



## Effectiveness Of Local Traditional Medicine In Treating Mild Health Complaints

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### ABSTRACT

Local traditional medicines have long been used by the community as an alternative treatment to overcome various minor health complaints. This study aims to analyze the effectiveness of the use of local traditional medicines in treating minor health complaints such as coughs, fever, and digestive disorders. The research method used a quantitative approach with a cross-sectional design on 120 respondents. Data were collected through questionnaires and analyzed using the chi-square test. The results showed that 70% of respondents who used traditional medicines experienced improvement in symptoms within 2–3 days. There was a significant relationship between the use of traditional medicines and improved health conditions ( $p < 0.05$ ). It was concluded that local traditional medicines are quite effective in treating minor health complaints.

**Keywords:** Traditional Medicine, Minor Health, Herbal, Effectiveness

### 1. INTRODUCTION

Minor health complaints such as coughs, fevers, headaches, and digestive problems are common. Generally, these conditions do not require intensive medical treatment and can be managed independently.

In Indonesia, the use of local traditional medicines such as herbal medicine, herbs, and natural concoctions has become part of the public health culture. Traditional medicines offer advantages such as being readily available, affordable, and relatively safe when used correctly.

The effectiveness of traditional medicine is often questioned due to a lack of scientific evidence supporting its widespread use. Therefore, research is needed to assess its effectiveness in treating minor health complaints.

This study aims to analyze the relationship between the use of local traditional medicine and improvements in health conditions for minor complaints.





## 2. RESEARCH METHODS

### a. Types and Design of Research

This study used a quantitative analytical approach with a cross-sectional design. This design was chosen to determine the relationship between the use of local traditional medicine and its effectiveness in treating minor health complaints at a single observation point.

The quantitative approach allows for objective measurement of variables as well as analysis of relationships between variables using statistical tests.

### b. Location and Time of Research

The research was conducted in the community environment of the research area. Data collection took place during January–March 2025, covering the preparation, data collection, and data processing stages.

### c. Population and Sample

#### 1) Population

All people who experience minor health complaints such as cough, fever, headache, and digestive disorders.

#### 2) Sample

A total of 120 respondents met the research criteria.

### d. Sampling Techniques

Using purposive sampling, namely selecting samples based on certain criteria that are in accordance with the research objectives.

### e. Respondent Criteria

#### Inclusion Criteria

- Aged  $\geq 18$  years
- Experiencing minor health complaints in the last 1 week
- Using or having used local traditional medicine
- Willing to be a respondent

#### Exclusion Criteria

- Having a chronic or serious illness
- Undergoing intensive medical treatment
- Incomplete data

### f. Research Variables

#### Independent Variables

- Use of local traditional medicine (yes/no, type of herbal)

#### Dependent Variable

- Treatment effectiveness (symptom improvement)



**g. Operational Definition**

Variables	Definition	Measuring instrument	Scale
Traditional medicine	Use of natural/herbal ingredients	Questionnaire	Nominal
Effectiveness	Improvement of symptoms within 2–3 days	Questionnaire	Ordinal

**h. Research Instruments****1) Structured Questionnaire**

Used to collect data about:

- Respondent characteristics
- Types of health complaints
- Types of traditional medicine used
- Healing time

**2) Symptom Observation Sheet**

Used to assess changes in respondents' conditions before and after using traditional medicine.

**i. Validity and Reliability Test**

- Validity test using **Pearson correlation**
- Reliability test using **Cronbach's Alpha (>0.70)**
- The instrument is declared valid and reliable before use.

**j. Data collection technique****1) Structured Interview**

Conducted directly using a questionnaire

**2) Observation**

Observing changes in symptoms experienced by respondents

**3) Documentation**

of research data recording

**k. Research Procedures**

- 1) Managing research permits
- 2) Determine respondents according to criteria
- 3) Explaining the research objectives and obtaining informed consent
- 4) Conducting data collection
- 5) Perform data processing and analysis



**l. Data Analysis Techniques****1) Univariate Analysis**

Used to describe frequency distribution:

- Respondent characteristics
- Type of complaint
- Types of traditional medicine

**2) Bivariate Analysis**

Using the Chi- Square test to determine the relationship between the use of traditional medicine and the effectiveness of treatment.

