

Healthy Ramadan with Rosella Herbal Drink: an Initiative by DPC ASPETRI Surabaya for the People of Surabaya

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Abstract: *The holy month of Ramadan is a significant period for Muslims to observe fasting. During fasting, maintaining a strong immune system is crucial for staying healthy and energetic. One natural way to boost immunity is by consuming herbal beverages. In support of public health during Ramadan, the Regional Leadership Council (DPC) of the Indonesian Association of Traditional Herbal Medicine Practitioners (Aspetri) in Surabaya organized a community service program by distributing fresh rosella (*Hibiscus sabdariffa*) herbal drinks. This initiative aimed to raise public awareness about the benefits of herbal medicine in maintaining immunity and to promote the use of natural remedies in daily life. The program involved distributing fresh rosella herbal drinks for free at several strategic locations in Surabaya. Rosella was chosen due to its high antioxidant content, vitamin C, and other bioactive compounds that contribute to boosting the immune system and maintaining metabolic balance during fasting. In addition to distributing herbal drinks, educational sessions were conducted to inform the public about the health benefits of herbal remedies. The results of this initiative showed a high level of enthusiasm among the public regarding the consumption of herbal drinks as a healthy alternative during Ramadan. This program also had a positive impact on increasing public awareness of preventive health measures through herbal-based solutions. Furthermore, it strengthened the role of DPC Aspetri Surabaya in educating and advocating for the integration of herbal medicine into a healthy lifestyle. Moving forward, it is hoped that this program can be continued and expanded to cover more areas and include a wider variety of natural herbal beverages.*

Keywords:

Community Service, Herbal Health, Immune System,

Introduction

The month of Ramadan is a blessed time for Muslims worldwide. During this month, Muslims observe fasting as an act of devotion and self-discipline (Wibowo & Syukur, 2024). Fasting is not merely about refraining from food and drink but also serves as a moment to improve one's lifestyle, particularly in terms of health (Najib et al., 2024). With drastic changes in eating patterns during Ramadan, maintaining immunity becomes one of the main challenges (Wibowo & Negara, 2024a). Healthy food and beverage intake play a crucial role in maintaining physical fitness while fasting (Wibowo, Aswitami, et al., 2024). Therefore, the consumption of natural ingredients, such as traditional herbal drinks (jamu), has become an increasingly popular solution among the public (Syukur et al., 2024).

One natural ingredient known for its numerous health benefits is roselle flower (*Hibiscus sabdariffa*) (Wibowo, 2024). Roselle is rich in antioxidants, vitamin C, and other bioactive compounds that help boost immunity, lower blood pressure, and maintain metabolic balance (Wibowo, Khotimah, et al., 2024; Wibowo & Negara, 2024b). Herbal drinks made from roselle have a refreshing sour taste and can serve as a healthy alternative during Ramadan. Given these benefits, roselle jamu has gained popularity, especially in supporting public health during fasting (Haryati et al., 2025; Wibowo, Sari, et al., 2024).

Amid the growing awareness of the importance of maintaining health through natural ingredients, the Regional Leadership Council (DPC) of the Indonesian Traditional Medicine Practitioners Association (Aspetri) in Surabaya initiated a community service program involving the distribution of fresh roselle jamu to the public (Setiawan et al., 2024; Wibowo, 2025; Wibowo & Mubarakah, 2025). This initiative aims to support public health during Ramadan by providing a herbal drink that can help strengthen the immune system. Additionally, the program seeks to enhance public understanding of the benefits of jamu as a cultural heritage with scientifically proven health benefits (Wibowo, Negara, et al., 2025; Wibowo, Wardani, Halimah, et al., 2025; Wibowo & Hidayati, 2025).

As an organization focused on herbal-based traditional medicine, DPC Aspetri Kota Surabaya is committed to continuously educating and introducing the benefits of jamu to the wider community (Wibowo, Ngete, et al., 2025; Wibowo, Wardani, Ulfa, et al., 2025b). One of the challenges in promoting jamu is the lingering stigma that it is bitter or has undesirable side effects (Wibowo, Wardani,

Ulfa, et al., 2025a). Through this initiative, DPC Aspetri Kota Surabaya aims to demonstrate that jamu, particularly roselle-based jamu, can be packaged with a more pleasant taste while still offering optimal health benefits (Wibowo, Arif, et al., 2024; Wibowo, Larasaty, & Ramadhan, 2025a).

