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# Inventory of Medicinal Plants in the Home Gardens of the Residents of Negeri Latu, Amalatu Subdistrict, West Seram Regency

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**Abstract.** The inventory of medicinal plants involves collecting and organizing data regarding natural resources for resource management planning and serving as a database to reveal the potential of plants in a given area. This study aims to inventory the types of medicinal plants found in the home gardens of the residents of Negeri Latu, Amalatu District, West Seram Regency. The data collection methods employed were exploration and descriptive surveys. The gathered data was subsequently analyzed to identify the benefits or uses of the plants based on relevant literature. The results indicate that 57 species of medicinal plants were found in the home gardens of the residents of Negeri Latu. These plants possess various properties, including antidiabetic, antimalarial, anti-inflammatory, antioxidant, anticholesterol, anticancer, antidysentery, analgesic, antipyretic, and mosquito-repellent effects. This finding highlights the significant potential of home gardens in Negeri Latu as a rich natural resource of medicinal plants. The diversity of plant species reflects the local traditional knowledge of utilizing flora as a natural solution to various health issues.

**Keywords:** Inventory, Medicinal Plants, Negeri Lalu.

## 1. INTRODUCTION

Indonesia's biodiversity is exceptionally high due to its location along the equator (Amellita *et al*., 2023). This condition enables a wide variety of plants to thrive in the country. Plants are a significant part of the biodiversity, making Indonesia the second-largest holder of natural wealth globally (Hildasari & Hayati, 2021). According to Larasati *et al.* (2019), Indonesia is home to approximately 90,000 plant species, of which 9,600 are known for their medicinal properties, and 300 are used as ingredients in traditional medicine.

Medicinal plants can be used as raw materials for medicine and, when consumed, can enhance the body's immune system (Heltina *et al*., 2021). Siregar et al. (2020) state that medicinal plants can be utilized as raw materials for medicine and herbal remedies, and when consumed, they can boost the body's immunity. Sarno (2019) also adds that medicinal plants have functions and uses in the healing or preventing diseases. Using medicinal plants for traditional medicine is important for the Indonesian community, especially those living in remote areas with limited financial resources and access to healthcare facilities or transportation (Kastanja & Patty, 2022).

The tradition of using traditional medicine has been passed down from one generation to the next and has persisted for a long time (Leonti & Casu, 2013; Nurhab, 2023; Che *et al*., 2024). This means that each region knows both the types and methods of processing medicinal

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plants, relying on knowledge passed down from previous generations (Kastanja & Patty, 2022). According to Pitoyo & Triwahyudi (2017), Indonesian society is ethnographically diverse, consisting of many different ethnic groups and cultures, with each group possessing local knowledge about the use of medicinal plants, including the types of plants used, the parts of the plant utilized, processing methods, and how they are used for treatment. Traditional medicine is closely related to the social and cultural background of the community (Cianconi *et al*., 2019).

These medicinal plants are typically processed through simple methods to be made into traditional medicines (Salim & Munadi, 2017; Adiyasa & Meiyanti, 2021). In rural areas, traditional medicine is more frequently used than in urban areas because rural communities prefer traditional healing methods, as they are effective, have minimal side effects, are affordable, and are easily accessible (Adiyasa & Meiyanti, 2021). However, knowledge about the use of medicinal plants and their sustainability in Indonesia is currently at risk of extinction due to lifestyle changes, increased environmental degradation, and the lack of proper documentation regarding the use of these plants (Cahyaningsih *et al*., 2021; Al-Obaidi *et al*., 2022). One contributing factor is that people are now more familiar with modern medicines containing chemicals, which are easily obtained through doctor prescriptions or available in pharmacies, stores, or kiosks (Whyte *et al*., 2002; Oleszkiewicz *et al*., 2021). Many people are less aware or even unaware of the benefits of medicinal plants compared to modern medicines containing chemicals. Along with advancements in time, the processing and packaging of medicinal plants or traditional medicines are now more modern, making these products more developed, easier to obtain, and more practical to use (Susanti *et al*., 2024).

The agricultural tradition practiced by rural communities plays a vital role in conserving medicinal plants because, through this practice, the biodiversity associated with medicinal plants can be maintained and preserved sustainably. Furthermore, this tradition also serves as a means to preserve and transmit traditional knowledge about the use of medicinal plants passed down through generations. Through agricultural activities, rural communities ensure the survival of various plant species with therapeutic value and strengthen the connection between local culture and nature (Pangemanan *et al*., 2023; Loilatu *et al*., 2024).

