



UTILIZATION OF RICE AND KENCUR (*KAEMPFERIA GALANGA*) IN IMPROVING IMMUNITY IN THE COVID-19 PANDEMIC

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ABSTRACT

Rice is a staple food for most Indonesians. Rice consumption in Indonesia is increasing every year along with the increasing population of Indonesia. Rice is a food source of energy that has a high carbohydrate content but low protein. Rice has been known to have a high glycemic index, resulting in increasing glucose levels in the blood. Kencur (Kaempferian shipyard) is a tropical plant that contains chemical substances and compounds. Among them are starch, mineral, sineol, methyl canyl acid, penta dekaan, sinamic acid, ethyl ester, borneol, kamfen, paraeumarin, anisic acid, alkaloid, and gom. Useful for health to be used as antibacterial, antioxidant and herbal medicinal ingredients or made traditional herbal drinks and as a spice in cooking. Rhizome kencur has a soft aroma and a unique spicy taste. The aroma of the rhizome is caused by the chemical components derived from essential oils. As an herbal remedy, kencur has cough medicine, appetite enhancer, boosting the immune system.

Keywords: *Rice;Kencur;Health;*

INTRODUCTION

In early 2020, a new variant of coronavirus disease 2019 (COVID-19) caused by Severe Acute Respiratory Syndrome Corona Virus (SARS-CoV-2) began in Wuhan, Provinai Hubei, China and then spread to more than 190 countries and territories. Coronavirus is a disease that has symptoms from mild such as common cold or cold to severe such as MERS and SARS to cause death. In Indonesia, since the first case was announced in early March 2020. On Monday (2/11/2020), task force Covid19 reported an additional 2,618 new cases of Covid-19. With the addition of new cases, as of Monday (2/11/2020), Indonesia recorded 415,402 cases of coronavirus infection. Of these, 14,044 cases ended in death and 345,566 cases were declared cured. The coronavirus pandemic (Covid-19) still haunts, especially Indonesia. Since the first case was announced, the surge in positive patients has continued to occur and is increasing (Kompas.com, 2020). Confirmed the first case of coronavirus infection that causes Covid-19 in early March 2020. Since then, the government has made various countermeasures to reduce the impact of the Covid-19 pandemic in various sectors. Almost all sectors are affected, not just health. The economic sector is also seriously affected by the coronavirus pandemic. Restrictions on community activities affect business activities which then affect the economy. This August, the Central Statistics Agency (BPS) report said that Indonesia's economic growth in the second quarter of

2020 was minus 5.32 percent. Previously, in the first quarter of 2020, the Central Statistics Agency reported that Indonesia's economic growth only grew by 2.97 percent, down far from the growth of 5.02 percent in the same period of 2019.

The Covid-19 virus is a disease that attacks the human respiratory system and presents common symptoms such as fever, dry cough and fatigue. There are also slightly uncommon symptoms such as discomfort or pain, throat pain, diarrhea, conjunctivitis (red eyes), headaches, lost sense of taste and smell and rashes on the skin. Meanwhile, severe symptoms include difficulty breathing or shortness of breath, chest pain, loss of ability to speak or move.

The virus can be spread through droplets of saliva when a person infected with Severe Acute Respiratory Syndrome Corona Virus (SARS-CoV-2) sneezes or coughs to be contagious. For that to avoid this virus, the use of masks when outdoor activities and maintaining distance is essential. In addition, preventing this virus can also be done by maintaining and boosting the immune system (immunity) so that the body can be more robust against bacteria.

Rice is a staple food for most Indonesians. Rice consumption in Indonesia is increasing every year along with the increasing population of Indonesia. In South Kalimantan rice production reached 2,031,029 tons (97.69%) from the target of 2,079,103 tons. In the tidal swamplands of South Kalimantan, more than 70% of rice fields are planted with various local varieties. Rice is a food source of energy that has a high carbohydrate content but low protein. Rice has been known to have a high glycemic index, resulting in increasing glucose levels in the blood. This suggests that increased rice consumption is associated with an increased risk of type 2 Diabetes Mellitus (DM), as it has a high glycemic index. However, not all rice has a high glycemic index. Local rice in South Kalimantan with a low glycemic index is unused siamese rice with a glycemic index of 50.1.

