



## **PATTERNS OF USING GARLIC AS A TRADITIONAL MEDICINE IN HELPING TREAT THE FLU IN SUMUR VILLAGE**

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### **ABSTRACT**

The purpose of this study was to determine the pattern of use of garlic in the Sumur Village community and know the effectiveness of garlic as a traditional medicine in helping treat flu: non-experimental/observational research. Data analysis used a descriptive cross-sectional design by measuring LL The use of garlic in treating flu. The study was carried out from July 25 to September 12. This study indicates that the people in Sumur Village are still inseparable from their traditions, including very traditional methods of treating flu. Garlic contains sulfur which gives it a distinctive smell and taste that can increase and speed up the activity of the mucous membranes in the respiratory tract. Garlic is better and safer if before. In consumption, garlic is burned or heated first because the nutritious sulfur content has been released and the ester and protein bonds are in this situation, it will be more practical, and garlic which can disrupt the stomach atmosphere, will be safer for garlic users who have a history of ulcers. Garlic contains essential sulfur compounds and 17 amino acids, including eight amino acids and minerals such as calcium, iron, potassium, germanium, selenium, and zinc. One of these sulfur compounds is Alliin. Alliin is easy to turn into Allicin when fresh garlic is chopped, chopped, or chewed directly. The conversion of Alliin to Allicin is assisted by a particular enzyme called allinase. Allicin has the potential as an anti-bacterial; the workings of Allicin are similar to penicillin antibiotics and their derivatives, for example, Amoxicillin: The way it works is by inhibiting the formation of proteins in the bacterial cell wall so that later it can cause defects in the bacterial cell wall which eventually makes the bacteria die because its metabolic system is disrupted. However, one thing to note is that sprouted garlic is not suitable for consumption because the shoots contain the poison HCN (cyanide).

**Keywords** : Garlic, flu, traditional medicine

### **INTRODUCTION**

Information on processing and how to use traditional medicine is still minimal and seems not to be thoughtfully developed to improve welfare; Public. Conventional drug manufacturers then exploit this limited information and cause Indonesian people to depend on conventional drugs. Judging from the legal aspect, traditional medicine activities known as Phyto-pharmacy also have a reasonably strong basis, at least regulated in the Decree of the Minister of Health of the

Republic of Indonesia No. 1076/MENKES /SKNII/2003 concerning the implementation of traditional medicine. Herbal medicine, also known as traditional medicine, which is one of the efforts of treatment or treatment in other ways outside of medical science or nursing, is widely used by the community to overcome health problems by referring to experience and skills from generation to generation and applied with applicable norms on society traditional medicine whose benefits and safety can be accounted for needs to be

continuously improved and developed to achieve optimal health status. To prepare the younger generation who will inherit the natural resources found in this rich country, it is necessary to introduce them first so that they become an inspiration and additional knowledge to be able to manage and take advantage of such abundant gifts as medicinal plants.

One type of plant that is often found as traditional medicine is garlic. Garlic contains many benefits, especially for health. We can still find garlic users amid society. Likewise, in Sumur Village, Medan Tembung District, North Sumatra. Residents still uphold the customs that have not been thoroughly mixed with modernization, including the problem of medicine. Many residents still use traditional medicine even though there are already health facilities such as puskesmas and posyandu.

## MATERIALS AND METHODS

This research method is an observational non-experimental study. Data analysis used a descriptive cross-sectional design by measuring "The use of garlic in treating the flu.

The approach in this study was intended as a starting material as a basis for a researcher's point of view and framework for conducting analysis (Fajar M, 2007). In this study There are several approaches, namely:

1. Interview  
approach Approach to people who use garlic in treating flu in Sumur Village, can be used as a guide for researchers
2. Observational Approach  
Conducted by going directly to the research site in order to get actual results
3. Approach  
Concept-the concept of the efficacy of garlic from various sources can be

used as a benchmark or approach for researchers

## Data Collection Techniques Data

collection techniques carried out were through direct interviews with the community using a list of questions (questionnaires) attached below:

1. What is the name of the head of the family?
2. When you have the flu, do family members or the head of the family use garlic as medicine, if so, state your name and age?
3. How long does for the garlic to heal?
4. How to use garlic in treating the flu?
5. According to you, what are the advantages and disadvantages of garlic as a traditional medicine in treating flu?

