

# CHAPTER I

## INTRODUCTION

### 1.1 Background of Study

Tea is one of the most famous beverages in the world, including Indonesia. It is also one of the ingredients of the refreshment used in Indonesia other than coffee and chocolate, due to the distinctive taste and aroma of teapotheses (Coopley and Van Arsdel, 1964). At present, some communities have been drinking tea, which is brewed with hot water and plus sugar as a sweetener. Yet, today in Indonesia little is known that sweet tea, which has been inoculated with a symbiotic culture of bacteria and yeast (SCOBY), can be consumed as a health beverage (Silaban, 2005; Rosita, 2015).

The kombucha tea has a sour taste compared with regular tea, making it a healthful, refreshing drink (Silaban, 2005; Rosita, 2015). Kombucha is used to prevent and cure diseases that have long been common in some Asian countries. It has been shown to increase body stamina, improve bowel work, lose weight, lower cholesterol, normalize bodily functions, treat uric acid, prevent cancer and increase human immunity (Alick and Barthomelow, Rosita 2015).

*Averrhoa bilimbi* Linn is an Indonesian fruit plant also found on the ground of Malaya. It thrives in its yard and is included in a plant that is easy to cultivate. In addition to traditional medicine, wuluh's fruit is often used as a flavoring of food, cooking spices, preservatives, fresh food makers, stain cleaners, filthy body cleaners, rust remover metals, ceramics. The wuluh leaf can treat stomach pains, rheumatism, shelling, and fever-reducing. The fruit of the wuluh can be used to treat whooping cough, acolytes, high blood pressure, bleeding gums, lip ulcers, hole teeth, disturbances and

encephalitis (Parikeytes, 2011; Soebiyanto, 2008). According to the Tourkecytes (2011), the wuluh plant contains sugar compounds, phenolic, calcium ions, amino acids, citrote acids, vitamins and 3- o-h-d-glucoside. Also, the wuluh saplings contain flavonoid and triteroid compounds that can act as antibacterial. Muchthus et al. (2013) says the wuluh berries also contain organic acids. Organic acid can potentially be an antibiotic for salmonella sp. and keeps the microfloradi digestive system stabilized (Gauthier, 2002). The highest organic acid on the wuluh berries is cystic acid (92.6-133.8 mg/100 g), according to Silalahi and Sauland (2015), an additional 0.5% of the fruit juice on rations can add weight.

Cinnamon is classified in the genus cinnamomum, the laurel family, and it was first classified in 1760. Cinnamon is a popular genus among the lauraceae family, besides the genus perseia and laurus. Indonesia's gross domestic product GDP in the second quarter of 2008 was recorded at rp14.4 trillion in the second quarter of 2007. This product is known as cassia-vera or korinjii cassia (Intan, Tridiganita,2022).

The value of cinnamon is its ability to fight free radicals. Cinnamon contains strong antioxidants such as polyphenols. Antioxidants help prevent damage from free radicals. Because it contains strong antioxidants, it can also serve as a safe food preservative and can help to fight off infection, which is to repair damaged tissue. One study indicates that the antioxidant capacity within it is strong antiinflammatory (Diamond, Tridiganita,2022).

## **1.2 The Objectives of the Study**

The objectives of this study are following below:

1. To preserve the kombucha as one of everyone's favorite beverages because it tastes good and fresh.
2. To grow flowers from the wuluh so they can be put to better use.

3. To introduce a new product I am developing to people who do not know kombucha.