

UTILIZATION OF CARDAMOM DRINKS AS AN EFFORT TO IMPROVE HEALTH

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ABSTRACT Cardamom (*Amomum compactum*) is a plant species that belongs to the *zingiberaceae* family. The result of this counseling and training was an increase in cardamom beverage consumption from the participants. This counseling showed that participants and the community were aware of the benefits of cardamom drinks. The methods used were counseling, training and providing cardamom drink starter kits to participants. The results of the initial testing above, show that cardamom has many benefits and has the potential to be developed as herbal medicine in the future for health needs.

Keywords: *Cardamom, Health, Consumption Power Enhancement, Immunity.*

1. INTRODUCTION

Cardamom is a spice plant originating from Southeast Asia. Cardamom has many health benefits, such as aiding digestion, lowering blood pressure, and increasing immunity. However, the use of cardamom in society is not optimal. Cardamom is a spice plant that is related to the ginger plant (*Zingiberaceae*). The cardamom plant contains antioxidants which function as a strengthener of the immune system (immunity). (Winarsi et al., 2021). To get the properties or benefits of cardamom, we can consume it by extracting it first or it can also be consumed directly. For direct use, the method that can be used is by drying the cardamom fruit and seeds through the drying process. (Permatasari, et al., 2022).

This plant, besides having tubers, stems and leaves, also has fruit. The part that is most widely used so far is the fruit as a spice to flavor food (Supriani et al., 2019). Traditionally, preparations, especially the fruit, have also been widely used as herbal therapy medicines to try to treat several types of diseases, such as: malaria, hepatitis, gastric pain, inflammation, and even cancer. Many traditional people believe that cardamom fruit can not only treat the diseases mentioned above, but is also thought to be able to cure other types of diseases. (Tarigan & Saragih, 2023).

Based on phytochemical studies by Zahwa, et al., (2023) stated that the cardamom plant contains compounds containing alkaloids, flavonoids, tannins, polyphenolates and saponins. It is believed that the flavonoid content in the cardamom plant can be used to increase immunity in diabetes sufferers and has the potential to modulate oxidative disease, activate or inhibit the effects of various enzymes, and can protect the risk of cardiovascular disease by reducing the oxidation of low-density lipoproteins (Anggia & Wijayanti, 2023). The aim of this community service program is: To introduce the benefits of cardamom for health. Providing training in making cardamom drinks. Increasing public awareness and consumption of cardamom drinks.

2. METHOD

2.1 Education about the Benefits of Cardamom for Health

Counseling is carried out to the community with the aim that the community and farmers in the surrounding area can cultivate cardamom plants. Counseling is carried out by providing education and outreach to the public regarding the benefits of cardamom which are very good for health. This outreach serves to increase awareness of the local community and farmers to care and take an active part in carrying out sustainable cultivation and utilizing cardamom plants in curing illnesses they are experiencing.

2.2 Cardamom Drink Making Training

Cardamom drinks can be made and served with various variations and other ingredients can be added. Participants can mix cardamom into a warm drink, cardamom spiced tea which can function as an anti-gas agent and treat flatulence. Cardamom drink making training is presented as follows:

a. Milk with Cardamom

Crush 2 cardamom pods and add them to boiling water. Then add tea leaves and milk. If you want to add ginger, the benefits will be even better. You can add natural sweeteners such as honey. Before trying, still consult a doctor first.

b. Pepper with Cardamom

Add 2 cardamom pods, 2 clove pods, 2 peppercorns, and a half inch cinnamon stick to boiling water. Reduce heat and simmer for half an hour. Filter the water.

c. Black Tea with Cardamom

Boil 2 cardamom pods in boiling water. Add tea leaves or 1 black tea bag and let it boil. Strain and drink.

2.3 Providing Cardamom Drink Starter Kits to Participants

Providing Cardamom drink starter kits to participants as a form of application in the use of Cardamom plants for health, considering the importance of taking care of yourself in fighting disease from the surrounding environment. It is hoped that the provision of this starter kit can be utilized as best as possible by continuing to make and implementing cardamom drinks at all times so that it can break the chain of disease and continue to maintain health.

3. RESULTS AND DISCUSSION

Community Service Activities regarding Socialization and Training on Cardamom Drink Processing are carried out through a series of stages, namely the socialization of the Community Service Activity program begins with activities to find partners for program socialization. This is in accordance with the aim of service activities where training participants are the spearheads in providing and participating in this training which will be delivered to family members and also those who are skilled in its application in the future. Participants enthusiastically took part in the activity and understood the benefits of cardamom. Participants can make cardamom drinks well. From the training that has been carried out it is known that there was an increase in consumption of Cardamom drinks in the community after the activity.

Before the start of the Socialization and Training activities, the team informs the planned activity date. After participants gain knowledge about the ingredients that will be used to make Cardamom drinks, followed by lectures given by the team, then participants will be invited to practice processing one of the ingredients that can easily become herbal medicine and Cardamom drinks. A training activity can be said to be successful if the participants respond well to what has been delivered and provide benefits for the participants. Therefore, in this training activity the team

also gave questionnaires to participants as an indicator that the implementation of this training could achieve the expected goals.

The results of the questionnaire are as follows: Participants' perceptions of making cardamom drinks. Based on the participants' answers, most of the participants knew about Cardamom drinks. Some participants knew the uses of cardamom drinks, such as for endurance or health. Furthermore, the participants' perception of the activity was that the majority of participants were motivated to take part in this activity to increase their knowledge and find out how to process cardamom drinks. They are willing to set up a business processing Cardamom drinks as a group. The participants gave good responses regarding this activity, such as being interesting, useful and giving rise to business ideas. Apart from that, from this training and based on the questionnaire it is also known that there has been an increase in the consumption of Cardamom drinks from each participant.

3 CONCLUSION

This community service activity succeeded in introducing and increasing the use of cardamom drinks. People can use cardamom as an effort to improve health. The community is very interested and active in following the counseling and education provided regarding the use of cardamom so that the consumption of cardamom drinks in the community also increases. This shows good collaboration between communities in caring for overcoming and fighting disease so that they can maintain health now and in the future.

ACKNOWLEDGMENT

There needs to be a sustainable program to increase consumption of cardamom drinks. It is possible to develop other processed products made from cardamom

CONFLICT OF INTERESTS

There are no serious conflicts in outreach and community service activities. However, there needs to be continuous and ongoing evaluation activities to monitor and evaluate the extent to which the community is active in implementing training on making cardamom drinks for health.

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