## RESULTS AND DISCUSSION

### General Description of Sumur

Village Sumur Village is a village in Medan Tembung sub-district which has the widest area of the villages in Medan Tembung sub-district with an area of 767 ha.

Sumur Village has the following regional boundaries:

1. North Boundary : Kadaya Village
2. South Boundary : Panjang Village
3. West Boundary : Parage Village
4. East Boundary : North Brigong

Village Sumur Village consists of 8 RW and 27 RT with a population of 6377 people. Where in the 6377 souls consists of 3279 male souls and 3098 female souls, having 1499 families.

### The Use of Garlic in Treating the Flu in Sumur Village in 2021.

Based on the initial screening conducted in every hamlet in Sumur Village, data on the heads of families and family members who use garlic to treat the flu are as follows:

Table 4.2.1 . Garlic Users in Treating Flu in Sumur Village.

| No._ | Name of KK /          | User Age / Date of Birth        | Address / Kp / RT / RW |
|------|-----------------------|---------------------------------|------------------------|
| 1.   | Maskantono / 39 Years | Maskantono / 39 Years           | Kp.Sanding RT 18 / 05  |
| 2.   | Infants / 52 Years    | Infant / 52 Years               | Kp.Sanding RT 18 / 05  |
| 3.   | Subarna / 28 Years    | Subarna / 28 Years              | Kp.Sanding RT 18 / 05  |
| 4.   | Suanah / 52 Years     | Ahmad Sujana (child) / 23 Years | Kp.Sanding RT 18 / 05  |
| 5.   | Roni / 51 Years       | Roni / 51 Years                 | Kp.Sanding RT 18 / 05  |

