

CHAPTER I

INTRODUCTION

1.1 Background of study

Herbal medicine is herbal medicine that Indonesians usually use for treatment from natural ingredients to maintain health and also cure diseases (Anonymous,2021). Indonesian herbal medicine has benefits that are not inferior to modern medicine which uses traditional methods by pouring spices using a mortar, so that in terms of the amount of production it is less than optimal. however, as time progresses, the process is easier and less complicated because there are blenders which can puree the spices .

Herbal medicine has lots of benefits , which one of them is that it has anticancer properties . The anticancer properties of cloves are enriched by the antioxidant eugenol to fight free radicals in the body that can trigger cancer development . The anticancer properties of turmeric are potentially cytotoxic and capable of inducing apoptosis . The anticancer properties of cardamom contain natural phytochemicals that can help fight cancer, and honey as a low calorie natural manasin ingredient . Other ingredients used in this herbal medicine is turmeric .

Turmeric contains curcumin which works to increase the body's resistance, increase the body's defense system against viruses or bacteria due to disease. Turmeric contains curcumin which is an antioxidant that has a potent anti-inflammatory effect. thereby reducing nausea (Anonymous,2022) . The benefits of cloves are maintaining eye health, reducing inflammation, inhibiting free radicals, preventing stomach ulcers, and improving bone health (Dr . Fadhli Rizal makarim,2021) . The content in cardamom can treat intestinal spasms, kill some bad bacteria, reduce swelling and help the immune system , nutritional content, honey contains vitamins, acids, minerals, and enzymes that are useful for the human body (Dr. Fadhli Rizal,2021) . All of these ingredients can be used as traditional medicines, antibodies, and cancer

cell growth inhibitors , therefore we must often drink honey which is used as an alternative medicine (Anonymous,2022) .

Some people consume herbal medicine because they believe that it provides great benefits for our health so that it can prevent and treat a disease as well as in terms of maintaining fitness and increasing body stamina. Making herbal medicine is not easy as you can see, because most people fail because of the uniqueness in making herbal medicine, adjusting the dosage of each ingredient, temperature, time of pounding or boiling, and so on, if you do not looked at it properly, the ingredients will lose its properties , it can even harm the body. Also with the development, the tradition of drinking Indonesian herbal medicine which has experienced its ups and downs according to its era. broadly divided from pre-historic times when the Processing of forest products flourished, the Japanese colonial era, the early days of Indonesia independent dence to the present (Anonymous, 2019).

1.2 The Objectives of the Study

The objectives of this study are following below :

1. In order to follow the global trend and due to increasing demand on Indonesian herbal drink , the study aims to create indonesia herbal drink from local resources , which clove , cardamon , turmeric and honey .
2. Preserving Indonesian herbal drinks that are rarely sdd with the hope of the increase of Indonesian herbal consumption .
3. To be marketed internationally Indonesian herbal drink can be a new alternative recipe to utilize cardamom, cloves, turmeric and honey as local products