Kencur (Kaempferia shipyard) is a tropical plant widely grown in various regions in Indonesia as a maintained plant. Kencur contains chemical substances and compounds. Among them are starch, mineral, seneol, methyl caryophyllene, pentalene, sinamic acid, ethyl ester, borneol, camphor, para-coumarin, anisic acid, alkaloid, and gum. Useful for health to be used as antibacterial, antioxidant and herbal medicinal ingredients or made traditional herbal drinks and as a spice in cooking. Rhizome kencur has a soft aroma and a unique spicy taste. The aroma of the rhizome is caused by the chemical components derived from essential oils. As an herbal remedy, kencur has cough medicine, appetite enhancer, boosting the immune system.

Making kencur rice herbs is relatively easier to obtain, so it is practical in the manufacturing process.

Therefore, one way to prevent this virus by boosting a robust immune system it can be done by consuming rice and kencur that can be processed as traditional herbal medicine, namely kencur rice.

METHOD

This study is an exploratory qualitative study conducted in North Cigoong Village, Cikukur Subdistrict. In-depth interviews were conducted with residents who had information about rice and kencur as the main ingredient in making kencur rice.

Participatory observations make direct visits to residents. The number of houses visited there are three (3) houses, it is expected that the desired information has been fulfilled and the variety of information has reached saturation point. The house observed was an in-depth interview respondent. The results written here are descriptive in the form of profound interview results with residents around North Cigoong Village

RESULTS

The manufacture of kencur rice herbs between one area with another area has some differences. The location of the difference can be in the form of materials or manufacturing techniques. This causes the content of each rice herbal medicine kencur will also be different. Plants used as traditional medicine herb rice kencur shown on

Table 1 Kencur Rice Herb

No	Local Name	Scientific Name (Scientific Name)	Tribe (Family)	Utility (utility)
1.	Kencur	<i>Kaempferia Galanga</i>	<i>Zingiberaceae</i>	Body Warmers
2.	Turmeric	<i>Curcuma Domestica</i>	<i>Zingiberaceae</i>	Treating wounds
3.	Rice	<i>Orya Sativa</i>	<i>Poaceae</i>	Source of Energy

Turmeric is a plant that can grow up to 1m tall, rhizomes with many branches, bright orange or yellow, cylindrical, aromy, chipped roots at the ends. Turmeric has different name names in Indonesia: Kunir, Kunir Bentis, Temu Kuning (Java), Kunyir, Koneng, Koneng Temen (Sunda). Turmeric can be utilized from various aspects, namely Whole Dry Rhizome, Ground Turmeric, Turmeric Oil, Turmeric oleoresin, and Curcumin.

Public knowledge about kencur rice herbs is hereditary. Although ancient times when cooking still uses equipment that is considered simple. However, now it has used modern tools to make it easier for people to concoct their rice herbs.

Tools to make Kencur Rice Herbs in the form of: knives, stone cobek, mash tools, spoons, glasses, ulegan, filters, and containers. The ingredients needed to make in the form of: 9 rhizomes of kencur spice (peel the skin and wash it thoroughly); 3 turmeric rhizomes (peel the skin and wash thoroughly); 1/2 tablespoon white rice; a pinch of salt, and water (about 1 medium glass). The material used by kencur rice herbs in North Cigoong village is still elementary. Each region can be sure to have its characteristics. As described in the online article, added additional ingredients such as ginger, java sugar, and granulated sugar.