In Negeri Latu, Amalatu Subdistrict, West Seram Regency, Maluku Province, natural medicines are an important part of the local community's daily life. Most of the population grows medicinal plants in their home gardens to facilitate access to and the process of making traditional medicines. These plants are commonly referred to as TOGA (Tanaman Obat Keluarga) or living pharmacies, as they serve as a source of medicine that families can use

directly (Trisnawati, 2019). The use of home gardens to grow TOGA plants is a practical choice for the community, as these plants are easily accessible and are expected to provide safe health benefits, free from harmful chemicals, and are, of course, more affordable and easy to obtain.

Inventorying medicinal plants is a crucial process in collecting and organizing data and facts related to medicinal plants' presence, distribution, and potential use in a particular area (Hamilton, 2004). This activity aims to obtain accurate and detailed information about the various types of medicinal plants, whether wild or cultivated by the community. By identifying and documenting these natural resources, the inventory of medicinal plants becomes an essential first step in planning sustainable management and utilization. As a fundamental step in natural resource management planning, this inventory provides a solid foundation for developing policies, research, and more effective conservation practices for medicinal plants in the future (Jamal *et al*., 2023).

## 2. METHODS

### Time and Location of Research

This study was conducted from March to April 2025 in Negeri Latu, Amalatu Subdistrict, West Seram Regency.

### Tools and Materials

The tools used in this research include a plant identification book, mobile phone camera, notebooks, and pens. The materials used in this research are the types of traditional medicinal plants found in the home gardens of the residents of Negeri Latu.

### Data Collection

Data collection was carried out using an exploratory and descriptive survey method. The exploratory method involved exploring residential areas to find gardens that contain medicinal plants. The medicinal plants found in the gardens were photographed using a camera and then identified by species.

### Data Analysis

The collected data were then analyzed using descriptive methods. Each plant species was further examined to identify its benefits or uses through a review of relevant literature.

## 3. RESULT AND DISCUSSION

### Types of Medicinal Plants in the Home Gardens of the Residents of Negeri Latu

Based on the inventory results, 57 species of traditional medicinal plants were found in the home gardens of Negeri Latu, West Seram Regency residents. Table 1 clearly presents the classification of these medicinal plants based on taxonomic groups.

