinal plant species of the Dayak Tribes. The research focuses on the ethnomedicine exploration of the Dayak Ngaju Tribe in Seruyan and Katingan and Dayak Bakumpai in Muara Teweh and Kapuar Samples are taken purposively and using a snowball sampling that results in 42 volunteered key informants. The key informants are atterviewed using a semi-structured questionnaire. The knowledge and practice of medicinal plants are analyzed using descriptive statistics of percentages. The research results indicate that the role of the gatherers and *Batra* in Bor is significant since they have knowledge of ethnomedicine in the efforts to maintain health and conserve the surrounding plants total of 60 plant species mixed by the *Batra*/local people and spread in 36 families. Species mostly found are from the Fabaceae and Lauraceae families. The use value of the species in the Dayak Tribe medicinal plants is in the range of 0.02-0.1 with the largest UVc value found in the species of Eurycoma longifolia Jack., Tinospora crispa Miers., Planchonia valida BI., Ficus deltoidea Jack., and Morus alba L. More surveys are suggested regarding traditional medicines with their chemical profile and pharmacological examination, especially in rural areas that still use traditional medicines.

Keywords: Dayak Tribe, ethnomedicine, medicinal plants

### INTRODUCTION

Borneo has forests that contain hundreds of plants that have been used by the surrounding communities for thousands of years for treatment, culinary, construction, and others (UNORCID 2014). World Health Organization (WHO) states that the term of ethnomedicine or traditional medicine as knowledge, skills, and practice based on theories, beliefs, and experiences of various cultural habits used in health care, prevention of diseases, and improvement of physical and mental performance and have been used from generation to generation (Choi 2008). Information on ethnomedicine on the utilization of plants and ethnobotany is limited (Pereus et al. 2019), likewise the importance of studying ethnomedicine in the treatment practice conducted by Tetun thnical group in disease prevention and treatment (Taek Tal. 2019). The potential of local wisdom in the utilization of plants as a medicine in community culture needs to be examined and preserved (Dalazet al. 2018). The utilization of ethnomedicine as a basic data for further research and to conserve local medicine (Sukmasari et al. 2019). Herbal medicine or traditional herbs have been developed and promoted by Muslim countries and China (Heyadri et al. 2015). The herbs are used as a medicine and to prevent diseases (Yaniv

2014). The sustainability of ethnomedicine from the past to the future has impacts on the economy and ecology (Mondal et al. 2022) and preserves valuable assets for futur<sub>13</sub> enerations (Thangliankhup et al. 2022). Traditional herbs play a significant role in fulfilling the primary health need of communities who live in the surrounding areas (Mir et al. 2021).

Knowledge of ethnomedicine of the Dayak Ngaju people originates from plants that are used medically (Luardini et al. 2019), such as the continuation of traditional treatment by the tribes in India (Singh et al. 2022). It is necessary to study the natural compounds of a plant in traditional medicine to gather information about new medicines (Yaniy 2014). Various studies indicate that plants have several biological activities benefiting human health (Pucot and Demayo 2021). A pharmacological test is employed as a follow-up of an ethnobotanical survey in different local communities and indigenous groups (Amiri et al. 2014; Guzman Gutierrez et al. 2022; Schultz et al. 2021), It reaffirms ale importance of knowledge of traditional medicine in the new medicine discovery and development processes. Knowledge of traditional medicine that is rich of medico-botanical aspects (Roy et al. 2022). The Dayak Tribes are native tribes in Central Kalimantan that still consult with a gatherer of traditional medicine

(*Batra*) when they have health issues and to maintain health. *Batra* will then prepare a prescription for medicine made from plants. When the traditional herb prescriptions are not passed down or undocumented will result in the loss of knowledge which is the local wisdom that needs to preserve.

The efficacy traditional medicines used by Batra and local communities makes use of plants and various methods and processes in developing medicine from ethnomedicine. Exploration and inventory of medicinal plants and their local wisdom-based utilization in the community need to be conducted (Mustofa and Mujahid 2017). Therefore, the research aims at collecting ethnomedicine as an effort to conserve biodiversity and protect the inherited culture conducted by the Dayak Tribe in Central Kalimantan and plant-based drug independence. The research has a broader scope compared to previous research that focused on ethnomedicine in Dayak Jangkang Tribe (Supiandi et al. 2021). Moreover, the research aims to calculate the UVc value of each species collected from interview results and informants of Dayak local people. Mustofa and Mujahid (2017).