|     |                           |                                 |                        |
|-----|---------------------------|---------------------------------|------------------------|
| 6.  | Nadi / 40 Years           | Rukmini ( Wife) / 35 Years      | Kp.Sanding RT 18 / 05  |
| 7.  | Ali / 33 Years            | All / 33 Years                  | Kp.Sanding RT 18 / 05  |
| 8.  | Enjen / 45 Years          | Humairoh (child) / 18 Years     | Kp.Sanding RT 18 / 05  |
| 9.  | Jaeni / 76 Years          | Jaeni / 76 Years                | Kp.Sanding RT 18 / 05  |
| 10. | Oji / 46 Years            | Jarsah (wife) / 38 Years        | Kp.Sanding RT 18 / 05  |
| 11. | Misna / 46 Years          | Misna / 46 Years                | Kp.Sanding RT 18 / 05  |
| 12. | Rasidi / 54 Years         | Rasidi / 54 Year                | Kp.Sanding RT 18 / 05  |
| No. | Name KK /                 | User Age / Date of Birth        | Address / Kp / RT / RW |
| 13. | Rusman / 60 Years         | Sukaemah (wife) / 52 Years      | Kp.Sanding RT 18 / 05  |
| 14. | Kastam                    | /54 Years                       | Kp.Sanding RT 18 105   |
| 15. | Icot / 67 Years           | Icot / 67 Years                 | Kp.Sanding RT 18 / 05  |
| 16. | Hotib / 54 Years          | Reni (child) / 27 Years         | Kp.Sanding RT 18 / 05  |
| 17. | Friend / 55 Years         | Marsinah (wife) / 45 Year       | Kp.Sanding RT 19 / 05  |
| 18. | Mashudi / 62 Years        | Idrus (child)   17 Years        | Kp.Sanding RT 19 / 05  |
| 19. | Juman / 38 Years          | Juman / 38 Years                | Kp.Sanding RT 19 / 05  |
| 20. | Johara / 29Years          | (parents) / 67 Years            | Kp.Sanding RT 19 / 05  |
| 21. | Aray / 28 Years           | Elah (wife) / 23 Years          | Kp.Sanding RT 19 / 05  |
| 22. | Muhedi / 57 Years         | Muhedi / 57 Years               | Kp.Sanding RT 21 / 05  |
| 23. | H. Surya / 67 Years       | H. Surya / 67 Years             | Kp.Sanding RT 21 / 05  |
| 24. | Physical / 57 Years       | Ahyudin (child) / 25 Years      | Kp.Sanding RT 21 / 05  |
| 25. | Ami / 60 Years            | Ami / 60 Years                  | Kp.Sanding RT 21 / 05  |
| No. | Name KK /                 | User Age / Date of Birth        | Address / Kp / RT / RW |
| 26. | Burhanudin 1 37 Years     | Asifa (child) / 5 Years         | Kp.Sanding RT 21105    |
| 27. | Saefudin / 41 Years       | Saefudin / 41 Years             | Kp.Sanding RT 21 / 05  |
| 28. | U. Suanda / 69 Years      | Sahowi (child) / 27 Years       | Kp.Sanding RT 21 / 05  |
| 29. | Sunardi / 30 Years        | Sunardi / 30 Years              | Kp.Sanding RT 20 / 05  |
| 30. | Ansori / 36 Years         | Fitri Nuryani (wife) / 25 Years | Kp.Sanding RT 20 / 05  |
| 31. | Haerudin /47 Years        | Haerudin / 47 Years             | Kp.Sanding RT 20 105   |
| 32. | Anilah / 26 Years         | A Rizkiana (child) / 13 Years   | Kp.Sanding RT 20 / 05  |
| 33. | Enjen / 39 Years          | Siti Fatimah (wife) / 27 Years  | Kp.Sanding RT 20 / 05  |
| 34. | Supriadi / 39 Years       | Supriadi / 39 Years             | Kp.Sanding RT 20 / 05  |
| 35. | Cacang Hidayat / 32 Years | Enok Sutinah (wife) / 30 Years  | Kp.Sanding RT 22 / 05  |
| 36. | Mamad / 40 Years          | Mamad / 40 Years                | Kp.Sanding RT 22 / 05  |
| 37. | Toli / 48 Years           | Apikah (wife) / 42 Years        | Kp.Sanding RT 22 / 05  |
| 38. | Suandi / 47 Years         | Suandi / 47 Years               | Sanding RT 22 / 05     |
| No. | Name KK /                 | User Age / Date of Birth        | Address / Kp / RT / RW |
| 39. | Amin / 39 Years           | Amin / 39 Years                 | Kp.Sanding RT 22 / 05  |
| 40. | Suarta / 52 Years         | Aisah (child) / 21 Years        | Parang RT 25 / 07      |
| 41. | Amimah / 57 Years         | Saeful (grandson) / 13 Years    | Parang RT 25 / 07      |