The program took place at several strategic locations in Surabaya, including crowded public areas, mosques, and other community gathering spots before iftar (Wibowo, Larasaty, & Ramadhan, 2025b). By selecting easily accessible locations, this initiative is expected to reach a larger audience and provide widespread benefits. The distribution of jamu was carried out free of charge as part of DPC Aspetri Kota Surabaya's social program to promote a herbal-based healthy lifestyle during Ramadan (Wibowo et al., 2025).

In addition to distributing roselle jamu, the program also included short educational sessions on the benefits and proper consumption of jamu. The team from DPC Aspetri Kota Surabaya provided information about the active compounds in roselle, healthy preparation methods, and its benefits for the body, especially during fasting (Wibowo et al., 2025, 2025; Wibowo & Rahmawati, 2025). Through this educational component, the public not only received the direct benefits of consuming jamu but also gained knowledge that they could apply in their daily lives. It is hoped that after participating in this initiative, people will become more aware of the importance of maintaining health naturally and be more open to incorporating jamu into their lifestyle (Wibowo et al., 2025, 2025).

The public response to this initiative was overwhelmingly positive. Many individuals admitted that it was their first time trying roselle jamu and were pleasantly surprised by its refreshing taste. Unlike the common perception that jamu is bitter or difficult to consume, roselle jamu has a tangy and enjoyable flavor that can be consumed without artificial sweeteners (Wibowo et al., 2025, 2025). The positive reception from the public indicates that herbal jamu has significant potential to be further developed as a widely accepted part of a healthy lifestyle (Widyaningsih, Aprilia, et al., 2023).

From an academic and professional perspective, this initiative also provided valuable benefits for members of DPC Aspetri Kota Surabaya in strengthening their role as traditional medicine practitioners (Widyaningsih, Rodiyah, et al., 2023). By engaging directly with the community, jamu practitioners not only delivered herbal-based healthcare services but also fostered trust and awareness of the importance of traditional medicine in supporting overall health. Additionally, this initiative served as a platform for Aspetri members to share experiences and enhance their skills in

educating the public about the benefits of jamu (Riza Aulia Widyaningsih et al., 2024; Wibowo, Winingsih, et al., 2024).

On a broader scale, the distribution of roselle jamu is part of an effort to preserve Indonesia's cultural heritage. Jamu has been an integral part of traditional medicine for centuries. However, in recent decades, its use has faced challenges due to the increasing prevalence of modern pharmaceuticals and shifting consumer habits towards instant products. Initiatives like this are expected to help reintroduce and encourage the use of jamu as a safe and natural health solution (Wibowo, 2023; Wibowo et al., 2023).

Furthermore, this initiative aligns with the global trend that increasingly emphasizes holistic health and the use of natural ingredients in daily life. Numerous scientific studies have demonstrated the benefits of herbal plants in enhancing health and preventing various diseases (Alvia Nur Layli et al., 2023; Layli, Nikmah, et al., 2023). Therefore, reintroducing jamu to the public through a modern and evidence-based approach is highly relevant in supporting public health (Dian Parwati et al., 2024; Puji Kurniawati Rahman et al., 2023; Rahman et al., 2023).

In the long term, this initiative is expected to inspire other communities and organizations to conduct similar programs on a larger scale. With more initiatives promoting herbal-based healthy lifestyles, it is hoped that people will become more accustomed to consuming jamu and making it a regular part of their daily lives (Hermawati et al., 2023; Intan, Solihah, et al., 2023; Intan, Zuhroh, et al., 2023). Moreover, this initiative can serve as a model for developing other community service programs focused on utilizing natural ingredients for health (Fitroh Annisaul Mubarakah et al., 2024; Ngete et al., 2025; Sarah Zielda Najib et al., 2024).

