

PENGUNAAN OBAT TRADISIONAL PADA PENDERITA DIABETES MELLITUS DI KOMUNITAS PEDESAAN PIDIE JAYA

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Article Info	ABSTRAK
<p>Article History: Received 19/09/2025. Revised - Accepted 30/09/2025.</p>	<p>Diabetes mellitus merupakan penyakit kronis yang prevalensinya terus meningkat dan menjadi tantangan serius bagi kesehatan masyarakat secara global. Penyakit ini memerlukan pengelolaan jangka panjang, namun di masyarakat masih banyak penderita yang memanfaatkan obat tradisional karena diyakini lebih aman, lebih terjangkau, dan menimbulkan efek samping yang lebih ringan dibandingkan obat sintetis. Penelitian ini bertujuan untuk mendeskripsikan praktik penggunaan obat tradisional pada penderita diabetes mellitus di Desa Meunasah Jurong, Kecamatan Meurah Dua, Kabupaten Pidie. Penelitian ini menggunakan desain deskriptif dengan pendekatan kualitatif. Sebanyak 25 responden dipilih menggunakan teknik purposive sampling. Data dikumpulkan melalui wawancara mendalam dan pengisian kuesioner, kemudian dianalisis secara deskriptif dan disajikan dalam bentuk tabel distribusi frekuensi serta uraian naratif. Hasil penelitian menunjukkan bahwa sebagian besar responden menggunakan daun sirih merah (34%) dan daun salam (12%) sebagai terapi tambahan selain obat konvensional. Tanaman obat diperoleh dari pekarangan sendiri (44%) atau dari tetangga (40%), digunakan dalam bentuk segar (92%), direbus (68%), dan dikonsumsi satu kali sehari (96%), terutama saat kadar gula darah >199 mg/dL (100%). Penggunaan obat tradisional masih umum dilakukan sebagai terapi pendamping, sehingga diperlukan pendekatan holistik dalam pengelolaan diabetes pada layanan kesehatan primer.</p>
<p>Keywords: <i>Diabetes mellitus</i> <i>Complementary therapy</i> <i>Rural community</i> <i>Traditional medicine</i></p>	<p>ABSTRACT <i>Diabetes mellitus is a chronic disease with a steadily increasing prevalence, posing a serious challenge to global public health. This condition requires long-term management; however, many people in the community still rely on traditional medicines because they are perceived to be safer, more affordable, and to cause fewer side effects compared to synthetic drugs. This study aimed to describe the use of traditional medicines among individuals with diabetes mellitus in Meunasah Jurong Village, Meurah Dua Subdistrict, Pidie District. A descriptive study with a qualitative approach was conducted involving 25 respondents selected through purposive sampling. Data were collected using in-depth interviews and questionnaires, then analyzed descriptively and presented in frequency distribution tables and narrative form. The results showed that most respondents used red betel leaves (34%) and bay leaves (12%) as complementary therapy alongside</i></p>

conventional medicines. The medicinal plants were mainly obtained from their own yards (44%) or from neighbors (40%), used in fresh form (92%), processed by boiling (68%), and consumed once daily (96%), especially when blood glucose levels were higher than 199 mg/dL (100%). The study concludes that the use of traditional medicines remains common as a complementary therapy, highlighting the need for a more holistic approach to diabetes management in primary health care services.

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