|              |                        |                                 |                           |
|--------------|------------------------|---------------------------------|---------------------------|
| 42.          | Yudi / 58 Years        | Yudi / 58 Years                 | Parang RT 25 / 07         |
| 43.          | Yusuf / 62 Years       | Yusuf / 62 Years                | Kp . Parang RT 25 / 07    |
| 44.          | Samin / 34 Years       | Yugi Saputra (child) / 11 Years | Parang RT 25 / 07         |
| 45.          | Usri / 52 Years        | Jaenudin (child) / 24 Years     | Parang RT 25 / 07         |
| 46.          | Enjum / 52 Years of    | Enjum / 52 Years                | of Kp. Parang RT26 / 07   |
| 47.          | Markusen / 44 Years of | Markusen / 44 Years of          | Parang RT 26 / 07         |
| 48.          | Musa / 57 Years        | Yani (child) / 27 Years of      | Parang RT 26 / 07         |
| 49Ma<br>sroh | Dimiyati / 41 Years    | (wife) / 30 Years               | Parang RT 26 / 07         |
| 50.          | Ahmad / 46 Years       | Asep (child) / 12 Years         | Parang RT 27 / 07         |
| 51.          | Padma / 67 Years       | Padma / 67 Years                | Kp .Parang RT 27 / 07     |
| No.          | Name KK /              | User Age / Date of Birth        | Address / Kp / RT / RW    |
| 52.          | Dadi / 34 Years        | Dadi / 34 Years                 | Parang RT 27 / 07         |
| 53.          | Manap / 37 Years       | Nuraeni (wife) / 28 Years       | Parang RT 27 / 07         |
| 54.          | Arsad / 52 Years       | Arsad / 52 Years                | Parang RT 27 / 07         |
| 55.          | Bani / 82 Years        | Bani / 82 Years                 | Parang RT 27107           |
| 56.          | Sujana / 45 Years      | A Yani (child) / 14 Years       | Kp. Koncang II RT 08 / 02 |
| 57.          | Moh Fadilah / 39 Years | Moh Fadilah / 39 Years          | Koncang II RT 08 / 02     |
| 58.          | Hasbullah / 43 Years   | M. Tohari (child) / 17 Years    | Koncang II RT 08 / 02     |
| 59<br>Rafe'l | / 33 Years             | Rafe'l / 33 Years               | Koncang II RT 08 / 02     |
| 60.          | Santawi / 42 Years     | Saeti (wife) / 37 Years         | Koncang II RT 08 / 02     |
| 61.          | Amsari / 44 Years      | Amsan / 44 Years                | Koncang II RT 08 / 02     |
| 62.          | Harun / 70 Years       | Arti (wife) / 57 Years          | Koncang II RT 09 102      |
| 63.          | Muhdi / 49 Years       | Muhdi / 49 Years                | Koncang II RT 09 / 02     |
| 64.          | Supadi / 47 Years      | Supadi / 47 Years               | Koncang II RT 09 / 02     |
| No.          | Name KK /              | User Age / Date of Birth        | Address / Kp / RT / RW    |
| 65.          | Ebit / 47 Years        | Rohayah (wife) / 42 Years       | Koncang II RT 09 / 02     |
| 66.          | Solihun / 32 Years     | Solihun / 32 Years              | Koncang II RT 09 / 02     |
| 67.          | Maskam / 44 Years      | Maskam / 44 Years               | Koncang II RT 09 / 02     |
| 68.          | Surahman / 73 Tabun    | Surahman / 73 Years             | Parigi RT 10 / 02         |
| 69.          | Dulhani / 58 Years     | Dulhani / 58 Years              | Kp .Parigi RT 10 / 02     |
| 70.          | Muhdi 172 Years        | Rumsinah (wife) / 61 Years      | Kp.Parigi RT 10 / 02      |
| 71.          | Iksan / 36 Years .     | Iksan / 36 Years                | Kp. Parigi RT 10 / 02     |
| 72.          | Dayat 733 Years        | Dayat / 33 Years                | Kp. Parigi RT 10 / 02     |
| 73.          | Sumanta / 49 Years     | Sarah (wife) / 44 Years         | Kp. Cakung RT 11 / 02     |
| 74.          | Ma 'ruf 130 Years      | Maya (child) / 7 Years          | Kp. Cakung RT 11 / 02     |
| 75.          | Epul / 33 Years        | Epul / 33 Years                 | Kp. Cakung RT 11 / 02     |
| 76.          | Mustaqim / 43 Tabun    | Musdalifah (child) / 18 Tabun   | Kp. Cakung RT 11 / 02     |
| 77.          | Inah / 62 Years        | Inah / 62 Years                 | Kp.Kapunduan RT 15 / 08   |
| No.          | Name KK /              | User Age / Date of Birth        | Address / Kp / RT / RW    |
| 78.          | Antasa / 72 Years      | Antasa / 72 Years               | Kp.Kapunduan RT 15 / 08   |