The distribution of fresh roselle-based jamu by DPC Aspetri Kota Surabaya during Ramadan is an initiative that not only benefits public health but also plays a crucial role in preserving the jamu tradition. By combining jamu distribution with health education, this program aims to raise public awareness of the importance of maintaining immunity during fasting in a natural and safe way. Through this approach, DPC Aspetri Kota Surabaya contributes to building a healthier community while promoting the immense benefits of Indonesia's herbal heritage (Layli, Arum, et al., 2023; Mubarakah, Noraini, et al., 2023; Mubarakah, Silvia, et al., 2023).

Implementation Methods

The implementation of the distribution of fresh rosella herbal drink was carried out with thorough preparation and good coordination by the Dewan Pimpinan Cabang (DPC) of the Indonesian Traditional Herbal Practitioners Association (Aspetri) Surabaya. As the chairman of DPC Aspetri Surabaya, Abdul Kholiq personally led the event, ensuring that each stage ran smoothly and aligned with the main objective: to enhance the community's immune system during the holy month of Ramadan through the consumption of herbal drinks.

Before the event began, the Aspetri Surabaya management team made meticulous preparations, including selecting high-quality raw materials for making rosella herbal drinks. Fresh rosella flowers were chosen as the main ingredient due to their high antioxidant content and scientifically proven health benefits. The jamu-making process was carefully carried out to ensure that the drink was not only healthy but also refreshing and delicious, making it more acceptable to the general public.

Once the herbal drink was produced, the Aspetri Surabaya team packaged it in hygienic bottles, ready for distribution. A total of 100 packages of fresh rosella herbal drinks were prepared for the community. Each package contained one bottle of rosella jamu, ready to be consumed, along with a brief informational leaflet on the benefits and proper consumption methods of rosella herbal drinks to help people better understand their usefulness.

On March 28, 2025, the Aspetri Surabaya team gathered at the designated location along Ir. Soekarno Street, Merr, one of the strategic points in Surabaya. This location was chosen because it is a busy area frequently passed by the public, especially before the iftar time. By selecting an accessible location, the event aimed to reach more people and provide broader benefits.

Around 5:00 PM WIB, the Aspetri management team began distributing the rosella herbal drinks to passersby. Many motorcyclists, pedestrians, and local residents enthusiastically received the fresh jamu. They were delighted to receive a herbal drink that was not only refreshing but also beneficial for their health. Some of them were even interested in learning more about the benefits of rosella jamu and how to make it at home.

The chairman of DPC Aspetri Surabaya, Abdul Kholiq, directly engaged with the community, explaining the importance of maintaining health while fasting by consuming natural drinks such as rosella jamu. He also emphasized that jamu is part

of Indonesia's cultural heritage that should be preserved and further developed so that more people recognize its benefits.

The distribution event was filled with warmth and enthusiasm. The Aspetri team energetically handed out the jamu packages while chatting with the community. Some recipients of the rosella jamu expressed that it was their first time trying this herbal drink. They were surprised by its refreshing taste, which was not bitter as they had initially assumed.

In less than 30 minutes, all 100 rosella jamu packages had been distributed. The success of this event demonstrated that the public has a high interest in healthy alternative drinks, especially during Ramadan. Seeing the overwhelming enthusiasm from the community, DPC Aspetri Surabaya hopes to hold similar events on a larger scale in the future so that more people can experience the benefits of herbal jamu.

This initiative was not merely a social action but also served as an educational platform for the community on the importance of maintaining health with natural ingredients. Through direct interaction between Aspetri members and the public, awareness of jamu increased, encouraging people to incorporate herbal drinks into their healthy lifestyle.

With the conclusion of the rosella herbal drink distribution event at Ir. Soekarno Street, Merr, on March 28, 2025, DPC Aspetri Surabaya successfully fulfilled its mission to support public health through the use of traditional herbal remedies. The enthusiasm for continuously educating and promoting jamu to the public will be sustained so that jamu becomes more widely accepted and an integral part of daily life.

Discussion and Analysis

The month of Ramadan is a very special moment for Muslims around the world. This holy month is not merely a time for refraining from food and drink but also an opportunity to strengthen spirituality, increase patience, and instill values of kindness and social care. During fasting, Muslims are encouraged to engage in acts of charity, such as sharing food and drinks with others. One of the traditions closely associated with Ramadan is the distribution of takjil to the community as a form of solidarity and social care.