#### MATERIALS AND METHODS

Central Kalimantan Province, Indonesia has 13 districts and a city. Its geographical location is between 0°45' N to 3°30′ S and 111°-116° E. The study was conducted in several districts in Central Kalimantan, namely, Seruyan District (111° 49'-112° 84' E, and 0° 77'-3° 56' S), Katingan District (1°14'4,9"-3°11'14,72" S and 112°39'59"-112°41'47" E), North Barito (114° 27' 00"-115° 49' 00" E and 0° 58' 30" EL-1° 26' 00" S), Kapuas District (0° 8' 48"-3° 27' 00" S and 113° 2' 36"-114° 44' 00" E), and Palangka Raya City (113°30'-114°04' E and 1°30'-2°30' S). About 45.98% of the population is the Dayak tribe which spreads in almost areas of Central Kalimantan. This province has an area of 153,564 km<sup>2</sup> or 8.04% of the total land of Indonesia. The geography of the north part consists of Muller Swachner mountains and hills, whereas the south part comprises lowlands, swamps, and smacks. The area has a humid tropical climate and is crossed by the equator. 80% of its area is dominated by forests, primary forests that left 25% of the total area (BPS-Statistics of Kalimantan Tengah Province 2022). Sampling was conducted in 4 districts, namely North Barito, South Barito, Katingan, and Seruyan, and one city, which was Palangka Raya (Figure 1).

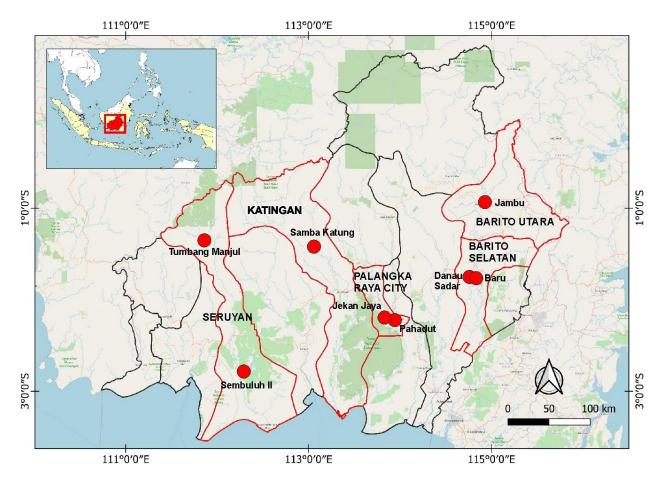


Figure 1. Ethnomedicine exploration research sites in Central Kalimantan, Indonesia

#### Data collection and sample

The research sampling was carried out from July 2020 to October 2021 by considering health protocols stated by the Intercity/district Task Force for COVID-19 prevention. The selection of informant samples to be interviewed was conducted using purposive and snowball approaches. The first step was semi-structured interviews with key informants, namely the local community, to get one or several people who have knowledge or good experience in traditional treatment. The second step after the interviews was asking the informants to recommend other persons to become the next informants. The person chosen to be an informant must meet the following criteria, (i) Dayak indigenous people; (ii) have experience in the utilization of traditional mediane, namely gatherer or *Batra*, family of *Batra*, patients, or family member of the patient; (iii) gain knowledge of traditional treatment from medical practices by parents or Batra at home or in the village; and (iv) gain agreement based on the initial information without coercion and agreement for a semi-structured interview. The third step was a focus group discussion, exploration, and identification of medicinal plants. All data gathered were coded and applyzed using Microsoft Excel Spreadsheet Software. The semi-structured questionnaire was modified and adapted from the ethnobotanical survey of (Kadii et al. 2022; Alduhisa and Demayo 2019; Widodo 2019; Aati et al. 2019) with modification and translation for the Dayak language (a local language mostly used in the regions). The questionnaires distributed to the informants contained questions about demographic information, such as name, age, gender, ethnic group/types of Dayak tribe, level of education, civil status, occupation, and religion. Other questions included the name of local plants used as medicine for certain diseases and the composition of the herbal ingredients used, parts of the plant used, method of concocting, the amount and frequency of administration, and the origin of the herbs utilization by the native people of Dayak Tribe.

#### Collection and identification of plants

The data collection of plant specimens during the visit was assisted by the informants and local guides. The plant specimens were photographed as a whole and parts were utilized. The interview process was recorded in terms of how the plant is used, the habitat, the area name, and the local name. Based on the field observations, interviews, and discussions with informants, identification of the discovered plant specimen samples was conducted. The researchers, at first, identified samples, and the botanists and taxonomists helped in the identification and final validation. The plants were then validated by checking their spelling, synonym, family classification, and distribution using Plants of the World Online (POWO; www.plantsoftheworldonline.org).

#### Data analysis

The collected data of the results of observations and field records, interviews, and discussions with the informants were typed neatly and analyzed to gain data required in the form of (i) local concepts on diseases and

the causes, (ii) prevention and treatment methods, and (iii) types of a plant used for the disease prevention and treatment. The three aspects were analyzed qualitatively regarding the philosophy of the Dayak ethnic groups in Central Kalimantan and the ethnomedicine practice in preventing and treating disease. Further, the local name of each plant was identified along with their scientific name based on the results of specimen identification. The obtained medicinal plants were then calculated for their Use Value 16 as suggested by Phillips and Gentry (1993) and adapted by de Albuquerque et al. (2007). The calculation formula is as follows.

$$UVc = \frac{\sum Uis}{ns}$$
Where:
$$UVc$$

$$\sum Uis$$

$$UVc$$

$$total number of use citations by all informants for certain species,
$$total informants (ns)$$$$

