



Certificate of Appreciation

201/STIKesWDH/ICSH/XI/2022

to

Dr. Apt. M. Yanis Musdja

ORAL PRESENTER

**1ST INTERNATIONAL CONFERENCE ON SUSTAINABLE HEALTHCARE (ICSH)
"SUSTAINABLE WELLNESS AND ENVIRONMENT"**

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Participant 2 SKP, Speaker 5 SKP, Moderator 4 SKP, Committee 4 SKP

NO SKP IAKMI : 749/IAKMIPUSAT/SKP-VIII/2022

Participant 3 SKP, Speaker 5 SKP, Moderator 3 SKP, Committee 3 SKP

NO SKP PPNI : 2240/DPP.PPNI/SK/K.S/X/2022

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NO SKP PAFI : 06 /SP-SKP/PD-PAF/IX/ 2022

Participant 2 SKP, Speaker 2 SKP, Moderator 1 SKP, Committee 1 SKP

NO SKP IBI : 084/SKP/PD.IBI/Prov.Banten/IX/2022 Participant 2 SKP, Speaker 2 SKP, Moderator 2 SKP, Committee 2 SKP



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CO-HOST



The Role of the Synergy of Indonesian Herbal Drink with Vaccine of Covid-19 to Prevent Covid-19

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ICSH
International Conference on Sustainable Healthcare



- 1. SARS-CoV-2 (the virus that causes COVID-19) has numerous mutations with potential to increase transmissibility.**
- 2. At present there are at least 5 types of known pathogens in humans, namely: Alpha, Beta, Gamma, Delta and Omicron.**
- 3. The vaccine has succeeded in reducing COVID-19 sufferers in the world, but it is not certain that the Covid-19 vaccine can combat the mutation of SARS-CoV-2.**
- 4. How long the COVID-19 vaccine works in the body is difficult to predict with certainty, because the effect differs from one individual to another.**





5. Herbal plants have many benefits for health
6. Herbs that are useful for fighting COVID-19, especially those that have properties as: Antivirus, Immunomodulator, anti ARDS, anti-inflammatory, and which can fight the symptoms of COVID-19.
7. Indonesia is the richest country with herbs and since ancient times, Indonesian ancestors have used herbs to fight various diseases, including respiratory disorders caused by viruses.





WHO → Traditional use of herbal medicines

Herbal medicines include herbs, herbal materials, herbal preparations and finished herbal products, that contain as active ingredients parts of plants, or other plant materials, or combinations.





Method

The Study Literature Review (SLR) method is a scientific study that focuses on one particular topic, which will provide an overview of the development of that topic. SLR is a method of analyzing books, scientific articles, theses and other literature related to research topics that is carried out systematically, clearly and objectively



Result



Herbal plants that play an important role in combat COVID-19 are those that have properties as immunomodulators, anti-virus, anti-inflammatory and can cure other symptoms of COVID-19.



IMMUNOMODULATOR MECHANISM OF ACTION:

Stimulates phagocytic cells, white blood cells (neutrophils, monocytes, eosinophils), and natural vessel cells (macrophages) to carry out a phagocytic response (the main mechanism for eliminating pathogens and cell debris)



ANTIVIRAL MECHANISM OF ACTION:

In general, the mechanism of action of antivirals in inhibiting growth is by inhibiting reproduction by inhibiting the formation of one of the core proteins so that DNA is destroyed, reacting with RNA polymerase and resulting in inhibition of the transcription process, inhibiting DNA-dependent RNA synthesis, inhibiting DNA synthesis. DNA by combining with DNA and inhibiting DNA polymerase



ANTI-INFLAMMATORY MECHANISM OF ACTION:

Inhibits cyclooxygenase and lipoxygenase enzymes so that eicosanoids (prostaglandins and leukotrienes) which are inflammatory mediators are inhibited and inflammation is reduced.



PLANTS NAME	ACTIVE COMPOUND IMMUNOMODULATOR
Bawang putih (<i>Allium sativum</i>)	Organosulphur (allicin)
Bangle (<i>Zingiber montanum</i>)	Phenylbutenoid
Ciplukan (<i>Physalis Angulata</i>)	Flavonoids
Jahe merah (<i>Zingiber officinale var rubrum</i>)	Flavonoids (gingerol)
Jambu Biji (<i>Psidium guajava</i>)	Flavonoids
Katuk (<i>Sauropus androgynus</i>)	Flavonoids
Kecombrang (<i>Etlingera elatior</i>)	Flavonoids
Kejibeling (<i>Strobilanthes crispa</i>)	Tanin dan Flavonoids
Kunyit (<i>Curcuma longa</i>)	Curcumin and polysaccharides
Lengkuas (<i>Alpinia galanga</i>)	Flavonoids
Manggis (<i>Garcinia mangostana</i>)	Phenolic compounds or polyphenols (xanthone (α dan β mangositin), epikatekin dan antosianin)