Takjil carries a deeper meaning beyond just being food or drink to break the fast. Linguistically, the word "takjil" originates from Arabic, meaning "to hasten" or "to speed up." In the context of Ramadan, takjil refers to food or drink consumed to

break the fast before having the main meal. The tradition of sharing takjil has become part of Islamic culture in many countries, including Indonesia. By distributing takjil, individuals not only help others break their fast but also earn rewards for facilitating ease for others.

The takjil distribution activity, particularly in the form of rosella herbal drinks organized by the Surabaya branch of the Indonesian Traditional Medicine Association (Aspetri), provides extensive benefits to the community. On one hand, this activity facilitates people who are traveling or those who have not had the chance to prepare food for iftar. With free takjil available, they can break their fast on time without having to worry about finding food or drink first.

Moreover, the distribution of takjil also serves as a means to reintroduce herbal drinks as a traditional beverage rich in health benefits. Amid the widespread consumption of instant and carbonated drinks, rosella herbal drink emerges as a healthier and more natural alternative. Rosella (*Hibiscus sabdariffa*) is known for its high antioxidant content, vitamin C, and other bioactive compounds that help boost immunity, lower blood pressure, and maintain metabolic balance. By consuming rosella herbal drink as takjil, people not only regain energy after fasting but also gain long-term health benefits.

The public response to this initiative has been overwhelmingly positive. Many people tried rosella herbal drink for the first time and were surprised by its refreshing taste. Unlike the common perception that herbal drinks are bitter, rosella herbal drink has a tangy, refreshing taste, making it more appealing to different age groups. Additionally, the education provided by Aspetri Surabaya members about the benefits of rosella herbal drink offered new insights to the public on the importance of consuming herbal beverages in daily life.

For the members of Aspetri Surabaya, this activity is not just a social initiative but also a form of service to the community and an effort to revive the herbal medicine culture that is increasingly overshadowed by modernization. As an organization focusing on traditional medicine based on herbal remedies, Aspetri holds the responsibility to continue promoting the benefits of herbal medicine to society. By directly engaging with the public, Aspetri members gain deeper insights into public perceptions of herbal medicine and the challenges that need to be addressed in promoting it on a larger scale.

The chairman of Aspetri Surabaya, Abdul Kholiq, personally led this activity with great enthusiasm. He not only coordinated the distribution process but also actively educated the public about the benefits of rosella herbal drinks. The success of this initiative was also supported by the East Java Regional Board (DPD) of

Aspetri, led by Hartaty Larasaty. The support from Aspetri East Java was crucial in ensuring the smooth execution of this event and motivating Aspetri Surabaya members to continue developing herbal-based programs in the future.

Aspetri plays a significant role in preserving and promoting traditional herbal medicine in Indonesia. In modern times, many people are shifting to chemical-based medicines due to their perceived convenience and quick effects. However, herbal medicine, as a part of Indonesia's cultural heritage, has been scientifically proven to offer numerous health benefits comparable to modern pharmaceuticals.

Through initiatives like the distribution of rosella herbal drinks, Aspetri is not only introducing herbal medicine to the public but also educating them that herbal drinks can be consumed regularly as part of a healthy lifestyle. By providing information on the preparation and benefits of herbal drinks, more people are expected to develop an interest in incorporating herbal remedies into their daily routines.

Additionally, this activity serves as evidence that herbal drinks can be packaged in a more modern and attractive way. One of the challenges in promoting herbal drinks to the younger generation is the stigma that herbal drinks are traditional and unappealing to their taste preferences. Therefore, innovation in the presentation of herbal drinks—such as packaging them in hygienic bottles with a more refreshing taste—is one strategy that can be applied to attract a broader audience.

The distribution of rosella herbal drinks also serves as an opportunity for Aspetri Surabaya members to cultivate a sense of social responsibility. Ramadan is a month that teaches the values of sharing and helping others, and this activity is a tangible manifestation of those principles. By distributing herbal drinks to the public, Aspetri members not only provide health benefits but also demonstrate that traditional medicine can be part of the solution in maintaining community health.