#### **RESULTS AND DISCUSSION**

Knowledge of traditional medicinal plants by Dayak people in Central Kalimantan was gained from the results of interviews with 40 locals in several villages in the four districts and one city. The respondents consisted of more females (55%) than males (45%) and mostly aged 50-65 years old (48%). The level of education of the respondents was a mainly elementary school (52%). The results indicate that women and those less educated are accustomed to using traditional herbs of the Dayak tribe. Other studies on ethnobotany also suggest that women know more about knowledge of traditional prob plants than men (Pucot and Demayo 2021; Tantengco et al. 2018; Balinado and Chan 2017; Abe and Ohtani 2013). The lower level of educational achievement, which is elementary school, was prominent (52%) in understanding the traditional herbs. This is in contrast with research by (Tantengco et al. 2018; Abe and Ohtani 2013). The informants were mostly housewives (38%), followed by traditional herbs gatherers of the Dayak tribe/ Battra (31%), farmers (24%), and other existing occupations (7%). The profile of the informant characteristics is presented in Table 1.

The majority of the informants acquired knowledge of ethnomedicine from their parents or family, which was 49%, 35% of them received the knowledge through traditional herbs gatherer/*Battra*, and the remaining 16% of them received the knowledge by self-learning. The common method used in consuming traditional medicine was by drinking (88.3%) and applying it (11.7%). Plant ingredients made as the traditional medicine were largely collected from the woods that wildly grew (55%), types of other medicinal plants were taken from the surrounding environment (35%), whereas the other 10% of the plants were collected from the community.

Table 1. Characteristics of key informants in Central Kalimantan, Indonesia

| Category   | Sub-category   | Number of informants | % informant |
|------------|--|----------------------|-------------|
| Address    | amba Katung Village, Central Katingan Sub-district, Katingan District              | 15                   | 36%         |
|            | Baru Village, Danau Sadar Village, South Dusun Sub-district, South Barito District | 10                   | 24%         |
|            | Jambu Village, Teweh Baru Sub-district, North Barito District                      | 5                    | 12%         |
|            | Pahandut dan Jekan Raya Sub-districts Palangka Raya City                           | 8                    | 19%         |
|            | Tumbang Manjul Village and Sembuluh II Village Seruyan District                    | 4                    | 9%          |
| Education  | SMP (junior high school)   | 20                   | 48%         |
|            | SD (elementary school)   | 22                   | 52%         |
| Gender     | Male   | 19                   | 45%         |
|            | 22 emale   | 23                   | 55%         |
| Age        | 5-49 years old   | 14                   | 33%         |
| C          | 50-65 years old  | 20                   | 48%         |
|            | > 65 years old   | 8                    | 19%         |
| Occupation | Gatherer/Batra   | 13                   | 31%         |
| •          | Farmer   | 10                   | 24%         |
|            | Housewife (IRT)  | 16                   | 38%         |
|            | Etc.   | 3                    | 7%          |

The ingredients of medicinal plants are collected every year (13%), every month (43%), every week (18%), and every day (12%), and taken when needed (12%). Some of them require a specific time in collecting certain medicinal plant ingredients, namely on Friday. Moreover, certain medicinal plants are taken by men only. The collection of certain medicinal plant ingredients is conducted once a week on Friday, which is a recommended day in the Islamic religion and it is also a practice that is conducted by several cultural tribes and other countries (Rebuya et al. 2020; Napoli 2008). Prior to picking or collecting plants and before consuming the medicine, the patients must say "Basmallah" (in the name of God) and after consuming the medicine they convince themselves by saying "Biidznillah" (with God's permission) then their diseases can be cured. They believe that God will cure them through the traditional herbs from the surrounding plants. Certain plants could have medicinal effects for several diseases, such as keratau, pulai, tawar seribu, tabat barito, putat, and so on. The utilization of formulas from several plants still requires an investigation since it is likely that herb interaction could generate antagonist effects or synergy effects (Guardo al. 2017). The aim is that the use of traditional herbal medicines can be effective on a regular basis and does not coincide with chemical drugs. The followings are samples of documentation when identifying and interzewing the process of gathering traditional medicines in Dayak Bakumpai and Dayak Ngaju tribes in Central Kalimantan as indicated in Figure 2 and 3.

A total of 60 types of plant are found in the research that are useful for traditional medicine. The plants spread in the family of Fabaceae and Lauraceae (5 species each), Myrtaceae, Rubinaceae, Zingiberaceae, and Menispermae (3 species each), Vitaceae, Acanthaceae, Meliaceae, Arecaceae, Euphorbiaceae, Verbenaceae, Dipterocarpaceae, and Moraceae (2 species each), Apocynaceae, Malvaceae, Asparagaceae, Marattiaceae, Blechnaceae, Passifloraceae, Crassulaceae, Poaceae. Oxalidaceae, Rutaceae, Dilleniaceae, Lecythdaceae, Annonaceae, Cucurbitaceae, Piperaceae, Santalaceae,

Labiataceae, Asteraceae, Lamiaceae, Liliagae, Thymelaeaceae dan Simaroubaceae (1 species each). The traditional medicinal plants are mostly in the family of Fabaceae and Lauraceae, which is 8% each (5 species). Overall, the plant family used for the traditional medicines in Central Kalimantan presented in Figure 3.

