

ETHNOBOTANICAL STUDY OF PLANTS USED FOR HAIR CARE BY GAYO WOMENS IN BENER MERIAH

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ABSTRAK

Wanita Suku Gayo di Kabupaten Bener Meriah merupakan salah satu komunitas masyarakat yang masih mempertahankan penggunaan tumbuhan sebagai kosmetik, salah satunya digunakan dalam perawatan rambut. Setiap etnis memiliki cara tersendiri dalam pemanfaatan tumbuhan sesuai dengan kearifan lokalnya, namun pengetahuan tersebut hanya diturunkan secara lisan dari generasi ke generasi tanpa adanya dokumentasi tertulis. Penelitian ini bertujuan untuk mengetahui tentang jenis tumbuhan yang digunakan dalam perawatan rambut oleh wanita suku Gayo di Bener Meriah. Penelitian ini menggunakan metode survey eksploratif. Penentuan sampel dilakukan secara snow ball sampling. Sampel meliputi para ibu rumah tangga dari suku gayo, remaja, serta masyarakat yang memanfaatkan tumbuhan sebagai perawatan rambut. Data dianalisis secara deskriptif kualitatif dan tampilan data dalam bentuk tabel dan gambar. Hasil penelitian menunjukkan terdapat 11 spesies tumbuhan yang digunakan dalam perawatan rambut wanita suku Gayo.

Kata Kunci: Etnobotany, Gayo, Perawatan_Rambut.

ABSTRACT

Gayo womens in Bener Meriah Regency is one of the communities that still maintains the use of plants as cosmetics, one of which is used in hair care. Each ethnicity has its own way of utilizing plants in accordance with its local wisdom, but this knowledge is only passed down orally from generation to generation without written documentation. This study aims to find out about the species of plants used in hair care by Gayo women in Bener Meriah. This research used an exploratory survey method. Sampling was done by snow ball sampling. Samples include housewives from the Gayo ethnic group, teenagers, and people who use plants as hair care. Data were analyzed descriptively qualitatively and data display in the form of tables and figures. The results showed that there were 11 plant species used in hair care by Gayo women.

Keyword: Etnobotany, Gayo, Hair_care.

INTRODUCTION

Ethnobotany is a scientific study that combines ethnology (the science of culture) with botany (the science of plants). Ethnobotany aims to understand the relationship between humans and plants in the context of culture and society both in terms of interaction, use and management of plants [1].

Indonesian people have always had a lifestyle and culture that tends to utilize plants for clothing, food, herbal medicines, pesticides, traditional events, industrial raw materials to cosmetics [2][3][4]. This is due to the large number of raw materials available in nature, namely more than 40,000 species of plants found in Indonesia, of which around 9,606 species have pharmaceutical effects [5][6][7].

One of the uses of plants in everyday life is used as traditional cosmetics for beauty care. Active compounds from traditional cosmetics are believed to be relatively safer, suitable for all skin types, minimal side effects and more environmentally friendly [8], when compared to cosmetics with synthetic chemicals [9].

Cosmetics are materials or preparations used to treat the outside of the human body such as epidermis, nails to hair [10].

Hair care is a periodic action that aims to keep the hair always in a clean and healthy state. Protect the scalp and hair from damage-causing factors such as: sunlight, air pollution (dust, smoke or chemicals released by factories, sea air and so on), prevent the outermost layer of the scalp and hair from dryness, keep the scalp and hair in normal condition, and change the appearance, color and appearance of hair [11].

One community that still maintains the use of plants as traditional cosmetics for hair care is the Gayo tribe women in Bener Meriah Regency. The Gayo tribe has specific characteristics and customary and cultural values as well as Indonesian society in general [12]. Local experiences and knowledge related to the use of plants in hair care are passed down orally from generation to generation without written documentation. Such information must be preserved to avoid information

degradation over time. Therefore, this study aims to examine the types of plants and how they are used as hair care by Gayo women.

RESEARCH METHOD

This research was conducted on Gayo women in Bener Meriah Regency. This study used an exploratory survey method, snow ball sampling including housewives from the Gayo tribe, teenagers, and people who use plants as hair care.

Materials

The tools and materials used include: camera, voice recorder, map of the research location, oven, sasag, plant scissors, cutter, spray bottle, collection bottle, plastic bag, raffia rope, tape, label paper, questionnaire, log book, notebook, pen, pencil, marker, ruler, newsprint and 70% alcohol.

Data Collection

Data collection was carried out using semi-structured interview

techniques with selected informants/correspondents and direct observation of plant species used in making traditional scrubs. Research parameters include the types of plants used, organ parts used, and their use as scrubs. Researchers also made direct observations of plant species used as traditional scrubs in the field [13]. The plants from the research were then identified at the MIPA Laboratory of Serambi Mekkah University. Plants obtained from direct observations in the field are preserved into herbarium, and then identification is carried out at the MIPA Laboratory of Serambi Mekkah University. Identification information includes taxonomy and classification.

