

Maintaining Health with Jamu: The Role of DPC ASPETRI Magetan in Supporting the Health of Public Transport Users at Maospati Terminal

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Abstract: *The community service activity organized by the Regional Executive Board of the Indonesian Traditional Herbal Practitioners Association (DPC ASPETRI) Magetan was held on March 29, 2025, at Maospati Terminal as a tangible contribution to public health support through traditional approaches. In this event, a total of 100 bottles of fresh herbal drinks made from butterfly pea flower and lemon were distributed to terminal visitors. Without any accompanying educational session, the activity was purely aimed at providing direct benefits to the public. The choice of natural ingredients with antioxidant and body-refreshing properties added value in supporting the vitality of people on the move. Led by the Chairwoman of DPC ASPETRI Magetan, Mrs. Ririk Catur Sulistyowati, along with three board members, this initiative created a positive social impact, particularly in improving public access to safe and convenient traditional health products. This herbal distribution demonstrated how a simple yet targeted approach could directly enhance the quality of life in the community.*

Keywords:

Butterfly Pea Flower, Community Service, DPC ASPETRI Magetan, Lemon, Maospati Terminal, Social Impact, Traditional Herbal Medicine

Introduction

Indonesia possesses a rich heritage of traditional medicine passed down through generations, one of which is the use of *jamu*, herbal drinks made from natural ingredients (Sarah Zielda Najib et al., 2024; Wibowo, Arif, et al., 2024; Wibowo, Larasaty, et al., 2025a). *Jamu* is well known not only for its pharmacological benefits but also for its holistic and preventive health functions (Wibowo, Khotimah,

et al., 2024; Wibowo, Larasaty, et al., 2025b; World Health Organization (WHO), 2013). In the context of high community mobility, particularly ahead of major holidays like Eid al-Fitr, health becomes an important yet often overlooked aspect (Haryati et al., 2025a). Maospati Terminal, a strategic point of transit for travelers and locals, serves as an ideal location to introduce traditional initiatives with direct impact (Wibowo, Aswitami, et al., 2024).

As part of its social responsibility, DPC ASPETRI Magetan initiated the distribution of fresh herbal drinks made from butterfly pea flower and lemon to the public on March 29, 2025 (Hidayat & Wulandari, 2021; Ministry of Health of the Republic of Indonesia, 2011). Without incorporating any educational sessions, the program emphasized the ease of access to refreshing and health-supporting *jamu* products (Intan, Solihah, et al., 2023; Mubarokah, Silvia, et al., 2023). This initiative is seen as crucial not only for preserving the heritage of herbal culture but also as a form of social solidarity in maintaining public well-being, especially in anticipation of long travel journeys (Puji Kurniawati Rahman et al., 2023; Wibowo et al., 2025; Wibowo, Ngete, et al., 2025).

The beverage, combining butterfly pea flower and lemon, is not only visually appealing and flavorful but also offers a wide range of health benefits acknowledged in both traditional healing and modern research (Layli, Nikmah, et al., 2023; Layli, Arum, et al., 2023; Wibowo & Negara, 2024a). Butterfly pea flower (*Clitoria ternatea*) is known for its high antioxidant content, particularly anthocyanins, which give the flower its vibrant blue color. These compounds play a vital role in combating free radicals that damage body cells, thereby slowing down aging and reducing the risk of chronic diseases such as cancer, diabetes, and cardiovascular disorders (Mubarokah, Noraini, et al., 2023; Rahman et al., 2023; Wibowo, Febrianti, et al., 2025). Furthermore, the flower is believed to enhance brain function. Its natural content such as acetylcholine helps stimulate brain activity, improve memory, and support concentration, making it suitable for daily activities requiring mental focus (Haryati et al., 2025b; Wibowo & Hidayati, 2025; Wibowo & Syukur, 2024).

In addition, butterfly pea flower benefits eye and skin health. Its natural pigment, proanthocyanidin, promotes better blood circulation in capillaries, including those in the eyes, reducing visual fatigue and maintaining clarity (Andayani & Prasetyorini, 2020; Wibowo & Mubarokah, 2025). Its antioxidants support skin elasticity, slow the appearance of wrinkles, and help keep the skin moisturized and healthy. In herbal traditions, it is also known for its calming effect, which helps relieve mild stress and improves sleep quality (Riza Aulia Widyaningsih et al., 2024; Wibowo, 2023; Wibowo et al., 2023; Wibowo, Winingsih,

et al., 2024).

On the other hand, lemon (*Citrus limon*) adds a refreshing acidic note while enhancing the health benefits of the drink (Sharma & Kaur, 2018; Singh & Khanam, 2011; Wibowo & Negara, 2024b). Lemon is rich in vitamin C, a key antioxidant essential for boosting the immune system, accelerating wound healing, and supporting collagen production (Najib et al., 2024; Wibowo, 2024). Lemon also helps balance the body's pH level, as it has an alkalizing effect once digested. Moreover, lemon is beneficial for detoxification, stimulating liver function, and cleansing the digestive system. A warm lemon water drink in the morning is often recommended to start the day with a clean and energized body.