Figure 2 shows that plant families mostly utilized by the Dayak Bakumpai and Dayak Ngaju tribes include Fabaceae and Lauraceae with a percentage of 8%. This is followed Myrtaceae, Zingiberaceae, Rubiaceae, Menispermaceae with a percentage of 5% each, and the remaining family is in the percentage of 5%. According to Asfaw and Abebe (2021), the Fabaceae familias used for traditional medicine in Ethiopia for snakebites 5 species), the evil eye (19 species), and wounds (18 species) in various regions of the country. The research regist (Kalima and Denny 2019) indicated 2,253 individuals in 9 species, 77 genera, and 12 families. Families that have the most number are 12 families. Euphorbiaceae, Sapotaceae, Dipterocarpaceae, and Lauraceae. The Fabaceae family in the interior of Borneo is used as external medicine (tinea versicolor) and internal medicine (diabetes). The utilization of Fabaceae is by using its vegetative and generative organs by pounding or boiling them. Bajakah plant is one of the plants from the Fabaceae family that went viral in 2019 since it is believed by the Borneo prople as an anticancer. Researchers from Brazil state that abaceae is one of the largest families that has an ethnopharmacological importance for humans and livesto (Macêdo et al. 2018). Likewise, the Lauraceae family is potential source for a chemopreventive agent that targets the Nrf2/ARE pathway (Shen et al. 2014). This family is interesting due to the cytotoxic and neuroactive alkaloids produced (Wiart 2006). Further study must identify lants that can be selected for their pharmacological effects and chemical compositions (Andrade-Cetto and Heinrich 2011).

**Table 2.** Traditional medicine used by the gatherer/*Batra* and local people

| Scientific name   | Family           | Local name             | Disease treatment                                   | Parts of<br>the plant<br>used | Preparation and administration   | Amount or dose   | Frequency/duration  |
|---|------------------|------------------------|---|-------------------------------|--|--|---|
| Andrographis<br>paniculata<br>(Burm.f.) Wall ex<br>Nees | Acanthaceae      | Sambiloto              | Diabetes  | Lf                            | 7 leaves are washed and boiled   | Drink the boiled water                                 | Drink three times a day after meals                               |
| Strobilanthes<br>crispus BI                             | Acanthaceae      | Keci beling            | Back pain due to wrong sitting or a lot of activity | Rt                            | Roots are cleaned and soaked in the water in the bottle for 24 jam   | Drink the root soaking water                           | 1 cup a day   |
| Cananga adorata   | Annonaceae       | Kenanga                | Diabetes, antidote to animal bites                  | Brk                           | The barks are dried and then washed, and boiled with water   | Drink the boiled water                                 | Drink after every meal  |
| Alstonia<br>iwahigensisElmer                            | Apocynaceae      | Pulai                  | Diabetes, hypertension, malaria                     | Brk                           | 3-4 grams of barks are boiled with 3 cups of water until 2 cups remain and then filtered   | 1 cup  | Drink in the morning and the evening                              |
| Areca catechu   | Arecaceae        | Pinang                 | Diabetes  | Rt                            | Roots are dried and then mashed and brewed with hot water like making a coffee   | The root powder is brewed with hot water               | Drink one cup in the morning and the even 12                      |
| Cocos nucifera  | Arecaceae        | Enyuh                  | Diabetes  | Rt                            | Pound the dried roots and boiled   | Drink the water  | Drink wice a day in the morning and the evening                   |
| Cordyline fruticosa                                     | Asparagaceae     | Andang<br>hijau/sawang | Lung diseases                                       | Brk                           | Separate the skin from the stem about 50 cm. Scrape the inside part of the skin using a tablespoon, add 100ml of water and mix well and then filter. | Drink the water and the dregs are smeared on the chest | Do it regularly 2 times a day until the lungs condition improves. |
| Smallanthus<br>sonchifolius                             | Asteraceae       | Insulin                | Diabetes  | Lf                            | Insulin leaves are boiled and drink the boiled water   | Drink until healed                                     | Drink the boiled water one cup twice a day                        |
| Stenochloena palustris (burm.F.) Bedd.                  | Blechnaceae      | Paku haruan            | Medicine for male stamina                           | Rt                            | Soak roots or boil with water  | Drink the boiled or soaked water                       | 1 cup in the morning and the evening                              |
| Kalanchoe<br>blossfeldiana                              | Crassulaceae     | Cocor bebek            | Heals scratches/falls/<br>sharp object cuts         | Lf                            | Grind young leaves until smooth  | Apply it to the wound                                  | Apply it to the wound 2 to 3 times a day                          |
| Momordica<br>charantia                                  | Cucurbitaceae    | Pare                   | Diabetes  | Pdt                           | Bitter melon is swashed and cut and then blended with a cup of water. Drink the water  | Drink the fruit juice                                  | One cup, twice a day  |
| Tetracea sp.  | Dilleniaceae     | Hampelas<br>Bajang     | Cure scratches/cuts                                 | Lf                            | Young leaves are kneaded by hand and add a little water  | Apply to the wound                                     | Apply 3 times a day   |
| Dipterocarpus<br>hasseltii                              | Dipterocarpaceae | , ,                    | Diabetes,   | Rt, Brk                       | Roots and bark are taken and then washed and dried. Boil the potion when using it  | Boil the dried roots and bark                          | Drink the boiled water 3  |
| Shorea smithiana  | Dipterocarpaceae | Mahambung              | Diabetes  | Lf                            | Take the tip of <i>mahambung</i> leaves, boil them and drink the water   | Drink the boiled water                                 | ne cup twice a day  |
| Baccaurea<br>lanceolata<br>(Miq.)Muell.Arg              | Euphorbiaceae    | Limpasu                | Diabetes and stomachache                            | Rt, Lf                        |  | Drink the boiled water                                 | Drink one cup in the morning and the evening                      |