**Table 1. Classification of Medicinal Plants in the Home Gardens of the Residents of Negeri Latu Based on Taxonomy**

| No | Order | Family | Genus | Species | Indonesian Name |
|---|---|---|---|---|---|
| 1 | Lamiales | Verbenaceae | Stachytarpheta | *Stachytarpheta jamaicensis (L.)* | Pecut kuda |
| 2 | Lamiales | Lamiaceae | Clerodendrum | *Clerodendrum paniculatum* | Bunga pagoda |
| 3 | Lamiales | Lamiaceae | Ocimum | *Ocimum sanctum* | Kemangi |
| 4 | Lamiales | Lamiaceae | Clerodendrum | *Clerodendrum quadriloculare* | Bunga bintang jatuh |
| 5 | Poales | Poaceae | Cymbopogon | *Cymbopogon citratus* | Sereh |
| 6 | Poales | Bromeliaceae | Ananas | *Ananas comosus* | Nanas |
| 7 | Poales | Poaceae | Cymbopogon | *Cymbopogon nardus* | Alang-alang |
| 8 | Magnoliales | Annonaceae | Annona | *Annona muricata* | Sirsak |
| 9 | Magnoliales | Annonaceae | Annona | *Annona squamosa* | Srikaya |
| 10 | Magnoliales | Myristicaceae | Myristica | *Myristica fragrans* | Pala |
| 11 | Sapindales | Moraceae | Flacourtia | *Ficus benjamina* | Beringin |
| 12 | Sapindales | Sapindaceae | Nephelium | *Nephelium lappaceum* | Rembutan |
| 13 | Sapindales | Meliaceae | Lansium | *Lansium domesticum* | Langsat |
| 14 | Myrtales | Myrtaceae | Syzygium | *Syzygium Obtusifolium* | Cengkeh hutan |
| 15 | Myrtales | Myrtaceae | Baeckea | *Baeckea frustescens* | Sapu-sapu |
| 16 | Myrtales | Myrtaceae | Syzygium | *Syzygium aromaticum* | Cengkeh |
| 17 | Myrtales | Thymelaeaceae | Phaleria | *Phaleria macrocarpa* | Mahkota dewa |
| 18 | Myrtales | Myrtaceae | Psidium | *Psidium guajava* | Jambu biji |
| 19 | Myrtales | Combretaceae | Terminalia | *Terminalia catappa* | Ketapang |
| 20 | Myrtales | Myrtaceae | Myrtaceae | *Syzygium aqueum* | Jambu air |
| 21 | Myrtales | Lythraceae | Lawsonia | *Lawsonia inermis L* | Pacar kuku |
| 22 | Malpighiales | Moraceae | Artocarpus | *Artocarpus integer* | Cempedak |
| 23 | Malpighiales | Calophyllaceae | Calophyllum | *Calophyllum inophyllum* | Bintangur |
| 24 | Gentianales | Apocynaceae | Plumeria | *Plumeria rubra* | Kamboja |
| 25 | Gentianales | Apocynaceae | Alstonia | *Alstonia scholaris* | Pulai |
| 26 | Gentianales | Apocynaceae | Gymnema | *Gymnema inodorum* | Mate |
| 27 | Gentianales | Apocynaceae | Catharanthus | *Catharanthus roseus (L.)* | Tapak dara |
| 28 | Solanales | Solanaceae | Solanum | *Solanum torvum* | Terong pipit |
| 29 | Solanales | Solanaceae | Physalis | *Physalis angulata* | Ciplukan |
| 30 | Asterales | Asteraceae | Melanthera | *Melanthera biflora* | Seruni laut |
| 31 | Asterales | Asteraceae | Ageratum | *Ageratum conyzoides* | Bandotan |
| 32 | Asterales | Asteraceae | Sphagneticola | *Sphagneticola trilobata* | Wedelia |
| 33 | Asterales | Asteraceae | Chromolaena | *Chromolaena odorata* | Kirinyuh |
| 34 | Rubiales | Rubiaceae | Morinda | *Morinda citrifolia* | Mengkudu |
| 35 | Rubiales | Rubiaceae | Coffea | *Coffea robusta L* | Kopi |
| 36 | Euphorbiales | Euphorbiaceae | Phyllanthus | *Phyllanthus niruri* | Meniran |
| 37 | Euphorbiales | Euphorbiaceae | Jatropha | *Jatropha curcas* | Jarak pagar |
| 38 | Arecales | Arecaceae | Cocos | *Cocos nucifera* | Kelapa |
| 39 | Arecales | Arecaceae | Areca | *Areca catechu* | Pinang |
| 40 | Urticales | Moraceae | Ficus | *Ficus septica* | Awar-awar |
| 41 | Piperales | Piperaceae | Piper | *Piper betle* | Sirih hutan |
| 42 | Cucurbitales | Cucurbitaceae | Momordica | *Momordica charantia* | Pare |
| 43 | Ericales | Balsaminaceae | Impatiens | *Impatiens balsamina* | Pacar air |
| 44 | Cucurbitales | Cucurbitaceae | Cucurbita | *Cucurbita pepo* | Labu |
| 45 | Fabales | Fabaceae | Gliricidia | *Gliricidia sepium* | Gamal |

| No | Order | Family | Genus | Species | Indonesian Name |
|---|---|---|---|---|---|
| 46 | Oxalidales | Oxalidaceae | Averrhoea | *Averrhoea bilimbi* | Belimbing |
| 47 | Brassicales | Moringaceae | Moringa | *Moringa oleifera* | Kelor |
| 48 | Zingiberales | Musaceae | Musa | *Musa spp.* | Pisang |
| 49 | Asterales | Asteraceae | Vernonia | *Vernonia amygdalina Del.* | Daun afrika |
| 50 | Malviales | Malvaceae | Hibiscus | *Hibiscus tiliaceus* | Waru |
| 51 | Campanulales | Goodeniaceae | Scaevola | *Scaevola taccada* | Papaceda |
| 52 | Violales | Caricaceae | Carica | *Carica papaya* | Pepaya |
| 53 | Pandanales | Pandanaceae | Pandanus | *Pandanus odorifer* | Pandan laut |
| 54 | Salicales | Salicaceae | Zingiber | *Flacourtia inermis* | Lobi-lobi |
| 55 | Lecythidales | Lecythidaceae | Barringtonia | *Barringtonia asiatica* | Buah keben |
| 56 | Liliales | Amaryllidaceae | Crinum | *Crinum asiaticum* | Bakung putih |
| 57 | Rosales | Moraceae | Artocarpus | *Artocarpus altilis* | Sukun |