PLANTS NAME	ACTIVE COMPOUND IMMUNOMODULATOR
Mengkudu (<i>Morinda citrifolia</i>)	Flavonoids and tannins. But those that play a more role in improving the immune system are phyrophorbide and pheophorbide phyppolesper
Meniran (<i>Phyllanthus niruri</i>)	Phyllanthin, hypophyllanthin, niranthin, phyltetralin, astragalin, quercetin, corilagin, catechin, geraniin, gallic acid, and ellagic acid.
Sambiloto (<i>Andrographis paniculata</i>)	Andrographolide
Sembung (<i>Blumea balsamifera</i>)	Essential oils, flavonoids, tannins, and resins
Sirih hijau (<i>Piper betle</i>)	Hydroxychavicol (HC)
Daun tempuyung (<i>Sonchus arvensis</i>)	Flavonoids (kaempferol, luteolin-7-O-glycoside, and apigenin-7-O-glycoside)



PLANTS NAME	ANTI-VIRUS COMPOUNDS
Bandotan (<i>Ageratum conyzoides</i>)	Flavonoids, Saponins
Eukaliptus (<i>Eucalyptus</i>)	Essential oil (1,8-cineole)
Jahe (<i>Zingiber Officinale</i>)	[6] -[8]- and [10] -gingerol
Jambu biji (<i>Psidium guajava</i>)	Quercetin, Catechins (tannins)
Bangle, (<i>Zingiber montanum</i>)	Flavonoids, phenylbutanoids,
Kayu Manis (<i>Cinnamomum Cassia</i>)	Trans-cinnamaldehyde
Kelor (<i>Moringa oleifera</i>)	Flavonoids (Apiin, epicatechin, and hesperetin)
Kencur (<i>Kaempferia Galanga</i>)	Flavonoid (Quersetin)
Kunyit (<i>Curcuma longa</i>)	Curcuminoids Curcumin
Lidah buaya (<i>Aloe Vera</i>)	Flavonoids (Quercetin, catechin hydrate and kaempferol)
Manggis (<i>Garcinia mangostana</i>)	α-Mangostin
Meniran (<i>Phyllanthus Niruri</i>)	Tanin (Corilagin)
Murbei (<i>Morus Alba</i>)	Polifenol (Cyanidin-3-rutinoside (C3R), cyanidin-3-glucoside (C3G))
Pare (<i>Momordica Charantia</i>)	Ribosome Inactivating Proteins (α - dan β -Momorcharin)



PLANTS NAME	ANTI-VIRUS COMPOUNDS
Sambiloto (<i>Andrographis paniculata</i>)	Diterpenoid Diterpenoid (andrographolid (AD), 14-deoxyandrographolide (DAD),), 14-Deoxy-11,12-dehydroandrographolide (DAP))
Kemangi (<i>Ocimum basilicum</i>)	Triterpenoids (Ursolic Acid) Flavonoids (Apigenin)
Sirih Merah (<i>Piper Crocatum</i>)	Flavonoids, Saponins, Tannins
Sirsak (<i>Annona Muricata</i>)	Flavonoids (Rutin (quercetin 3-O-rutinoside))
Teh hijau (<i>Camellia Sinensis</i>)	Catechins (epigallocatechin-3-gallate (EGCG))



PLANTS NAME	ACTIVE COMPOUND ANTI-INFLAMMATORY
Johar (<i>Cassia Siamea</i>)	Flavonoids in the form of flavones and isoflavones
Kayu Manis (<i>Cinnamomum Burmanni</i>)	Flavonoids
Kelor (<i>Moringa oleifera</i>)	Flavonoids (quercetin)
Kencur (<i>Kaempferia galanga</i>)	Flavonoids
Ketumbar (<i>Coriandrum sativum</i>)	Flavonoids (quercetin)
Kirinyuh (<i>Eupatorium Odoratum.</i>)	Flavonoids
Kunyit (<i>Curcuma longa</i>)	Curcumin, Xanthorrhizol
Mahkota dewa (<i>Phaleria macrocarpa</i>)	Phenolic, flavonoid
Pare (<i>Momordica charantia</i>)	Quercetin, Luteolin, Kaempferol
Patikan Kebo (<i>Euphorbia Hirta</i>)	Flavonoids
Rumput Mutiara (<i>Ordelandia corymbosa</i>)	Flavonoids
Salam (<i>Eugenia Polyantha</i>)	Flavonoids
Seledri (<i>Apium Graveolens</i>)	Apigenin and apiin (flavonoid glycosides)
Sirih Merah (<i>Piper Crocatum</i>)	Flavonoids
Temulawak (<i>Curcuma xanthorrhiza</i>)	Curcumin