RESULTS AND DISCUSSION

Based on the results of observations and interviews conducted with Gayo women, 11 species of plants used as hair care were obtained, which are spread into 11 families. The details are shown in Table 1. below:

Tabel 1. Plant Species used as Hair Care by Gayo Women in Bener Meriah Regency

No.	Local Name	Scientific Name	Family	Parts Used	Benefits	How to make & use
1	Urang Aring	<i>Eclipta prostrata</i>	<u>Asteraceae</u>	Leaves, Stems	Blackening hair	Pounded and squeezed out the water. The juice is applied to the hair for ±10 minutes, then rinsed..
2	Jeruk Nipis	<i>Citrus aurantifolia</i>	Rutaceae	Fruit	Removing Dandruff	<ul style="list-style-type: none"> - Oranges are squeezed out of the water, then given a creambath. - The lime is cut into 2 parts. The inside of the lime is rubbed directly onto the surface of the dandruff-covered scalp.
3	Lidah Buaya	<i>Aloe vera</i>	Liliacea	Leaves	Removing Dandruff	The gel-like flesh of the leaves is taken and smeared on the scalp.
4	Kelapa	<i>Cocos nucifera</i>	Palmae	Coconut milk	Blackens and makes hair shiny	Coconut is grated, then take coconut milk. The coconut milk is coated on the hair and left to stand for 30 minutes and rinsed.
				Coconut oil	Overcoming head lice	Coconut oil is applied to the hair and rubbed in with bar soap, left for 20 minutes and rinsed
6	Daun Pacar	<i>Lawsenia inermis</i>	Lythraceaea	Leaves	Hair coloring	Henna leaves are ground with a millstone, once smooth it is applied to the part of the hair that you want to color. Leave to dry. Rinsed clean.
7	Kemiri	<i>Aleurites moluccana</i>	Euphorbiaceae	Fruit	<ul style="list-style-type: none"> - Accelerates hair growth in infants, - Fertilizes hair 	Candlenut (Kemiri) fruits are ground until smooth, mixed with water, smeared on the baby's scalp, left to dry, and rinsed.

No.	Local Name	Scientific Name	Family	Parts Used	Benefits	How to make & use
8	Kenanga	<i>Kananga odorata</i>	<u>Annonaceae</u>	Flowers	Dyeing Hair	The flowers are infused in coconut oil. Coconut oil can be used every day. Flowers in a bun (hair roll).
9	Mawar	<i>Rosa</i> sp.	Rosaceae	Flowers	Dyeing Hair	The flowers are infused in coconut oil. Coconut oil can be used every day.
10	Jahe	<i>Zingiber officinale</i>	Zingiberaceae	Tubers	Treats dandruff, hair loss, and split ends	Ginger (Jahe) is grated and squeezed, mixed with lime juice, and <i>ziton</i> oil is added. The preparation is ready for use. The preparation was applied to the hair and left on for 20 minutes. Rinsed with clean water.
11	Alpukat	<i>Persea americana</i>	Lauraceae	Fruit	Hair Care	Avocado (Alpukat) is mashed, then applied to all parts of the hair. left to stand and rinsed using warm water.

Table 1 shows that there are 11 plant species used in hair care by Gayo women. These species are also distributed in 11 different families. The community finds these plants easily, either in the yard, or in the garden. Some species are also easily found in traditional markets. *Urang aring* is the only wild plant used in hair care by Gayo women in Bener Meriah.

Eclipta prostata is a herbaceous plant belonging to the Asteraceae family that has been used for a long time by local communities in the world and

Indonesia as a medicine and as an ingredient in beauty treatments [14], a plant has also been studied to have activities as treating *neurodegeneration*, asthma, anti-cancer, overcoming baldness, anti-diabetes mellitus, anti-oxidant, anti-inflammatory, anti-microbial, *hepatoprotective*, anti-osteoporosis, and *antihypercholesterolemia* [14]. Some of these activities are due to *urang aring* having secondary metabolites such as neurotoxin 6-hydroxydopamine, ethyl acetate, *demethylwedelolactone*,

wedelolactone, *echinocystic acid* and *ecclalbasaponin* [14]. *Ecclalbasaponin* is reported to be able to repair damaged scalp [15][16]. This plant has also been shown to have antifungal activity against *Candida albicans* [17]. The alcohol extract of this plant has also been studied to have antiviral activity. *Urang aring* also contains activity in inhibiting the microbial growth of *Trichophyton mentagrophytes*, the cause of skin diseases [18].

The utilization of plants in hair care is done either singly or mixed in potions. The mixture of several plants can maximize the efficacy in its use [19]. In addition to treating hair from damage, the use of plants is also done to color and fragrance the hair. Henna leaves are used to color the hair and *Kenanga* flowers are used to fragrance the hair either by putting in coconut oil or directly used on the bun.

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Kenanga essential oil (*Cananga odorata*) is one type of aromatherapy that has several natural compounds such as benzoic acid, geraniol, farnesol, geraniol, eugenol, linalool, sadrol [20]. *Kenanga* essential oil has also been tested to have an effect on lowering blood pressure in hypertensive patients [21].

CONCLUSION

There are 11 plants that are used in hair care by the Gayo community. They are used to fertilize the hair, nourish the hair, treat various infections on the scalp and color the hair.

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