

EKSPLORASI TUMBUHAN BAHAN PANGAN DAN OBAT TRADISIONAL DI SUAKA MARGASATWA BUKIT RIMBANG BUKIT BALING, RIAU

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12/333031/BI/08886

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INTISARI

Suaka Margasatwa Bukit Rimbang Bukit Baling (SM BRBB) merupakan salah satu kawasan konservasi yang ada di Pulau Sumatra yang memiliki tipe habitat hutan hujan dataran rendah. Pada kawasan tersebut tinggal masyarakat Suku Melayu yang memanfaatkan tumbuhan di sekitar kawasan untuk menjadi bahan pangan dan obat. Penelitian ini bertujuan untuk mempelajari spesies tumbuhan yang digunakan masyarakat Suku Melayu di dalam kawasan SM BRBB untuk bahan pangan dan obat tradisional. Penelitian di lapangan dilakukan pada tanggal 13-29 November 2016 di Desa Aur Kuning dan Desa Kota Lama, Kec. Kampar Kiri Hulu, Kab. Kampar, Riau berupa wawancara dan pengambilan sampel tumbuhan. Pengambilan data pemanfaatan tumbuhan menggunakan metode kualitatif (*purposive sampling* dan *snowball sampling*) dan menghitung ICS (*Index of Cultural Significance*). Identifikasi tumbuhan dan analisis data dilakukan pada Desember 2016 - Januari 2017. Hasil penelitian menunjukkan terdapat 133 spesies tumbuhan yang digunakan sebagai obat dan bahan pangan oleh masyarakat Suku Melayu di Suaka Margasatwa Bukit Rimbang Bukit Baling, Riau. Tujuh puluh enam spesies dalam 35 famili merupakan bahan pangan, dan 71 spesies dalam 43 famili merupakan obat. Empat belas spesies diantaranya merupakan obat dan bahan pangan. Famili tumbuhan yang paling banyak dimanfaatkan sebagai bahan pangan adalah Cucurbitaceae dan Sapindaceae, sedangkan yang dimanfaatkan sebagai obat tradisional adalah Piperaceae. Bagian tumbuhan yang paling banyak dimanfaatkan untuk bahan pangan adalah buah, dan untuk obat adalah daun. Tumbuhan bahan pangan dan obat sudah banyak dibudidayakan di pekarangan. Tumbuhan dengan nilai ICS tertinggi (75) adalah Kelapa (*Cocos nucifera* L.) yang berperan sebagai bahan pangan dan obat tradisional.

Kata kunci: Etnobotani, kearifan lokal, ramuan obat, konservasi, keragaman tumbuhan

EKSPLORATION OF FOOD AND MEDICINAL PLANTS IN BUKIT RIMBANG BUKIT BALING WILDLIFE SANCTUARY, RIAU

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ABSTRACT

Bukit Rimbang Bukit Baling wildlife sanctuary in Riau is one of those conservation areas located on the Island of Sumatra, characterised by a terrestrial ecoregion of lowland rain forest. Tribal community of Malays lived in the area and took advantage of the plants around the area as their source of food and medicine. This research aimed to study the species of plants that were used as food and medicine by the community of Malays tribe in Bukit Rimbang Bukit Baling wildlife sanctuary area. The field research was conducted on 13th – 29th of November 2016 in Aur Kuning Aand Kota Lama village, Kampar Kiri Hulu, Kampar District, Riau include interview and plants sampling. Identification of plant sample and data analysis were conducted in December 2016 – January 2017. Data of plants use analyzed by qualitative methods (purposive sampling and snowball sampling) and ICS (Index Cultural Significance). The results of this research showed that there were 133 species of plants used as medicine and food ingredients by the Malays in wildlife sanctuary of Bukit Rimbang Bukit Baling, Riau. As seventy six plant species that belongs to 35 families were used as the source of food while 71 species of 43 families were used as medicinal plants. Among two groups, four teen species of plants could be used as both. The medicinal plants that the community mostly used belongs to the family of Piperaceae, as for food there were Cucurbitaceae and Sapindaceae. The part of the plant that was mostly used for food was the fruit and for medicine was a the leaf. The plants were mainly cultivated in the garden. The plant with the highest ICS value (75) was coconut (*Cocos nucifera* L.) which served as the source of food as well as for medicine.

Keywords: Ethnobotany, local wisdom, medicinal concoction, conservation, plant diversity