The results in Table 1 show the classification of various medicinal plants commonly grown in the home gardens of the residents of Negeri Latu, Amalatu Subdistrict, West Seram Regency, based on scientific taxonomy, from order to species. Several orders, such as Lamiales, Poales, Magnoliales, and Myrtales, play an important role in the diversity of medicinal plants found there. For example, in the order Lamiales, the families Verbenaceae and Lamiaceae produce plants like Pecut Kuda (*Stachytarpheta jamaicensis*) and Kemangi (*Ocimum sanctum*), which are known for their various uses in traditional medicine. Similarly, the order Poales, including the families Poaceae and Bromeliaceae, features plants like Sereh (*Cymbopogon citratus*) and Nanas (*Ananas comosus*), which are widely used as herbal remedies by the local community.

In addition, the order Magnoliales also provides medicinal plants commonly found in home gardens, such as Soursop (*Annona muricata*) and Sugar Apple (*Annona squamosa*), known for enhancing the immune system. The order Myrtales contributes species such as Guava (*Psidium guajava*) and Clove (*Syzygium aromaticum*), which are rich in health benefits. Equally important, the order Gentianales, especially the family Apocynaceae, produces plants like Plumeria (*Plumeria rubra*) and Mahkota Dewa (*Phaleria macrocarpa*), also widely used in traditional medicine.

Based on the research results (Table 1), it is evident that the home gardens in the community of Negeri Latu, Amalatu District, West Seram Regency, contain a diverse range of medicinal plant species. This diversity reflects the deep knowledge of the local community regarding the use of plants for health purposes, both for traditional medicine and other medical needs. It also highlights the importance of medicinal plants in their daily lives.

One of the main factors underlying the presence of medicinal plants in the home gardens of Negeri Latu is the preservation of local wisdom that has been passed down through generations (Sinapoy, 2018). The local community utilizes their home gardens as living spaces

and as areas to grow various types of plants with medicinal benefits. This practice is a tradition and a form of self-reliance in maintaining health, where accessible medicinal plants around the home facilitate daily treatments. The presence of these plants in the home gardens demonstrates how the people of Negeri Latu preserve their local wisdom, relying on the knowledge and natural resources available to support their well-being.

Furthermore, the diversity of medicinal plants found in the home gardens of the people of Negeri Latu also reflects their lifestyle, which still heavily depends on natural ingredients. The local community uses plants as an affordable and natural alternative to medication, demonstrating their strong belief in the benefits of plants in maintaining health and treating various diseases. This lifestyle is related to medical treatment and reflects their closeness to nature and how they manage the resources around them (Hariyati et al., 2023).

## The Potential of Medicinal Plant Species in the Home Gardens of the Residents of Negeri Latu for Health

A literature review was conducted to identify the health benefits or uses of the medicinal plant species found in the home gardens of the residents of Negeri Latu. The results of the analysis of the health benefits of these medicinal plants can be seen in Table 2.