When butterfly pea flower and lemon are combined, the result is a naturally refreshing and health-enhancing drink. The mixture not only helps the body fight infection and fatigue but also supports digestion, hydration, and an overall boost in energy. The visual transformation from blue to purple upon adding lemon to the butterfly pea tea creates an aesthetic experience, making the drink unique and enjoyable. Thus, the butterfly pea lemon drink is especially suitable for distribution among people on the go, such as travelers at a terminal, as it provides a practical, nutritious refreshment that can be enjoyed by all ages with no side effects. This drink reflects how Indonesia's herbal legacy can be presented in a modern, functional way while still rooted in local wisdom (Intan, Zuhroh, et al., 2023; Wibowo, 2025; Wibowo et al., 2025).

Methods

This activity was carried out on March 29, 2025, at Maospati Terminal in Magetan Regency. The implementation team consisted of the Chairwoman of DPC ASPETRI Magetan, Mrs. Ririk Catur Sulistyowati, and three other board members: Sari Yulis, Saimun, and Winarti. The activity began in the morning with logistics preparation and internal coordination. A total of 100 bottles of fresh herbal drinks, consisting of a mixture of butterfly pea flower and lemon, were prepared in advance.

The *jamu* used in this activity was formulated to offer a refreshing effect and naturally boost the immune system. Butterfly pea flower is known for its antioxidant content, while lemon is rich in vitamin C—both playing an important role in maintaining physical vitality. The distribution was carried out directly to terminal visitors and passengers without any additional activities such as seminars or outreach. The main focus was on distributing free herbal products to be enjoyed by the public as an act of social care.

Discussion

The herbal drink distribution activity by DPC ASPETRI Magetan, conducted on March 29, 2025, at Maospati Terminal, is a concrete form of community service that is both direct and practical. Although it did not include educational elements such as seminars or counseling, the initiative still brought significant social impact by addressing a basic public need—health.

Distributing 100 bottles of herbal drinks made from butterfly pea flower and lemon served as a gesture of care towards the health of people amidst the high mobility of the Eid al-Fitr season. Maospati Terminal, as a key transit hub in Magetan and surrounding areas, was chosen due to its dynamic nature and the diversity of its visitors, ranging from workers, vendors, public transport drivers, to homebound travelers. This made the activity strategically effective in reaching a broad audience quickly.

From a social perspective, this initiative demonstrated DPC ASPETRI Magetan's responsiveness and sensitivity toward the public's need for easy access to health products. In situations where people often prioritize travel logistics over wellness, the presence of a healthy, ready-to-consume drink became highly appreciated. It not only served as nourishment but also as a form of support and encouragement.

Public response was overwhelmingly positive. Many recipients felt touched and helped by the attention shown—especially since the drink was enjoyable and could be consumed immediately without preparation. This proves that a simple, direct approach can be more impactful, especially for people in transit or with limited time.

The specific choice of butterfly pea flower and lemon added significant value. The former's antioxidants benefit brain function and combat oxidative stress, while the latter offers a rich source of vitamin C and revitalizing freshness. Combined, they not only improved health outcomes but also introduced a new, more modern perception of *jamu*, making it more acceptable and attractive across generations, including to youth.

Beyond its direct health benefits, this activity also revived appreciation for Indonesia's herbal traditions. In an era saturated with synthetic health products, the return to natural remedies such as *jamu* offers a relevant and accessible alternative. While recipients received a tangible product, they were also subtly reintroduced to the values of natural wellness ingrained in Indonesian culture.

Organizationally, the event also showcased the solidarity and teamwork within DPC ASPETRI Magetan. Under the leadership of Mrs. Ririk Catur Sulistyowati and support from fellow board members—Sari Yulis, Saimun, and Winarti—the event was carried out efficiently and with enthusiasm. Active participation from the team ensured the drinks were distributed evenly and to the right audience.

Therefore, this herbal distribution initiative stands as a model for impactful community service. Its straightforward approach, appropriate location selection, and delivery of traditional health products show great potential for replication elsewhere. Such activities could be a stepping stone toward revitalizing public trust in traditional *jamu* as a viable, everyday health solution.

Conclusion

The herbal drink distribution by DPC ASPETRI Magetan at Maospati Terminal highlights how a simple, direct initiative can yield significant social impact. By handing out 100 bottles of fresh drinks made from natural ingredients like butterfly pea flower and lemon, the activity helped the public maintain physical well-being, especially before long travel. This event also reflected how traditional medicine holds not only medicinal value but also serves as a medium to build social solidarity and strengthen connections between professional organizations and communities. As such, this program made a meaningful contribution to public health and the preservation of Indonesia's herbal traditions.

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service program. We would also like to remind all travelers passing through Maospati Terminal to always take care of their health during their journey. By maintaining good physical condition, we hope everyone can reunite with their beloved families and celebrate Eid al-Fitr with joy.

Lastly, we wish you a blessed Eid al-Fitr 1446 H. Please accept our sincerest apologies for any mistakes or shortcomings. May the days ahead bring peace, happiness, and good health to us all.

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