
Making Powder of Temulawak Rhizome (Cucum Axanthoriza) to Increase the Application

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ABSTRACT

Background: Temulawak (*Curcuma xanthorrhiza*), has traditionally been widely used for medicinal purposes or as a drink to maintain health.

Methods: Experimental Research conducted at the Traditional Medicine Laboratory, Pharmacy Study Program, Undergraduate Program, Afa Royhan University.

Result: Organoleptic test conducted that 8 out of 10 panelists liked the ginger powder drink.

Conclusion: Organoleptic tests were carried out that 8 out of 10 panelists liked the temulawak powder drink.

INTRODUCTION

Children aged 7 years or grade 1 elementary school often experience a decrease in appetite, which resulting in reduced nutritional intake so that body weight decreases or less than his age. Decreased appetite is often associated with internal factors such as: the incidence of children with helminth infections. While external factors that cause a decrease in appetite in children such as unattractive shapes, parents' mistakes in serving a variety of foods, or because children have started to be active by playing like toddlers (1 - 3 years old). Appetite is often associated with a person's health status. Lack of appetite is not a disease, but a symptom of several diseases. In children under five, lack of appetite, or none at all, in medical terms is called anorexia. This condition will cause the child to be thin. Anorexia in children can be overcome with herbal ingredients which generally increase child's metabolism (1).

The herb is also useful for suppressing and inhibiting stomach acid, stimulates food secretion, stimulates enzymatically so that the stomach feels empty and will send a signal to the brain that will cause hunger so that the desire to eat arises. Efforts are being made to increase appetite in children, namely by giving herbs in an easy and inexpensive way of processing. Gastrointestinal diseases known as lack of appetite can be overcome with herbal medicine. In addition, temulawak herbal medicine is also believed to treat coughs and colds in children (2). Temulawak (*Curcuma xanthorrhiza*), is traditionally widely used for medicinal purposes or as a drink to maintain health. This plant has various biological activities such as anti-inflammatory, anticancer, wound healing, and lowering serum cholesterol levels (Huang et al. 1991). In addition, temulawak is also used to increase endurance and stamina (3).

METHODOLOGY

The research was conducted at the Traditional Medicine Laboratory, Undergraduate Pharmacy Study Program, Afa Royhan University Health Faculty in Padangsidempuan City. The materials and tools used are: The ingredients are: Temulawak (*cucumaxanthoriza*) 50 grams, sugar 100 grams, pandan leaves 1-2 pieces, and salt to taste. While the tools used are knives, basins, blender/grater, cloth, frying pan, stir spoon, stove, filter, plastic

container for powder. Research Implementation: Preparation the ingredients include temulawak (*curcuma xanthoriza*) which is harvested first in the morning, peeled clean, separated from the skin and removes adhering dirt. Washed so that no dirt sticks. Washing should be done in running water so that the dirt dissolves directly into the water. Temulawak is cut into small pieces and then blended, or using a grater. Temulawak is squeezed using a cloth or manually by hand. Then filtered with a size of 80 mesh. The temulawak liquid is allowed to stand for \pm 10 minutes. Pour the liquid or ginger juice into the pan, add 100 grams of sugar, pandan leaves 1-2 pandan leaves and salt to taste. Boiling is done for \pm 15 minutes, or until the liquid boils turn off the stove. Liquid while stirring slowly until it forms a coarse powder, blend again to get a fine powder of ginger, then put it in a plastic container.

RESULTS

Organoleptic test is carried out to determine the level of consumer preference for products that have been circulating in the market (4). The test carried out is the Hedonic Test. This temulawak powder drink is consumed by children 7 years old, which is then carried out a preference test. To find out the level of preference that is determined based on numbers (scoring). The greater the number, the greater the level of preference of the panelists (10 children). With a hedonic scale of 1-5 :

- 1: really don't like it
- 2: somewhat dislike
- 3: normal
- 4: like
- 5: really like.

Panel	Flavor	Color	Texture	Whole
1	4	4	4	4
2	4	4	4	4
3	3	3	3	3
4	4	4	4	4
5	4	4	4	4
6	4	4	4	4
7	4	4	4	4
8	4	4	4	4
9	3	3	3	3
10	4	4	4	4

Temulawak powder is light yellow in color. Taste is the most important factor in determining the product produced (5). Taste determines whether or not a food product tastes good. The texture of the powder was assessed before the Temulawak powder was dissolved in water. Organoleptic tests were carried out that 8 out of 10 panelists liked the temulawak powder drink.

DISCUSSION

The organoleptic test carried out is hedonic, which is a preference test carried out to determine the level of preference that is determined based on numbers (6). The larger the number, the higher the level of preference of the panelists. Color has a meaning and an important role in food commodities (7). Color has an important role that can affect consumer acceptance of the product, besides color is the first element that consumers assess before the elements of taste, texture, aroma, and some other physical elements.

CONCLUSION

Curcumin in Temulawak Powder can increase Appetite. Temulawak powder favored by children aged 7 years.

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