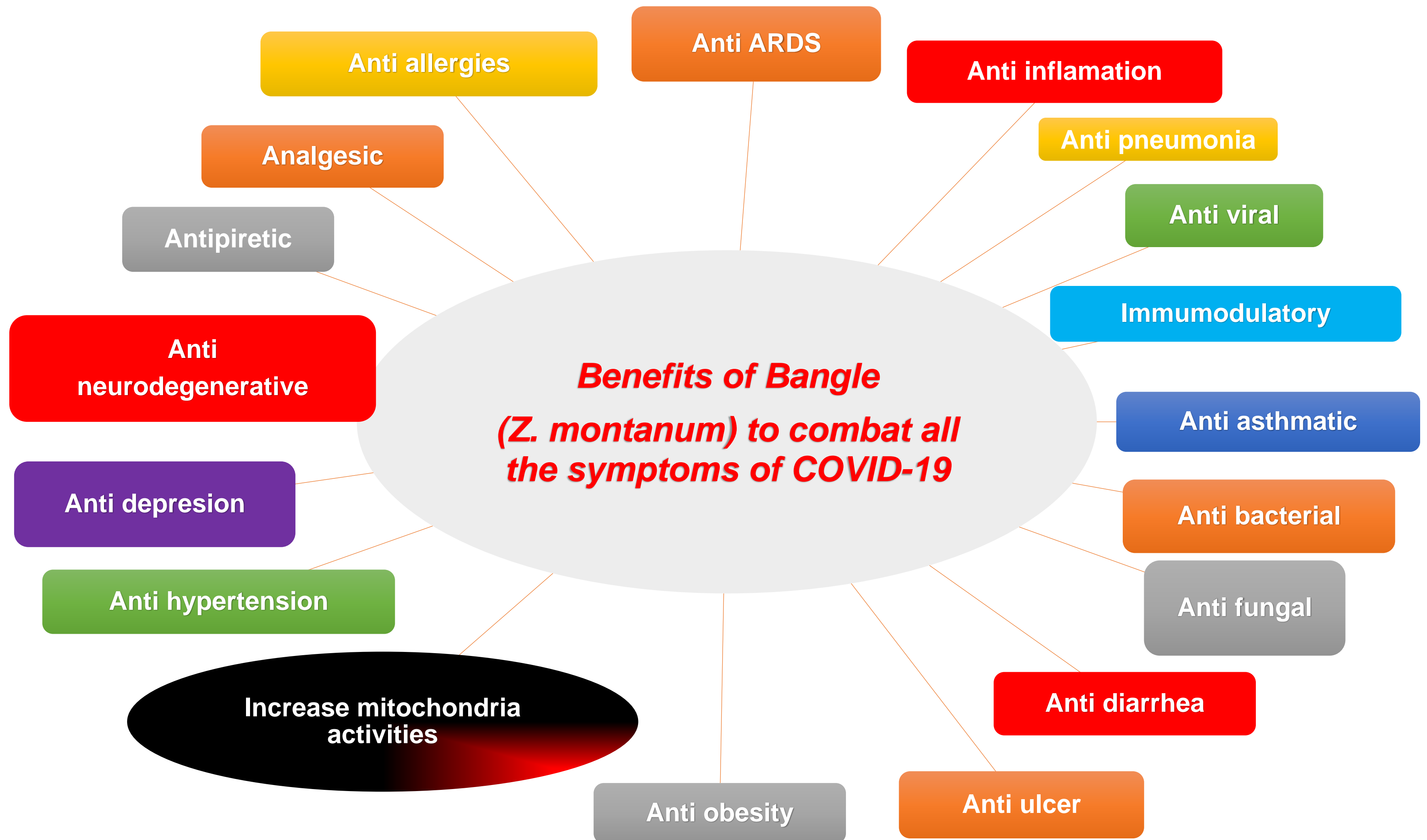
PLANTS NAME	ACTIVE COMPOUND ANTI-INFLAMMATORY
Daun Afrika (<i>Vernonia amygdalina</i>)	Flavonoids
Bayam Duri (<i>Amaranthus spinosus</i>)	Flavonoids
Beluntas (<i>Pluchea Indica</i>)	Flavonoid, Essential Oil (Eugenol), Tanin
Bangle (<i>Zingiber montanum</i>)	Flavonoids, Terpenoids, phenylbutanoids, dimethoxyphenyl butadiene, and cassumunaquinone
Binahong (<i>Anredera Cordifolia</i>)	Oleanolic Acid, Ursolic Acid And Flavonoids.
Ceremai (<i>Phyllanthus acidus</i>)	Flavonoids, Steroids, Saponins
Jamblang (<i>Syzygium cumini</i>)	Flavonoids
Jambu Mete (<i>Anacordium occidentale</i>)	Flavonoids



According to my research based on Study Literature Research
The best Indonesian Herbal for combat COVID-19 is ***Zingiber montanum* (Bangle)**, because the efficacy of Bangle can combat all mild to severe symptoms of COVID-19, besides that Bangle is also efficacious as an antiviral

According to some literature
the strength of Bangle is 3 X
stronger than Ginger / jahe
(*Zingiber officinale*)







CONCLUSION

Based on the description above, it can be concluded that drinking herbal extracts will be able to synergize with vaccines to increase antibodies to prevent Covid-19 and can also reduce the symptoms caused by Covid-19. Bangle rhizome extract is one of the herbal extracts that can increase antibodies and can fight almost all severe and mild symptoms of COVID-19