How to make kencur rice herbs in North Cigoong village is relatively easy. There are no additional spices such as ginger, cardamom, lemongrass and cloves. If the community knows the additional benefits of spices, then the principle of usefulness is also increasing. The addition of spices to kencur rice can increase the total phenolic levels of the drink and increase the catch capacity of free radicals. The procedure in this

study is by: (1) peel the outer skin of turmeric rhizomes and rhizomes with a sharp knife; (2) wash the whole rhizome of turmeric and kencur until clean, because the soil is still attached to the rhizome if the rhizome is still fresh; (3) put 3 turmeric rhizomes, 9 rhizomes, and 1/2 tablespoon of rice into the cobek dam; (4) Mash the rhizomes become smooth using stone ulegan; (5) move the impact result to a filter with a tablespoon; (6) strain by adding water, so that it separates between the dregs and the rice extract; (7) next, put a little salt in the extract of kencur rice herbs; and (8) serve rice while still fresh to make the body warmer and more comfortable.

The results of the above interview showed that the use of kencur rice herbs in general is used as an antiseptic drug in wounds due to certain factors, such as falls or childbirth.

Table 2 Traditional Knowledge of Rice Herbs Kencur Waymuli Society

Name of region	Efficacy based on the beliefs of the South Lampung Waymuli community	Usage instructions	Taste	Color
Kencur Rice Herbs	Boosting the immune system To get good and reduce the taste of pegel Eliminates fishy smell Accelerate wounds from falling from a tree The baby feels warm. Breast milk is not bland.	Drunk before eating Drink twice in the morning and evening. Taken for one week after delivery Pregnant women avoid drinking rice cakur herbs	Bitter but fresh There is a spicy kencurnya	Yellow

The implementation of kencur rice is carried out with several stages, namely Stages of Devotion

Covid-19 is an outbreak that has spread rapidly almost all over the world including Indonesia, lack of awareness and knowledge of the importance of wearing masks, maintaining distance and maintaining the body's immune system to stay strong can cause people to be more easily exposed. Students of KKM Group 66 Bina Bangsa University, trying to help the government in efforts to stop the spread of the Covid-19 virus, namely by distributing masks, the importance of maintaining distance, teaching good and correct hand washing and boosting the immune system that can be done by exercising, consuming agigigi meal and drinking herbal drinks such as rice herbs.

Planning Stage

The stage of diencanaan is the first stage, namely by making herbal drinks of kencur rice herbs. Members of KKM 66 carry out the manufacture of this drink Bin a

nation University which amounted to 15 bottles with 250 ml. The funds used are self-sufficiency funds by the service team.

Here are the ingredients of making herbal drinks to boost the community's immune system (Immunity). As a twitch:

1. Rice
2. Kencur
3. turmeric
4. ginger
5. water
6. tamarind
7. java sugar
8. Sugar



Figure 1. The process of making Rice Herbal medicine kencur
Implementation stage

The second stage is the implementation, after making kencur rice herbal medicine, then licensing to the chairman of RT to distribute kencur rice herbal drinks. The provision of this drink can be beneficial for health and aims to maintain the immune system to avoid the spread of the Covid-19 virus. This herbal drink sharing activity received a positive response from the community.



Figure 2 Shares Kencur Rice Jamu Drink To Residents.

Monitoring Stages

The third stage is the monitoring stage, the last stage of devotion is to conduct an evaluation based on the results of work program activities to distribute herbal drinks. Based on the evaluation results, distributing herbal drinks can aim to prevent the spread of the Covid-19 virus, which is currently transmitted very quickly. To be more optimal in breaking the chain of spread of the covid-19 virus, people must adhere to health protocols such as wearing masks, washing hands, maintaining distance, and maintaining the immune system.

CONCLUSION

Herbal medicine is a traditional medicine relic of the nation's ancestors that needs to be preserved. In addition, herbal medicine has properties that are not inferior to chemical drugs. Herbs also have fewer or no side effects. For that as a generation of nations need to participate in maintaining and preserving herbal medicine, at least we know the knowledge about herbal medicine, and based on the beliefs of the local community, Kencur is useful as an antibacterial and antioxidant and can be processed in herbal drinks such as kencur rice herbs that are useful for treating cough medicine, appetite enhancers, boost the immune system. Utilizing antioxidants in kencur processed into kencur rice can maintain and improve the body's immune system to remain strong and healthy so that it is not easily exposed to viruses. Moreover, rice is a staple food ingredient and most of the community work in North Cigoong is farmers..

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