**Table 2. Benefits or Uses of Medicinal Plants for Health**

| Species | Used Part | Health Benefits | References |
|---|---|---|---|
| *Stachytarpheta jamaicensis (L.)* | Leaves | Psoriasis | Abdurahman *et al.*, (2021) |
| | | Immunostimulant | Savira *et al.*, (2022) |
| *Clerodendrum paniculatum* | Leaves | Antibacterial | Pertiwi *et al.*, (2022) |
| *Ocimum sanctum* | Leaves | Antifungal | De Ornay *et al.*, (2017) |
| | Leaves | Analgesic | Rustam & Arifin (2020) |
| | Leaves | Antibacterial | Melinda *et al.*, (2022) |
| *Clerodendrum quadriloculare* | Herb | Anticancer | Kalonio *et al.*, (2017) |
| *Cymbopogon citratus* | Leaves | Antibacterial | Adiguna & Santoso (2017) |
| | | Antidiabetic | Djahi *et al.*, (2021) |
| | | Immunostimulant | Ernis *et al.*, (2021) |
| | | Anti-mosquito | Wulandari *et al.*, (2022) |
| *Ananas comosus* | Fruit | Anticancer | Naritasari *et al.*, (2010) |
| | Fruit | Immunostimulant | Muahiddah & Diamahesa (2023) |
| | Fruit Stem | Anti-mosquito | Pakpahan *et al.*, (2023) |
| | Fruit | Antifertility | Orchita (2023). |
| *Cymbopogon nardus* | Herb | Anti-mosquito | Aulung *et al.*, (2014) |
| | | Antibacterial | Dewi *et al.*, (2015) |
| | | Antioxidant | Najmah *et a.*, (2021) |
| *Annona muricata* | Leaves | Anticholesterol | Posangi *et al.*, (2012) |
| | | Antidiabetic | Fadel & Besan (2020) |
| | | Anticancer | Pertiwi *et al.*, (2020), Tulloh & Andriane (2021) |
| *Annona squamosa* | Leaves | Antibacterial | Tansil *et al.*, (2016) |
| | | Anti-inflammatory | Pramitaningastuti *et al.*, (2017) |
| | Fruit | Antihypertensive | Fitriani *et al.*, (2017) |
| | Leaves | Antipiretik | Timur *et al.*, (2018) |

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|---|---|---|---|
| | Seeds | Anti-mosquito | Lutfiah *et al.,* (2024) |
| *Myristica fragrans* | Leaves | Antibacterial | Ginni (2018) |
| | Seeds | Antianxiety | Hasanusi *et al.,* (2020) |
| | Seeds | Anti-inflammatory | Abdulkadir *et al.,* (2023) |
| *Ficus benjamina* | Leaves | Antibacterial | Gupita (2021) |
| | Leaves | Antifungal | Rodiah *et al.,* (2022). |
| *Nephelium lappaceum* | Seeds | Antidiabetic | Yuda *et al.,* (2015) |
| | Fruit Skin | Antibacterial | Wardhani *et al.,* (2015) |
| | Leaves | Antibiofilm | Maulina *et al.,* (2023) |
| *Lansium domesticum* | Seeds | Antibacterial | Nurhamidin *et al.,* (2021) |
| | Seeds | Anti-mosquito | Darmadi *et al.,*. (2024) |
| *Syzygium Obtusifolium* | Leaves | Anti-mosquito | Rumasakun *et al.,* (2022) |
| *Baeckea frustescens* | Leaves | Antimalarial | Hapsari *et al.,* (2019) |
| | | Antibacterial | Deswati & Heidy (2022) |
| *Syzygium aromaticum* | Flower | Antibacterial | Azizah *et al.,* (2017) |
| | Leaves | Antibacterial | Ramadhani *et al.,* (2020) |
| | | Antianalgesik | Puspitasari *et a.,* (2021) |
| | | Anti-inflammatory | Anggitasari *et al.,* (2023) |
| *Phaleria macrocarpa* | Leaves | Antidiabetic | Lestari *et al.,* (2018) |
| | Fruit | Antidiabetic | Sutrisna *et al.,* (2020) |
| | Leaves | Immunostimulant | Febriady *et al.,* (2022) |
| *Psidium guajava* | Leaves | Anticholesterol | Allo *et al.,* (2013) |
| | | Analgesic | Bedha, (2021) |
| | | Antibacterial | Mutmainnah *et al.,* (2025) |
| *Terminalia catappa* | Leaves | Sedative | Nugraha *et al.,* (2022) |
| | | Antibacterial | Vagestini *et al.,* (2023) |
| | | Anti-mosquito | Ananda *et al.,* (2023) |
| *Syzygium aqueum* | Leaves | Antibacterial | Indriastuti *et al.,* (2024) |
| *Lawsonia inermis L* | Leaves | Antifungal | Fauznah *et al.,* (2019) |
| | Leaves | Antibacterial | Dita *et al.,* (2021) |
| *Artocarpus integer* | Seeds | Antimicrobial dan Antidiabetic | Hilma *et al.,* (2018) |
| | Leaves | Antifungal | Ngama *et al.,* (2022) |
| | Leaves | Antidiabetic | Sulistyowati (2023) |
| *Calophyllum inophyllum* | Seeds | Antiretroviral | Wandi *et al.,* (2022) |
| | Leaves | Antidiabetic | Ukratalo *et al.,* (2022) |
| | | Antioxidant | Nurhalizah *et al.,* (2023) |
| *Plumeria rubra* | Latex | Antidiabetic | Retnowati *et al.,* (2020) |
| | Leaves | Antihyperuricemia | Aida *et al.,* (2021) |
| | Flower | Antibacterial | Sari *et al.,* (2023) |
| | Leaves | Anti-mosquito | Wikananda *et al.,* (2024) |
| *Alstonia scholaris* | Bark Skin | Antimalarial | Kakisina & Ukratalo (2011) |
| | | Anthelmintic | Lamasai *et al.,* (2015) |
| | Leaves | Antibacterial | Sulfiana *et al.,* (2020) |
| | | Anti-mosquito | Saleh *et al.,* (2022) |
| *Catharanthus roseus (L.) G.Don* | Leaves | Antidiabetic | Satyarsa (2019) |
| | | Antianalgesic | Hasibuan *et al.,* (2022) |
| *Solanum torvum* | Fruit | Antibacterial | Giri *et al.,* (2025) |
| *Physalis angulata* | Leaves | Antidiabetic | Fitri *et al.,* (2016) |
| | Fruit | Antioxidant | Julianti *et al.,* (2019) |
| *Ageratum conyzoides* | Leaves | Anti-inflammatory | Saputri *et al.,* (2020) |
| *Sphagneticola trilobata* | Leaves | Anticancer | Mardina *et al.,* (2019) |
| *Chromolaena odorata* | Leaves | Anti-inflammatory | Putry *et al.,* (2021) |
| *Morinda citrifolia* | Leaves | Antidiabetic | Kustarini & Dewi (2012) |
| | | Antipyretic | Herdaningsih *et al.,* (2019) |
| | | Antidiarrheal | Rambe *et al.,* (2021) |