|      |                            |                                    |                               |
|------|----------------------------|------------------------------------|-------------------------------|
| 79.  | Acang / 28 Years           | Un (istn) / 26 Years               | Kp.Kapunduan RT 15 / 08       |
| 80.  | Marsim / 48 Years          | Marsim / 48 Years                  | Kp.Kapunduan RT 15 / 08       |
| 81.  | Suip / 46 Years            | Siti Hodijah (child) / 25 Years    | Kp.Kapunduan RT 15 / 08       |
| 82.  | Sumatra / 65 Years         | Yanti (child) / 15 Years           | Kp.Kapunduan RT 15 / 08       |
| 83.  | Ono / 72 Years             | Ono / 72 Years                     | Kapunduan RT 15 / 08          |
| 84.  | Bai / 42 Years             | Atikah (wife) / 28 Years           | Kapunduan RT 15 / 08          |
| 85.  | Ukon / 52 Years            | Ukon / 52 Years                    | Kapunduan RT 15 / 08          |
| 86.  | Mansur / 33 Years          | Mansur / 33 Years                  | Cipanghurang RT 23 / 06       |
| 87.  | Jajang / 44 Years          | Jajang / 44 Years                  | Cipanghurang RT 23 / 06       |
| 88.  | Janari / 68 Years          | Sarbini (child) / 25 Years         | Cipanghurang RT 23 / 06       |
| 89.  | Marhili / 72 Years         | Marhili / 72 Years                 | Kp.Cipanghurang RT 23 / 06    |
| 90.  | Ahmad Anani / 32 Years     | Wulansari (parents) / 64 Years     | Kp.Cipanghurang RT 23 / 06    |
| No.  | Name KK /                  | User Age / Date of Birth           | Address / Kp / RT / RW        |
| 91.  | Jatman / 48 Years          | Jatman / 48 Years                  | Cipanghurang RT 23 / 06       |
| 92.  | Anas / 42 Years            | Alpina Damayanti (child) / 9 Years | Cipanghurang RT 23 / 06       |
| 93.  | Arsiah / 70 Years          | Arsiah / 70 Years                  | Cipangparang Timur RT 24 / 06 |
| 94.  | Atip / 44 Years            | Suheni (wife) / 39 Years           | Cipangparang Timur RT 24 / 06 |
| 95.  | Mas'amah / 55 Years        | Mas' amah / 55 Years               | Cipangparang Timur RT 24 / 06 |
| 96.  | Dais / 57 Years            | Dais / 57 Years                    | Cipangparang Timur RT 24 / 06 |
| 97.  | Sahrudin / 31 Years        | Sahrudin / 31 Years                | Cipangparang Timur RT 24 / 06 |
| 98.  | Adhari / 52 Years          | Adhari / 52 Years                  | Koncang RT 01 / 01            |
| 99.  | Dedi Damhudi / 35 Years    | Siti Aminah (wife) / 33 Years      | Koncang RT 01 / 01            |
| 100. | TB. Ahdi / 60 years old    | TB. Ahdi / 60 Years                | Koncang RT 01 / 01            |
| 101. | Muhidin / 31 Years         | Muhidin / 31 Years                 | Koncang RT 01 / 01            |
| 102. | Ahmad Suma / 76 Years      | Lamrah (wife) / 61 Years           | Koncang RT 01 / 01            |
| 103. | Pepen / 36 Years of        | Pepen / 36 Years of                | Koncang Rrt 01 / 01           |
| No.  | Name KK /                  | User Age / Date of Birth           | Address / Kp / RT / RW        |
| 104. | Undana / 40 Years          | Undana / 40 Years                  | Koncang RT 01 / 01            |
| 105. | Jakari 167 Years           | Jakari 167 Years                   | Koncang RT 01 / 01            |
| 106. | Udin / 56 Years            | Hindun (wife) / 52 Years           | Koncang RT 02 / 01            |
| 107. | Dulatip / 53 Years         | Edi (child) / 26 Years             | Koncang RT 02 / 01            |
| 108. | Toni / 33 Years            | Novia A (child) / 6 Years          | Koncang RT 02 / 01            |
| 109. | Karso / 44 Years           | Karso / 44 Years                   | Koncang RT 02 / 01            |
| 110. | Sapiah / 72 Years          | Sapiah / 72 Years                  | Koncang RT 02 / 01            |
| 111. | Sarkani / 46 Years         | Heriyana (child) / 22 Years        | Koncang RT 02 / 01            |
| 112. | Ma'un Arts / 34 Years      | Ma'un Aris / 34 Years              | Koncang RT 02 / 01            |
| 113. | Ujang Wahyudin / 159 Years | Ujang Wahyudin / 59 Years          | Kp. Koncang RT 02 / 01        |
| 114. | Soja / 48 Years            | Soja / 48 Years                    | Koncang RT 03 / 01            |
| 115. | Soleman / 50 Years         | Jumsiah (wife) / 42 Years          | Koncang RT 03 / 01            |