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|---|---------------|----------------------|---|----------|---|---|--|
| Euphorbia tirucalli<br>Linn                 | Euphorbiaceae | Kayu patah<br>tulang | Painful bone disease and skin diseases such as                  | St, Rt   | The roots and stems are sun-dried and boiled  | Drink 1 cup of the boiled water   | Twice a day until the sugar level drops  |
|   |               |                      | warts   |          |   |   | 14   |
| Bauhinia purpurea                           | Fabaceae      | Tawar Seribu         | Hypertension, diabetes, cholesterol                             | Rt       | Boil the roots  | Drink the boiled water  | Drink 14 Drink 2 ames a day  |
| Bauhinia sp.                                | Fabaceae      | Cawat<br>Anuman      | Smooth the birth process  | Lf, Rt   | Fresh leaves and roots are crushed and shaped into rounds   | Swallow the round shape of<br>the crushed fresh leaves and<br>roots                           | Drink it in the morning and the evening  |
| Senna alata (L.)<br>Roxb.                   | Fabaceae      | Gulinggang           | Tinea versicolor, relieve inflammation, antidiabetes            | Lf,      | Leaves are pounded and applied them on<br>skin that have tinea versicolor or<br>experiences inflammation. Boil the leaves<br>and drink the boiled water   | Apply on sore or inflamed skin  | Drink 1 cup 8 the<br>boiled water times a<br>day                                 |
| Spatholobus<br>littoralis                   | Fabaceae      | Akar Mohor           | Diabetes  | Rt       | Roots are dried, chopped, and mashed by<br>pounding or with a blender. The root powder<br>is then brewed or boiled  | Drink one cup of the boiled water   | Regularly 2 or 3 times a day.  |
| <i>Uncaria gambir</i> roxb                  | Fabaceae      | Bajakah<br>kalalawit | Diabetes  | Rt, St   | Boil and drink the boiled water.  | Drink 1 cup of the boiled water   | Twice a day  |
| Orthosiphon stamineus Benth.                | Labiataceae   | Bawi Hatue           | Diabetes  | Rt, Lf   | Wash 7 leaves and 1 root segment and boil them with enough water  | Usually, blood sugar returns<br>to normal in 4 days, drink<br>until the sugar level is normal | rink one cup of the boiled water twice a day                                     |
| Vitex pinnata L                             | Lamiaceae     | Kayu<br>Halaban      | Malaria, diabetes,<br>maintain stamina                          | Lf, Rt   | Take 5 leaves and boil. The root parts are grated into powder and then boiled for 15 minutes and cooled   | Drink 1 cup of the boiled water   | wice a day in the morning and at night   |
| Cinnamomum<br>burmanni                      | Lauraceae     | Kayu Manis           | Diabetes  | Brk      | Soak the bark (3 cm) at a cup of water and leave it overnight   | Drink the water   | In the morning before meals  |
| Eusideroxylon<br>zwageri                    | Lauraceae     | Kayu<br>Tabalien     | Diabetic wound  | Brk, Se  | The bark or seeds are ground into powder  | The powder is brewed with water or applied to the wound of diabetic people.                   | Drink in the morning<br>and afternoon and apply<br>to the wound every 6<br>hours |
| Eusideroxylon<br>zwogeri Teijs. et<br>Binn. | Lauraceae     | Ulin                 | Kidney, to blacken hair and prevent gray hair                   | Lf, Pdt  | Leaves are pounded. Take the inside part of the fruits and mix them with coconut oil  | Kidney: smeared on the stomach and smeared on hair  | Do it 3 times a day  |
| Litsea angulate                             | Lauraceae     | Kalangkala           | Hemorrhoid  | Rt, St   | Roots and stems are grated and then roasted. Furthe the roasted roots and stems are mashed and mixed with a little cooking oil then apply it on the hemorrhoid part. Roots and stems are boiled and drink the boiled water. | 11 pieces of root and stem in<br>a size of 5cm for 5 cups of<br>water                         | Drink one cup twice a day in the morning and the evening                         |
| Pternandra rostrata                         | Lauraceae     | Kayu<br>Kamasulan    | Diabetes  | St       | Stems are cut into small pieces, washed, and boiled   | Drink the boiled water  | Drink or 3 times a day routinely.  |
| Planchonia valida<br>BI.                    | Lecythdaceae  | Putat                | Bronchitis, gingivitis, to control stomach acid level, diabetes | Lf       | The tops of the leaves are washed and consumed immediately or dry the leaves and then brew with hot water like making a tea   | Drink the brewed water or directly consume the leaves   | Drink 3 times a day  |