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|---|---|---|---|
| *Coffea robusta L* | Fruit | Antidiabetic | Sofyanita *et al.* (2024) |
| *Phyllanthus niruri* | Herb | Antimalarial | Intan *et al.,* (2016) |
| | Herb | Antianalgesic | Alyidrus *et al.,* (2019) |
| *Jatropha curcas* | Leaves | Antianalgesic | Yensenem *et al.,* (2019) |
| | Leaves | Antidiabetic | Pingkan *et al.,* (2020) |
| *Cocos nucifera* | Coconut Husk | Antidiabetic | Agustina (2021) |
| | Fruit Bud | Antidiarrheal | Mulyani *et al.,* (2021) |
| *Areca catechu* | Seeds | Anticancer | Meiyanto *et al.,* (2008) |
| *Ficus septica* | Fruit | Antifungal | Baweondes *et al.,* (2021) |
| *Piper betle* | Leaves | Antibacterial | Sadiah *et al.,* (2022) |
| *Momordica charantia* | Fruit | Antidiabetic | Puspitasari & Choerunisa (2021) |
| *Impatiens balsamina* | Leaves | Antioxidant | Salsabila *et al.,* (2025) |
| *Cucurbita pepo* | Seeds | Antioxidant | Abdillah (2018) |
| *Gliricidia sepium* | Leaves | Antibacterial | Sastrawan *et al.,* (2020) |
| *Averrhoea bilimbi* | Leaves | Antidiabetic | Indrayoni & Damayanti (2021) |
| *Moringa oleifera* | Leaves | Antidiabetic | Yasaroh *et al.,* (2021) |
| *Musa spp.* | Fruit | Anti-inflammatory | Febram *et al.,* (2010) |
| *Vernonia amygdalina Del.* | Leaves | Anticholesterol | Ardiani (2017) |
| *Hibiscus tiliaceus* | Bark Skin | Antibacterial | Lukaraja *et al.,* (2020) |
| *Scaevola taccada* | Leaves | Anti-inflammatory | Nur *et al.,* (2018) |
| *Carica papaya* | Leaves | Antidiabetic | Senduk *et al.,* (2016) |
| | | Antimalarial | Nurjana (2021) |
| *Pandanus odorifer* | Leaves | Antibacterial | Rizki *et al.,* (2024) |
| *Flacourtia inermis* | Leaves | Antioxidant | Kartika *et al.,* (2024) |
| *Barringtonia asiatica* | Leaves | Anti anestesi | Syazili *et al,* (2022) |
| *Crinum asiaticum* | Leaves | Antidiabetic | Priscilia & Nasution (2022) |
| *Artocarpus altilis* | Leaves | Antidiabetic dan Anticholesterol | Tandi *et al.,* (2017) |
| | | Anti-inflammatory | Cahya *et al.,* (2020) |