|      |                           |                                     |                        |
|------|---------------------------|-------------------------------------|------------------------|
| 116. | Abidin / 37 Years         | Abidin / 37 Years                   | Koncang RT 03 / 01     |
| No.  | Name KK /                 | User Age / Date of Birth            | Address / Kp / RT / RW |
| 117. | Karta / 55 Years          | Karta / 55 Years                    | Koncang RT 03 / 01     |
| 118. | Satibi / 47 Years         | Satibi / 47 Years                   | Kp.Koncang RT 03 / 01  |
| 119/ | 48 Years                  | Dayat (child) / 17 Years            | Koncang RT 04 / 01     |
| 120. | Uswan / 52 Years          | Nahrowi (child) / 28 Years          | Koncang RT 04 / 01     |
| 121. | Madroni / 47 Years        | Madroni / 47 Years                  | Kp .Koncang RT 04 / 01 |
| 122. | Sain / 32 Years           | Suminah (wife) / 28 Years           | Koncang RT 04 / 01     |
| 123. | Safe / 57 Years           | Safe / 57 Years                     | Koncang RT 04 / 01     |
| 124. | Aming / 39 Years          | Herlina (child) / 13 Years          | Koncang RT 04 / 01     |
| 125. | Asan / 42 Years           | Asan / 42 Years                     | Koncang RT 05 / 01     |
| 126. | Rusdi / 44 Years          | Rasmini P (child) / 19 Years        | Koncang RT 05 / 01     |
| 127  | Years                     | –                                   | –                      |
| –    | –                         | –                                   | –                      |
| –    | –                         | –                                   | _ 05 / 01              |
| No.  | Name KK /                 | User Age / Date of Birth            | Address / Kp / RT / RW |
| 130. | Iman Rohadi / 26 Years    | Iman Rohadi / 26 Tabun              | Kp. Koncang RT 05 / 01 |
| 131. | Endang Sutisna / 40 Years | Endang Sutisna / 40 Years           | Koncang RT 06 / 01     |
| 132. | Ayep Karyadi / 41 Years   | Ayep Karyadi / 41 Years             | Koncang RT 06 / 01     |
| 133. | Muslim / 45 Years         | Muslim / 45 Years                   | Koncang RT 06 / 01     |
| 134. | Rusdi / 42 Years          | Ranti (child) / 24 Years            | Koncang RT 06 / 01     |
| 135. | Namin / 51 Years          | Namin / 51 Years                    | Koncang RT 06 / 01     |
| 136. | Saprodin / 39 Years       | Saprodin / 39 Years                 | Koncang RT 07 / 02     |
| 137. | Roip / 27 Years           | Joharutul Faridan (wife) / 22 Years | Koncang RT 07 / 02     |
| 138/ | 48 Years                  | Diar S / 48 Years                   | Koncang RT 07 / 02     |
| 139. | Rohedi / 43 Years         | Hamidah (wife) / 41 Years           | Koncang RI 07 / 02     |
| 140. | Asan / 39 Years           | Een Nuraeni (son ) / 17 Years       | Koncang RT 07 / 02     |
| 141. | Suheri / 36 Years         | , Enjun (wife) / 40 Years           | Koncang RT 07 / 02     |
| 142. | M Ali Basa / 52 Years     | M Ali Basa / 52 Years               | Sarian RT 14 / 03      |
| No.  | Name KK /                 | User Age / Date of Birth            | Address / Kp / RT / RW |
| 143. | Jawad / 46 Years          | Absaroh (wife) / 39 Years           | Sarian RT 14 / 03      |
| 144. | Fatoni / 31 Years         | Fatoni / 31 Years                   | Sarian RT 14 / 03      |
| 145. | Entis / 34 Years          | old (wife)132 Years                 | Kp.Sarian RT 13 / 03   |
| 146. | Lottery / 60 Years        | Lottery / 60 Years                  | Kp.Sarian RT 13 / 03   |
| 147. | Atam / 42 Years           | Siti Masitoh (wife) / 41 Years      | Sarian RT 13 / 03      |
| 148. | Kamsah / 62 Years         | Muhidin (child) / 32 Years          | Sarian RT 13 / 03      |
| 149. | Asep S / 40 Years         | Asep S / 40 Years                   | Sarian RT 12 / 03      |
| 150. | Yaya Supriadi / 40 Years  | Siti Sunajah (wife) / 33 Years      | Kp.Sarian RT 12 / 03   |