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|----------------------------------|----------------|--------------------|---|---------|--|--|---|
| Eleutherine bulbosa              | Liliaceae      | Bawang tiwai       | Anti-cancer, diabetes                           | Rz      | Take parts of the plant tuber and boil with water  | Drink 1 cup of the boiled water  | Once a day until the symptoms subside   |
| Hibiscus rosa-<br>sinensis       | Malvaceae      | Kembang<br>sepatu  | Reducing fever due to flu                       | Lf      | Young leaves are soaked with warm water for 4-5 minutes  | Rub all over the body  | Do it 3 times a day   |
| Angiopteris avecta               | Marattiaceae   | Umbi hati<br>tanah | Cancer, tumor, and other internal diseases      | Rz      | The rhizome powder is brewed with water or boiled  | Drink the water  | Twice a day   |
| Aglaia elliptica<br>(C.DC) Blume | Meliaceae      | Mata-mata          | Tumor, cancer                                   | Lf, Brk | Bark stew can be used traditionally to cure tumors, whereas, leaves can be used as medicine for wound and cancer prevention.   | rink one cup of the boiled water   | In the morning and the evening  |
| Swietenia<br>macrophylla         | Meliaceae      | Mahoni             | Diabetes  | Pdt     | The fruits are dried and ground into powder. Brew the powder with warm water   | Drink one cup of the boiled/brewed water   | Consume regularly 2 to 3 times a day  |
| Arcangelisia Flava               | Menispermaceae | Akar Kuning        | Diabetes, jaundice                              | Rt, Lf  | Roots and leaves are ground into powder  | Powdered roots and leaves are<br>brewed with hot water until it<br>changes color. Filter the water                         | Drink the brewed water regularly 2 or 3 times a                                   |
| Tinospora crispa                 | Menispermaceae | Penawar<br>Sampai  | Diabetes  | Pt, St  | Leaves and stems are dried and washed. Boil them with water.   |  | Regularly for 2 or 3 times a day  |
| Tinospora crispa<br>Miers        | Menispermaceae | Penawar<br>gantung | Diabetes, rheumatic, itching, sores             | Brk, Lf | Barks and leaves are ground and then boiled or brewed with hot water   | One cup a day  | Can be drunk once a day until healed or poured on the itchy                       |
| Ficus deltoidea<br>Jack          | Moraceae       | Tabat Barito       | Diabetes, diarrhea, cough with phlegm, tumor    | Lf, Rt  | Wash roots and leaves and boil them for 3-4 minutes  | Filter the boiled water and drink it   | Drink 14 mes a day  |
| Morus alba L.                    | Moraceae       | Keratau            |   | Lf      | Boil 1 handful of fresh leaves   | Drink the boiled water   | 1 cup in the morning and the evening  |
| Psidium guajava L                | Myrtaceae      | Jambu biji         | Diarrhea  | Lf      | 2-3 young leaves are pounded   | Consume and rub  | Do it 3 times a day   |
| Rhodomyrtus<br>tomentosa         | Myrtaceae      | Karamunting        | Diabetes, malaria, sharp object injuries        | Lf      | Wash leaves and fruits, dry them and grind<br>them into powder. Brew the powder with<br>water like brewing coffee.   | Boil the leaf powder and drink   | Twice a day in the morning and at night   |
| Syzygium<br>myrtifolium          | Myrtaceae      | Patindis           | Eye pain and diabetes                           | Lf, Rt  | -For eye pain: young leaves of <i>Patindis</i> are boiled and put in a container. We open our eyes in the water after it is cold -for diabetes, patindis <i>roots</i> are dried and then boiled and drink the boiled water | -for the eye: use it when eyes<br>are a bit blurry/not clear<br>-for diabetes: and drink it<br>until the sugar level drops | -for the eye-use as<br>needed<br>-for diabetes, root stew<br>is taken twice a day |
| Averhoa bilimbi L                | Oxalidaceae    | Belimbng<br>tunjuk | Reduce blood pressure                           | Pdt     | 1-2 fruits are cut and boiled in boiling water for a minute and filtered   | rink the water   | Drink 3 times a day after meals   |
| Passiflora foetida<br>L.         | Passifloraceae | Keleng kemot       | Diabetes  | Wh      | Wash and boil with water   | Drink the water  | 1 cup in the morning and the evening  |
| Piper cronatum                   | Piperaceae     | Sirih<br>bahandang | Diabetes, to heal wounds and prevent infections | Lf      | -young betel can be consumed immediately<br>if the person is strong. If not, he/she could<br>drink the boiled water of the young betel   | 1 cup  | Drink twice a day   |