Furthermore, this initiative strengthens solidarity among Aspetri members. Through close collaboration in preparing and executing this event, Aspetri members can learn from one another and share experiences on the best ways to promote herbal medicine to the public. This experience is a valuable asset for developing similar programs in the future that can reach a larger audience.

The success of this activity serves as an inspiration for Aspetri to continue organizing herbal-based programs in the future. Observing the high enthusiasm of the public for rosella herbal drinks, Aspetri plans to expand this program by involving more communities and relevant organizations. Additionally, efforts to

introduce herbal medicine as part of a healthy lifestyle will continue through various educational and training activities.

As public awareness of the importance of natural health solutions continues to grow, herbal medicine has a significant opportunity to become a staple in daily life. Therefore, collaboration among various stakeholders—including the government, academics, and herbal medicine practitioners—is crucial to ensure that herbal medicine remains relevant and evolves as a sustainable health solution.

Ultimately, the rosella herbal drink distribution initiative led by Aspetri Surabaya serves as a prime example of how the tradition of sharing during Ramadan can be integrated with efforts to preserve the herbal medicine culture. Through this initiative, Aspetri not only contributes to public health during fasting but also plays a role in safeguarding Indonesia's rich heritage of traditional medicine.



Figure 1. Group Photo with the Community After Distributing Fresh Herbal Rosella Drinks

Conclusion

The distribution of rosella herbal drink by DPC of Aspetri during Ramadan has had a significant positive impact on both the community and the Aspetri organizers themselves. This initiative not only provided the public with a healthy option for breaking their fast but also served as an educational platform to promote the benefits of herbal medicine as part of a healthy lifestyle.

Rosella herbal drink offers various health benefits, such as boosting the immune system, lowering blood pressure, and maintaining metabolic balance. By introducing rosella herbal drink as an alternative iftar beverage, the public was

encouraged to appreciate and recognize Indonesia's rich cultural heritage in traditional herbal medicine.

The full support of the Regional Leadership Council (DPD) of Aspetri East Java, led by Hartaty Larasaty, played a crucial role in ensuring the success of this event. The active involvement of the Chairman of DPC Aspetri Surabaya, Abdul Kholiq, along with all Aspetri members, demonstrated the organization's commitment to preserving and promoting herbal medicine as a sustainable health solution.

Beyond the health and social benefits, this initiative fostered a spirit of compassion and solidarity among Aspetri members. Through teamwork in preparing and executing this event, members had the opportunity to learn and share experiences, which will serve as valuable assets for future similar programs. The success of this event serves as an inspiration to further develop herbal-based programs and raise public awareness about the importance of returning to natural remedies. With the community's strong enthusiasm, it is hoped that herbal medicine will become an integral part of a healthy lifestyle, and similar initiatives can continue to expand their benefits to a broader audience.

Through the distribution of rosella herbal drink, Aspetri has not only carried out a social initiative during Ramadan but also contributed to the preservation of the nation's cultural heritage. By integrating tradition, innovation, and education, herbal medicine can continue to thrive as a sustainable health solution for the Indonesian people.

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We also express our sincere gratitude to the entire management and members of the Surabaya City Branch Leadership Council (DPC) of Aspetri, who have worked tirelessly to ensure the smooth execution of this initiative. Their dedication, hard work, and spirit of togetherness have been the driving forces behind the success of this event. A special acknowledgment goes to the Chairman of the East Java Regional Leadership Council (DPD) of Aspetri, Hartaty Larasaty, whose unwavering

support and guidance have greatly contributed to the realization of this initiative. Her leadership has played a crucial role in strengthening our collective mission to preserve and promote traditional herbal medicine in Indonesia.

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This initiative is a testament to the power of collaboration and shared dedication. May this event serve as a stepping stone for future programs that further enhance public health and awareness of the benefits of herbal medicine. We sincerely hope that the spirit of giving, solidarity, and commitment to natural health solutions continues to grow, bringing even greater benefits to society. Thank you once again to everyone who has contributed to the success of this initiative. May our efforts be blessed and inspire more impactful endeavors in the future.

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