The results presented in Table 2 above show a diverse range of medicinal plant species found in the home gardens of the local community, which possess various health benefits. Plants such as *Stachytarpheta jamaicensis* and *Clerodendrum paniculatum* are known to be effective as immunostimulants and antibacterials, while *Ocimum sanctum* has antifungal, analgesic, and antibacterial properties. *Cymbopogon citratus* and *Cymbopogon nardus* have proven useful as antibacterials, antidiabetics, and mosquito repellents. Several other species, such as *Annona muricata* and *Phaleria macrocarpa*, have been shown to possess anticancer and antidiabetic properties. Plants such as *Syzygium aromaticum* and *Psidium guajava* also effectively address antibacterial, anti-inflammatory, and anticholesterol properties. Overall, the diversity of these medicinal plants demonstrates a significant potential in supporting public health, with benefits well documented in various scientific references.

The results in Table 2 show that the various medicinal plants found in the home gardens of the people of Negeri Latu have highly beneficial health properties. Some of these plants are known to be effective as antidiabetics, helping regulate blood sugar levels and playing a crucial role in preventing and managing diabetes. With their ability to control blood sugar levels, these plants become valuable alternatives for individuals with diabetes. Additionally, plants with

antimalarial properties are especially significant for communities living in malaria-endemic areas. These plants offer a natural treatment solution to combat malaria infections, a significant regional health concern.

The plants found in Negeri Latu's home gardens also possess anti-inflammatory properties, which help reduce inflammation in the body. This property is particularly relevant in treating chronic inflammatory conditions like arthritis and heart disease. The availability of plants with anti-inflammatory properties provides an additional benefit for the local community in managing diseases that often require long-term care.

Some of the plants found in the home gardens of the people of Negeri Latu possess antioxidant properties, which are highly beneficial for health. Antioxidants function to combat free radicals, molecules that can damage body cells and trigger various serious health issues, such as premature aging and degenerative diseases. Free radicals can damage cellular structures and DNA, eventually leading to conditions such as cancer and heart disease (Irianti & Nuranto, 2021; Saras, 2023). Therefore, plants with antioxidant content in these home gardens are crucial for maintaining overall body health, protecting cells from damage, and reducing the risk of diseases related to aging or organ function decline.

In addition to their benefits for chronic diseases, the diversity of medicinal plants in the home gardens also addresses common health issues often experienced by the community, such as high cholesterol and diarrhea. Several plant species found possess cholesterol-lowering properties, which help reduce bad cholesterol (LDL) levels in the body. This is vital because high cholesterol can increase the risk of heart disease, stroke, and other health problems related to blood vessels. Plants that help lower cholesterol provide a natural alternative to support the prevention and management of these conditions (Avci *et al*., 2018; Upadhyay, 2023). Furthermore, there are plants with antidiarrheal properties, which are effective in treating digestive disorders, such as diarrhea, a common health problem in various regions.

Other plants in the home gardens of Negeri Latu have analgesic properties, which help relieve pain or discomfort, as well as antipyretic properties, which can reduce fever. These properties are highly beneficial in treating various medical conditions that cause pain or fever, such as flu, arthritis, or infections. The analgesic and antipyretic properties of medicinal plants provide a natural solution that can help the community manage pain and fever without relying on chemical medications, which sometimes have side effects. Utilizing these plants allows the local community to address everyday health complaints more naturally and affordably.

Equally important, plants with mosquito-repellent properties were also found in Negeri Latu's home gardens. These plants help repel mosquitoes and prevent diseases transmitted by

mosquito bites, such as dengue fever and malaria. Mosquito-repellent plants provide dual benefits for the local community: they are a natural mosquito repellent free from harmful chemicals and a preventive measure against infectious diseases, which are common health problems in tropical regions.

## 4. CONCLUSION

In the home gardens of Negeri Latu, 57 species of medicinal plants were found, which have various health benefits, including antidiabetic, antimalarial, anti-inflammatory, antioxidant, anticholesterol, anticancer, antidiarrheal, analgesic, antipyretic, and mosquito-repellent properties. The diversity of these plants reflects the significant potential of local natural resources that can be utilized for traditional medicine and disease prevention. This also demonstrates the local wisdom of the community in using plants as a natural solution to maintain health and improve the quality of life while reducing dependence on chemical medications.

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