From the table above with the initial screening results, we get a total of 150 heads of families in Sumur Village who use garlic to treat flu. It can be seen that the use of garlic in the community is still

very high because the people in Sumur Village trust alternative medicine more than the available treatments in the form of Puskesmas, Doctor's Practice, and Posyandu. This is because the

people of Sumur Village still uphold their ancestral heritage and still have ancient beliefs that have not

been fully affected by the progress of the times.

Table Based on Age of Garlic Users in Treating Flu

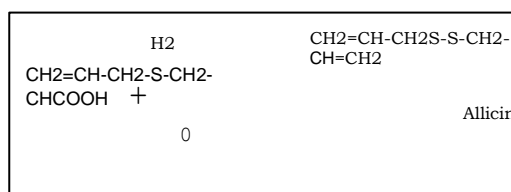
| No. | Age           | Total | Percentage |
|-----|---------------|-------|------------|
| 1.  | 1 - 7 years   | 3     | 2%         |
| 2.  | 8 - 14 years  | 7     | 4,7 %      |
| 3.  | 15 - 21 years | 9     | 6 %        |
| 4.  | > 22 years    | 131   | 87,3 %     |
|     | Total         | 150   | 100 %      |

From the table above, it is known factors of garlic users in Sumur Village Most of Medan Tembung sub-districts are more than 22 years old, i.e. 131 or 87.3%. The number of garlic users over 22 years who are generally heads of families or parents in Sumur Village still use and maintain traditional

medicine compared to more modern treatments such as going to the posyandu, puskesmas and doctor's practice in Sumur Village, Medan Tembung District. .

Table of Garlic Users in Treating Flu in Sumur Village based on how to use it.

| No.          | How to use   | Amount | Percentage |
|--------------|--|--------|------------|
| 1            | Garlic is heated, burned first                         | 48     | 32 %       |
| 2            | Garlic is crushed and mixed into warm water            | 2      | 1.3%       |
| 3            | Garlic is boiled first                                 | 20     | 13.3%      |
| 4            | Garlic is chewed and swallowed                         | 3      | 2 %        |
| 5            | Garlic mashed, mixed with a fist of warm rice          | 11     | 7,3%       |
| 6            | Garlic mashed, mixed with lime juice                   | 22     | 14,7.%0    |
| 7            | Garlic mashed, squeezed to get its juice               | 12     | 8 %        |
| 8            | Garlic in Fried briefly then eaten with a fist of rice | 13     | 8.7%       |
| 9            | Garlic mashed mixed into warm milk                     | 9      | 6 %        |
| 10           | Garlic eaten raw after eating                          | 6      | 4%         |
| 11           | Garlic eaten with a fist of rice                       | 4      | 2.7%       |
| <b>Total</b> |  | 150    | 100 %      |