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|-------------------------------|---------------|------------------------------|--|----------|--|--|--|
| Cymbopogon nardus L. Rendle   | Poaceae       | Serai                        | Stomachache  | St       | Stems are pounded and boiled in boiling water, 2-3 minutes   | Drink when you have a tomachache                   | Drink 1 cup every time you have a stomachache  |
| Morinda citrifolia<br>L.      | Rubiaceae     | Mengkudu                     | Hypertension, diabetes   | Pdt, Brk | Fruits and barks are cleaned, boiled, and let stand until cold. Once cold, filter the water and put it in the bottle and ready to be enjoyed warm. | rink one cup of the boiled water                   | Drink 3 times a day  |
|                               |               |                              |  |          | or<br>Yellowish fruits are mashed, squeezed, and<br>filtered to get the water to drink.  |  |  |
| Myrmecodia<br>pendens         | Rubiaceae     | Sarang semut                 | Cancer and tumor   | Rz       | The tubers are sliced crosswise and made into powder. Brew the powder with hot water   | Drink one cup of the powder<br>boiled/brewed water | Regularly 2 to 3 times a day.  |
| Nauclea orientalis            | Rubiaceae     | Pohon taya                   | Black spots on face  | Lf       | Mashed the leaves and peel the inside part of<br>the bark and then mix them. Apply them to<br>the face.  | of the day as a cold powder                        | Use enough leaves and bark for 1-time  |
| Luvunga<br>eleutheandra Dalz. | Rutaceae      | Seluang<br>belum             | Maintain stamina   | St       | Soak with water. Both husband and wife should drink the potion to be more nutritious   | Drink the soaked water                             | cup of water in the morning and the evening  |
| Santalum album L.             | Santalaceae   | Kayu<br>cendanamerah         | Cure diabetic wounds, cholesterol                              | Brk      | Barks are ground into powder and brewed with hot water until it changes color. Filter the water  | Drink one cup of the brewed water                  | Drink the prewed water regularly or 3 times a day  |
| Eurycoma<br>longifolia Jack   | Simaroubaceae | Pasak bumi                   | Anti-malaria, anti-cancer, anti-leukemia, increase body immune | Rt       | The roots can be boiled or brewed with hot water then drink  | Drink 1 cup of the boiled water                    | Twice a day until the sugar level drops  |
| Aquilaria<br>malaccensis      | Thymelaeaceae | Garu                         | Diabetes   | St       | The stems are made into powder and then brewed or boiled with water  | The stem powder is brewed/boiled                   | Tak 38 egularly 2 or 3 times a day   |
| Peronema<br>canescens Jack    | Verbeaceae    | Sungkai sayur                | Diabetes   | Rt       | Boil the <i>sungkai sayur</i> roots with enough water about a quarter liter for 1 small root   | One cup  | Drink once a day   |
| Vitex trifolia                | Verbenaceae   | Gundi                        | Diabetic wound   | Lf       | Leaves are boiled  | Leaf boiled water                                  | Wash the wounds in the morning and the evening   |
| Ampelocissus<br>rubiginosa L  | Vitaceae      | Tawas Ut                     | Liver disease, poison neutralizer, diabetes                    | Rz       | Root tubers are cut 3-5 cm and boiled with water   | Drink the boiled water                             | Drink routinely three times a day  |
| Cayratia sp.                  | Vitaceae      | Gamat                        | Heal cuts and scratches  | Lf       | Take the leaves and crushed them by hand   | Apply it to the wound                              | Apply it to the wound as often as possible   |
| Alpinia golonga<br>Willd.     | Zingiberaceae | Lemas                        | Diabetes, skin diseases, such as tinea versicolor              | Rz       | Root tubers are cut 3-5 cm and boiled with water   | Drink the boiled water and rub the root tubers     | Drink routinely three<br>times a day and for skin<br>diseases, rub the tubers<br>three times a day |
| Curcuma<br>aeruginosa rxb     | Zingiberaceae | Henda babilem/<br>temu hitam | To heal sore and diabetes                                      | Rz       | Dry the tuber and then mash and mix with hot water   | Drink 1 cup  | Drink twice a day until<br>the pain subsides   |
| Curcuma domestica             | Zingiberaceae | Janar                        | Fever, cough, prolonged flu                                    | Rz       | Grind 1-2 rhizome fruits until smooth and mix it with wet lime and stirred until mixed   | Do it 3 times a day                                | Rub evenly   |

Note: Parts of plant ased: Brk: bark; Pdt: fruit; Lf: leaf; Pt: petiole; Rt: root; Rz; rhizome; Se: seed; Sh: shoot; Sp: sap; St: stem; Wh: whole plant: I: internal; E: external.



