

# CHAPTER I

## INTRODUCTION

### 1.1 Background of Study

Food is a basic need for everyone. Many types of food variants are provided for consumption. However, most people do not realize the composition of the food they eat, so it can adversely affect the organs and digestive system, especially for children.

In the old days, traditional medicines are often used to treat internal diseases, but there are very few studies that discuss traditional medicinal plants. One such plant is Senna and reed. Senna Alexandrina is a plant that lives in tropical climates. This plant is widely used as a traditional medicine that can treat digestive disorders. Senna has also been proven to be able to overcome constipation because it contains sennoside (Salsabila., 2020). Senna leaves are often used in the form of health drinks.

One of the plants used in traditional medicinal herbs is reeds, where the plant resides and is ranked sixth as the most widely used botanical in concoctions. Reed is a plant that is widespread in Indonesia. Reed can grow in forests, fields, grass fields, and along roadsides. Rees also contains flavonoid compounds, which can help dissolve kidney stones

In order to prove that, research stated that reed contains mannitol, glucose, saccharose, malic acid, citric acid, coixol, arundoin, cylindrin, fernenol, simiarenol, anemone, grit acid, sap, and alkali metals. reed also has anti-inflammatory benefits that can overcome things that interfere with daily activities, but the amount of its use must be limited because it has side effects.

The product currently being developed is a probiotic drink whose production is similar to making kombucha. Kombucha is usually made from tea leaf extract (*Camellia sinensis*). Tealeaves contain alkaloids, flavonoids,

steroids, tannins, saponins, and triterpenoids. Kombucha contains various kinds of microorganisms that are classified as probiotics. Probiotics are live microorganisms that can be consumed in certain quantities and are capable of providing health benefits. Probiotics are able to provide health benefits, including increasing the immune response to intestinal infections, lowering blood pressure, lowering serum cholesterol levels, reducing lactose intolerance, and preventing tumors and colon cancer. Kombucha has recently become a trend in the culinary world, especially on the internet, because the process is easy to do and can be bought and sold easily. Variations of kombucha are also very easy to make because they are very flexible and can be mixed with other fruit juices.

## **1.2 Objective of Study**

The objectives of this study are below:

1. To follow the development trend of kombucha probiotic drinks.
2. to find alternative ingredients for making kombucha that improves digestive repair functions and substitute tea ingredients that are often used to make this product.
3. increase the use function of other food ingredients that have not been used optimally.