The table above shows that the number of people in Sumur Village who use garlic in treating flu using burning or heating garlic before consumption as traditional medicine is 48 out of 150 users with a percentage of 32. Garlic is indeed safer to be burned or heated first because the

nutritional sulfur content has been separated from the ester and protein bonds, so in this situation, it will be more helpful, and garlic which can disrupt the stomach atmosphere will be safer for garlic users who have a history of ulcers. Garlic contains essential sulfur compounds as well as 17 amino

acids, including eight essential amino acids and minerals such as calcium, iron, potassium, germanium, selenium, and zinc. The distinctive aroma of garlic comes from the sulfur compounds (sulfur) contained in garlic, but it is precisely these compounds that are beneficial for health. One of these sulfur compounds is *Alliin*. *Alliin* is easy to turn into Allicin when fresh garlic is chopped, chopped, or chewed directly. The conversion of *Alliin* to Allicin is assisted by a particular enzyme called allinase. Allicin is what is responsible for the distinctive smell and taste of garlic. Allicin is also a potential anti-bacterial; In the Indonesian Medicinal Plants Book, Allicin is reported to have proven potential as an anti-bacterial against several types of bacteria such as *Mycobacterium tuberculosis* (the cause of TB), *Eberthella typhosa*, *Bacillus paratyphoid A*, *Bacterium dysenteriae*, *Vibrio cholera*, and several other types of bacteria. The workings of Allicin are similar to penicillin antibiotics and their derivatives, such as Amoxicillin. It works by inhibiting the formation of proteins in the bacterial cell wall so that later it can cause defects in the bacterial cell wall, which ultimately makes the bacteria die because its metabolic system is disrupted. However, one thing to note is that sprouted garlic is not suitable for consumption; the shoots contain HCN (cyanide) poison.

Table of Garlic Users in Treating Flu in Sumur Village Based on Duration of Use.

| No. | Length of Use | Total | Percentage |
|-----|---------------|-------|------------|
| 1.  | 1 Day         | 1     | 0.6 %      |
| 2.  | 2 Days        | 1     | 0.6 %      |
| 3.  | 3 Days        | 34    | 22.6 %     |
| 4.  | 4 Days        | 8     | 5.3 %      |
| 5.  | 5 Days        | 34    | 22.6%      |
| 6.  | 6 Days        | 4     | 2.6 %      |
| 7.  | 7 Days        | 63    | 42 %       |
| 8.  | 8 Days        | 1     | 0.6%       |
| 9.  | 9 Days        | 0     | 0%         |
| 10. | 10 Days       | 4     | 2.6 %      |
|     | Total         | 150   | 100 %      |

From the table above, it can be seen that the length of time the use of garlic in treating in Sumur Village for seven days was 63 of 150 users with 42%. In general, the cure for the flu is 7 to 10 days, so it is appropriate for the people of Sumur village to use garlic to treat the flu for seven days. However, some people use garlic for less

than seven days; in less than seven days, they feel good, but this is very inefficient because, in theory, the flu will recover for 7 to 10 days or even more depending on the type of flu. What he was suffering from, it is possible if the treatment with garlic was lacking and influenza in the body had not been destroyed for seven days.

The advantages and disadvantages of garlic in treating the flu.

#### The Advantages of Garlic in Treating the Flu

1. Garlic is very easy to find and obtain because it is very familiar and becomes a daily necessity in processing dishes.
2. The price of garlic is much lower than chemical drugs, so people can quickly get it, especially people with limited material.
3. Garlic has a very complex chemical composition or substance, so it will be more effective in curing diseases.

#### Disadvantages of Garlic in Treating the Flu

1. Garlic has a very distinctive smell and is very pungent, so few people do not consume garlic because of the smell.
2. Garlic can cause an unpleasant odor in our bodies.

#### CONCLUSION

1. Garlic is very effective in treating colds because garlic contains sulfur which can accelerate the activity of the mucous membranes in the respiratory, which helps relieve mucus expel congestion.
2. The duration of use of garlic should be more than 7 to 10 days because if it is less than 7 to 10 days, feared that the influenza virus contained in the patient's body has not completely disappeared.
3. The use of garlic must be done correctly, namely by cooking, burning, even frying it before consumption (avoid consuming raw garlic) because it can disrupt the stomach atmosphere, especially for patients who have a history of ulcers.
4. In using garlic as traditional medicine must pay attention to the dosage composition; garlic should not be consumed more than three cloves a day because it can cause adverse effects such as diarrhea, fever, and



even stomach bleeding.

5. Many people still use garlic to treat flu, especially in Sumur Village, Medan Tembung District.

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