Figure 2. Samples of identification traditional medicine of ayak Bakumpai and Dayak Ngaju Tribes, Central Kalimantan, Indonesia



Figure 3. Samples of traditional medicine gathering of Dayak Bakumpai and Dayak Ngaju Tribes

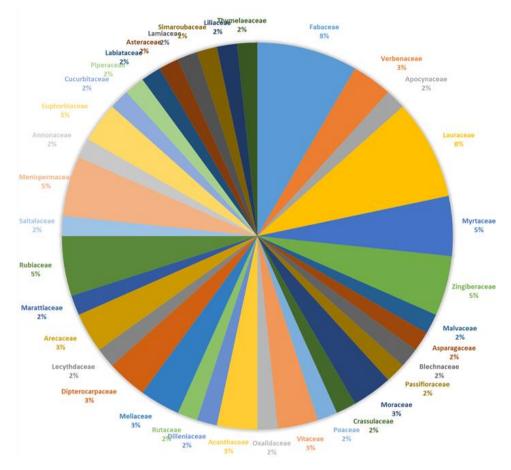


Figure 3. Plant families used as traditional medicines in Central Kalimantan, Indonesia

Table 3. Use Value of traditional medicinal plant species of ayak Bakumpai and Dayak Ngaju Tribes in Central Kalimantan, Indonesia

| Species  | Number of species | Percentage | Uvs  |
|--|-------------------|------------|------|
| Peronema canescens, Uncaria gambir, Eusideroxylon zwageri, Pternandra rostrata, Smallanthus sonchifolius, Orthosiphon spicatus, Andrographis paniculata, Shorea smithiana, Momordica charantia, Tinospora crispa, Cinnamomum burmannii, Aquilaria malaccensis, Spatholobus littoralis, Swietenia macrophylla Litsea angulate, Areca catechu, Nauclea orientalis, Cocos nucifera, Dipterocarpus hasseltii, Luvunga eleutherandra, Tetracea sp., Bauhinia sp., Strobilanthes crispus, Averrhoa bilimbi, Cayratia sp., Cymbopogon nardus, Kalanchoe blossfeldiana, Passiflora foetida, Stenochloena palustris, Cordyline fruticosa, Hibiscus rosa-sinensis, Psidium guajava, Vitex trifolia | 33                | 55%        | 0.02 |
| Curcuma aeruginosa, Eleutherine bulbosa, Euphorbia tirucalli, Syzygium myrtifolium, Alpinia golonga, Baccaurea lanceolata, Cananga adorata, Arcangelisia flava., Morinda citrifolia, Myrmecodia pendens, Aglaia elliptica  | 11                | 18.33%     | 0.05 |
| Vitex pinnata, Rhodomyrtus tomentosa, Ampelocissus, rubiginosa, Piper cronatum, Santalum album, Angiopteris avecta, Senna alata, Curcuma domestica, Eusideroxylon zwogeri, Alstonia iwahigensis, Bauhinia purpurea   | 11                | 18.33%     | 0.07 |
| Eurycoma longifolia, Tinospora crispa, Planchonia valida, Ficus deltoidea, Morus alba  | 5                 | 8.33%      | 0.10 |

The current research also reports the UVc values to find out a use value of each species in Central Kalimantan. The method evaluates the relative interest of each medicinal plant species based on its relative utilization among the informants. The index is useful to analyze the utilization of a species and compare plants between the same samples. Following the use value of medicinal plant species of Dayak Bakumpai and Dayak Ngaju tribes in Central Kalimantan.

Table 3 indicates that only 8.33% of the plants have a UVc value of 0.10. The plants are Eurycoma longifolia, Tinospora crispa, Planchonia valida, Ficus deltoidea, and Morus alba. Dayak people utilize these plants as antimalaria. The research results suggest that tongkat ali (Eurycoma sp.) has anaphrodisiae ffect and intermittent fever (malaria) in Asia (Rehman et al. 2016). Eurycoma plant has a local name of pasak bumi, whereas in Malaysia it is known as Tongkat Ali. Next is Brotowali plant which is easy to live in the tropics, including in Borneo (Malik 2015). *Brotowali* (*Tinospora cri* 39) is utilized as a drug for diabetes by the Dayak people. Ahmad et al. (2016) state that the plant has pharpy cological activities as antidiabetes since it contains alkaloids, flavonoids, flavone diterpenes, glycosides, triterpenes, glycosides, cis clerodane-type furanoditerpenoids, lactones, sterols, lignans, and nucleosides. Daun putat (Planchonia) has benefits to treat Bronchitis, gingivitis, controlling stomach acid levels, and diabetes. Hasibuan (2018) explains that daun putat contains phenolic compounds of gallic acid type. Ficus deltoidea (tabat barito) is useful for diabetes, diarrhea, cough with phlegm, and tumor diseases. According to Rosnah et al. (2015), selayar or tabat barito is a native plant from Malaysia that plays a role as the main

source of anti-oxidant. Lastly, *Keratau* (*Morus alba*) is believed by the Dayak Tribe to smooth breast milk, diabetes, hypertension, and rheumatism. Parts used from the plant aret the leaf organs. The substantial number of the plants used by the Dayak Bakumpai and Dayak Ngaju tribes is a finding that can be a foundation for developing laboratory-based modern medicinal plants. Years of empirical practice have been conducted by inland Dayak tribes in performing self-medication efforts to stay survive. The gatherers and *Batra* in Borneo play a significant role in preserving local plants for conservation purposes and maintaining body health.

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