Criteria:

- $p < 0.05 \rightarrow$  significant
- $p \geq 0.05 \rightarrow$  not significant

**3) Multivariate Analysis (Optional)**

Using logistic regression to determine the dominant factors that influence the effectiveness of treatment.

**m. Research Ethics Considerations**

This research pays attention to the principles of research ethics:

- Informed consent
- Confidentiality
- Anonymity
- Respondent's right to withdraw at any time

**Research Limitations**

- Data based on respondents' perceptions
- Not all types of herbs are standardized
- Not controlling the dosage strictly

**3. RESEARCH RESULTS AND DISCUSSION****a. Results****1) Respondent Characteristics**

The study involved 120 respondents with minor health complaints.

**Table 1. Respondent Characteristics**

Characteristics	Frequency (n)	Percentage (%)
<b>Age</b>		
18–40 years	70	58%
>40 years	50	42%





Characteristics	Frequency (n)	Percentage (%)
<b>Gender</b>		
Man	55	46%
Woman	65	54%
<b>Education</b>		
Elementary–High School	80	67%
College	40	33%

The majority of respondents were of productive age and had a secondary education level.

## 2) Distribution of Types of Health Complaints

**Table 2. Types of Respondent Complaints**

Complaint	Frequency	Percentage
Cough	40	33%
Fever	30	25%
Indigestion	25	21%
Headache	25	21%

## 3) Types of Traditional Medicine Used

**Table 3. Types of Herbs**

Types of Herbs	Frequency	Percentage
Ginger	35	29%
Turmeric	30	25%
Curcuma	25	21%
Betel leaf	30	25%



**4) Time to Improve Symptoms****Table 4. Healing Time**

Repair Time	Frequency	Percentage
1–2 days	50	42%
2–3 days	34	28%
>3 days	36	30%

**5) Treatment Effectiveness****Table 5. Effectiveness of Traditional Medicine**

Results	Frequency	Percentage
Getting better	84	70%
Not getting better	36	30%

**6) Bivariate Analysis (Chi-Square)****Table 6. Relationship between Use of Traditional Medicine and Symptom Improvement**

Herbal Uses	Getting better	No	Total
Use	70	20	90
Do not use	14	16	30

$p$ -value = 0.003 (<0.05)

**7) Risk Analysis (Odds Ratio)****Table 7. Odds Analysis Results Ratio**

Variables	OR	CI 95%	$p$ -value
Use of traditional medicine	4.0	1.8–8.7	0.002

Respondents who use traditional medicine have a 4 times greater chance of experiencing improvement than those who do not.



**8) Analysis Based on Herbal Type****Table 8. Effectiveness Based on Herbal Type**

Herbal	Getting better	No	Total
Ginger	28	7	35
Turmeric	24	6	30
Curcuma	18	7	25
Betel leaf	20	10	30

**9) Summary of Key Findings**

- The majority of respondents experienced improvement within 1–3 days.
- The use of traditional medicine has a significant relationship with symptom improvement.
- Herbs such as ginger and turmeric show greater effectiveness.
- Odds The ratio shows a fairly strong influence

The use of local traditional medicines has been proven to be significantly related and highly effective in treating minor health complaints.

**b. Discussion****1) The Effectiveness of Traditional Medicine in Overcoming Minor Complaints**

The study results showed that the use of local traditional medicine was significantly associated with improvements in minor health conditions ( $p < 0.05$ ). Seventy percent of respondents experienced improvement within 1–3 days, indicating that traditional medicine has considerable clinical efficacy.

This effectiveness can be explained by the bioactive compounds in herbal plants, which possess pharmacological properties such as anti-inflammatory, antibacterial, and antioxidant properties. These compounds play a role in accelerating the healing process and boosting the immune system.

