

CHAPTER II

LITERATURE REVIEW

2.1 Turmeric

The height of the turmeric is 40-100cm, the turmeric stem looks like it has an upright shape, is round, has a yellow color and is composed of leaf sheaths (Anonymous, 2014) . many benefits of turmeric such as increasing endurance, treating inflammation, antidote, treating ulcers and others (Anonymous,2020) . The main part of the turmeric plant is the rhizome which is in the ground. The rhizome has many branches and a creeping body, the main rhizome is usually elliptical in shape with a yellowish-orange outer skin (Anonymous, 2013) .

2.2 Cardamon

A type of spice that is important for various types of cuisine in Asia and also many are used for traditional ingredients, cardamom comes from South Asia, this kind of research is thought to have spread to Malaysia (Anonymous, 2023) , the shape is round and bears three, each fruiting appears 14 seeds to 16 seeds and red cardamom fruit skin is reddish white (Sumanto Pasally,S.TP , 2020) . The benefits of cardamom are controlling blood pressure, overcoming digestive problems, treating bacterial infections and others (Dr.airindya bella ,2020) . cardamom can thrive under the shade of forest timber trees, so it is protected. This plant usually grows in areas with rainfall of 2000-4000mm/ year and temperatures between 10-30 C with a humidity of 70%. As for the type of soil suitable for cardamom plants. cardamom is too sensitive to drought, it is better to plant it in the rainy season, then spacing is needed 2 x 1.5 cm with a depth of up to 3 -5 cm (M.Nana siktiyana, 2022) . white cardamom .

2.3 Clove

A plant native to Indonesia that many people use as a food ingredient, clove plants are a type of herbaceous plant that has large, hard woody tree trunks and is able to survive tens of years (Anonymous,2019). oblong clove shape with pointed tip, flat edge and pinnate bone . The benefits of cloves are maintaining liver health, maintaining bone health, lowering blood sugar levels and others (Dr.Fadhli Rizal Makarim, 2021).

2.4 Honey

A sweet and thick mixture made by honey bees and some other insects. bees that produce honey from plant sugar secretions or from the secretions of other insects (Anonymous,2023). the benefits of honey are increasing the body's immunity, recovering wounds faster, maintaining the digestive system, relieving coughs, reducing body weight and others (Ilham Fikriansyah,2022). Interestingly, this honey can be harvested every three weeks during the summer and once every three months in the rainy season, one harvest can be 400 grams or 0.4 ounces per box of bee (Anonymous,2022) . The honey that is selected for our products is manuka honey only obtained from bees that consume manuka flower powder or nectar. Manuka honey is also darker in color and looks more cloudy (Anonymous,2023)