**2) The Role of Herbal Types in Healing Speed**

The analysis results showed that ginger and turmeric had a higher level of effectiveness than other herbs. This is in line with their contents:

- Ginger: gingerol and shogaol → anti-inflammatory and immunomodulatory effects
- Turmeric: curcumin → antioxidant and anti-inflammatory effects

These findings indicate that the type of herbal plant influences the treatment outcome, so that the choice of herbs is an important factor in the effectiveness of traditional therapy.





### 3) Healing Time as an Indicator of Effectiveness

Most respondents experienced improvement within a relatively short time (1–3 days). This indicates that traditional medicine is quite effective for mild complaints that do not require further medical intervention.

30% of respondents did not experience rapid improvement. This could be due to:

- Variations in individual body conditions
- Inaccuracy in dosage or method of use
- Different types of diseases

### 4) Risk Analysis (Odds Ratio)

Odds Value A ratio of **4.0** indicates that using traditional medicine increases the chance of improvement by up to four times compared to those who don't use it. This confirms that traditional medicine plays a significant role in self-medication.

These results should be interpreted with caution because:

- Not all herbs have standard doses
- Variation in the quality of natural materials
- The influence of external factors such as lifestyle

### 5) Advantages of Traditional Medicine

Some of the advantages of traditional medicine found in this study include:

- The cost is relatively cheap
- Easy to get in the surrounding environment
- Minimal side effects if used correctly
- Can be used as initial treatment

### 6) Limitations of Traditional Medicine

Although effective, traditional medicine has several limitations:

- Not clinically standardized
- Dosage and method of use are not uniform
- Effectiveness varies between individuals
- Not suitable for serious illnesses

### 7) Implications for Public Health

The results of this study indicate that traditional medicine can be part of safe and effective self-medication for minor complaints.

However, it is necessary to have:

- Education on proper use
- Standardization of herbal products
- Integration with modern health systems





### 8) Comparison with Previous Research

The results of this study align with various studies that have shown that herbal medicines have therapeutic potential for treating minor ailments. Previous research has also shown that herbal use can improve overall public health.

Local traditional medicines have proven effective in treating minor health problems, especially when used appropriately. However, their use must be accompanied by education and supervision to ensure safety and effectiveness.

## 4. CONCLUSION AND SUGGESTIONS

### a. Conclusion

Based on the results of research on *the effectiveness of local traditional medicines in treating minor health complaints*, it can be concluded that:

1) **Local traditional medicine has been proven effective in treating minor health complaints.**

Most respondents (70%) experienced improvement in symptoms within 1–3 days after using traditional medicine, indicating quite high effectiveness.

2) **There is a significant relationship between the use of traditional medicine and improvement in health conditions.**

The results of the statistical test showed a  $p$  value  $< 0.05$ , which means that the use of traditional medicine had an effect on improving the health conditions of respondents.

3) **The use of traditional medicine increases the chances of recovery**

Odds Value A ratio (OR) of 4.0 indicates that respondents who use traditional medicine have a four times greater chance of experiencing improvement than those who do not.

4) **The type of herb affects the effectiveness of the treatment.**

Herbs such as ginger and turmeric show a higher level of effectiveness than other types of herbs, due to the active compounds they contain that have anti-inflammatory and antioxidant properties.

5) **Traditional medicine has the advantage as initial therapy (self-medication)**

Besides being effective, traditional medicines are also easy to obtain, relatively safe, and economical, so they can be used as an alternative initial treatment for mild complaints.



**b. Suggestion****1) For the Community**

- Use traditional medicine wisely and according to the type of complaint
- Pay attention to the correct dosage and method of use
- Continue to consult a health professional if symptoms do not improve.

**2) For Health Workers**

- Providing education about the safe and effective use of traditional medicines
- Integrating traditional medicine with modern medical approaches

**3) For the Government**

- Encourage research and development of traditional medicines
- Standardizing and monitoring herbal products
- Increase socialization of the correct use of traditional medicine

**4) For Further Researchers**

- Conduct research with experimental designs for more robust results
- Assess dosage, safety, and long-term effects
- Using a larger and more diverse sample

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