

Community Empowerment through Outreach and The Planting of Family Medicinal Plants in Bekasi, Indonesia

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Abstract

Purpose: This community service activity aims to provide education to the residents of Segara Jaya Village regarding the utilization of living pharmacies or Family Medicinal Plants (TOGA) to empower the community in the health and economic sectors. The main focus is to raise awareness among residents about optimizing vacant land for the cultivation of medicinal plants.

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Keyword

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Method: This research employs the Participatory Action Research (PAR) method, which emphasizes active collaboration between students and the local community. The stages of the method include observation to identify regional potential, socialization regarding the benefits of herbs, and direct community involvement in joint planting practices using polybags.

Practical Applications: The practical application of this program includes the cultivation of various TOGA (herbal) varieties such as ginger, turmeric, and kencur, as well as training in the production of hygienic liquid herbal drinks and mixed herbal remedies. Residents are also provided with a Recipe Collection Book as a self-guidance manual, where the processed products have the potential to become commercial goods to increase residents' economic income.

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Conclusion: The utilization of medicinal plants (TOGA) has a positive impact on health independence by reducing dependence on chemical medicines, while also contributing to the improvement of economic welfare and living standards of the community through environmentally friendly solutions.



Introduction

The Living Pharmacy is a valuable resource that can be utilized by the community to improve health and well-being (Thoybatunnisa & Risnain, 2022). As awareness of health and natural remedies continues to grow, Family Medicinal Plants (TOGA) offer an efficient and environmentally friendly alternative. A living pharmacy refers to useful plants managed by family members and cultivated in the yard or garden. Various types of plants can be grown to meet the family's needs for herbal remedies that can be prepared independently (Nazhifah et al., 2022). Generally, the types of plants that can be used for first aid or to alleviate mild symptoms such as fever and cough are selected from available medicinal plants (Firdaus et al., 2025).

Having medicinal plants at home is very important, especially for families who find it difficult to reach clinics, health centers, or hospitals. A living pharmacy serves as an option for families to manage their own treatment and make decisions, which is essential for achieving the principle of independence in healthcare. This process involves studying the advantages, quality, and variations of plants to support the improvement of public health as well as providing additional opportunities for families; these medicinal plants can be grown on a small or medium scale. The results of these plants can be disseminated to the community to help them improve their health. Although Indonesia has many types of traditional medicinal plants, this potential has not been fully utilized effectively, particularly in the organized cultivation of living pharmacies at the community level.

Previous studies on rural community empowerment through the cultivation of family medicinal plants—such as the research by Dwisari Dillasamola et al., which addressed education, cultivation practices, and medicinal plant processing for village empowerment—have not emphasized a measurable model for rural empowerment (Dillasamola et al., 2025). Similarly, Sulaiman's research on family medicinal plants (TOGA), the green economy, and local wisdom focused more heavily on the green economy and herbal tourism (Sulaiman et al., 2025). Furthermore, Fitri Amja Yani's study examined the literature regarding the use of these plants for public health but relied on a literature review rather than a practical assessment (Fitri Amja Yani & Susilawati Susilawati, 2023). Finally, the research by Nurvita Dewi covered training in medicinal plant cultivation and *jamu* (traditional herbal medicine) production but

did not focus on the specific context of rural empowerment (Dewi et al., 2025).

In addition to offering health benefits, living pharmacies can also provide additional economic value to the community. The economic value of living pharmacies is very important, especially in terms of empowering and developing the local economy. Living pharmacies function not only as a source of natural medicines that can support health but also as commercial goods with a broad market potential (Santoso et al., 2021). TOGA (Traditional Ornamental and Medicinal Plants) provides health benefits while also contributing to the overall economic welfare of the community. This gap analysis indicates that although there is a general understanding of the benefits of living pharmacies, the implementation of sustainable and integrated cultivation remains a challenge in Segara Jaya Village. The main gaps include:

- 1) Insufficient technical knowledge of cultivation among the community
- 2) limited access to superior seeds and organic cultivation practices
- 3) lack of regular recording of variations, benefits, and processing methods of medicinal plants that align with local village customs.

This gap has become an obstacle to optimizing the use of living pharmacies as a foundation for community health independence. To address this gap, the research develops and implements a mentoring model for cultivating living pharmacies that is integrated and involves community participation in Segara Jaya Village. This research not only aims to document the existing conditions but also actively involves the community in training on organic cultivation techniques, managing a local seed bank, and developing practical guidelines tailored to local conditions. It is hoped that this innovation will overcome various technical and institutional barriers, continuously enhance community capacity, and ultimately promote health independence through a more structured and effective utilization of living pharmacies.

Therefore, community service activities that include outreach, training, active involvement, continuous mentoring, and assessment of the economic impact of utilizing living pharmacies are very important. These activities are expected to have a greater influence in strengthening community capacity, as well as addressing the shortcomings of previous community service efforts, so that the community not only gains health benefits but also achieves sustainable economic growth through the utilization of living pharmacies.

Method

The community program activities commenced on 8 June 2025. The service was carried out in Pangkalan Village, Segarajaya Village, Tarumajaya District, specifically in Hamlet III. The approach used in establishing the living pharmacy is a participatory action research (PAR) approach. The PAR method was implemented through several steps, namely observation, outreach, and community involvement in planting medicinal plants together (Siswadi & Syaifuddin, 2024). The purpose of the observation was to gather data on community preferences, with an emphasis on the use of living pharmacies, as well as to document the various types of living pharmacies present in Pangkalan Village, Segarajaya. The socialization activities aimed to inform the community about the benefits of family medicinal plants for various illnesses and the economic value that can be gained.

This socialization activity is specifically directed towards the residents of Pangkalan Village, Segarajaya Sub-district. Involvement in this program includes the Head of the Hamlet, RT (neighborhood units), religious leaders, mothers from the Ta'lim Council, and youth from the Nurul Iman Ta'lim Council in Pangkalan Village, Segarajaya Sub-district. This participation aims to enable the community of Pangkalan Village to directly practice the correct methods of planting family medicinal plants (TOGA) and processing TOGA into ready-to-drink herbal medicine. This approach supports KKN students in building close relationships with the community. It emphasizes active community involvement to create a positive impact and enthusiasm, ensuring that the objectives of the action research or activities undertaken can be achieved. The PAR implementation follows the predetermined service targets, and PAR principles are directly related to the community, thereby reducing the gap between KKN students and residents (Qomar et al., 2022).

Pangkalan Village, Segarajaya Village, strives to the best of its ability to implement the PAR concept in its activities so that the intended community service goals can be realized. This approach emphasizes increasing the capacity of the community by involving residents around the KKN Post III in Pangkalan Village, Segarajaya Village. The community service program in Post III uses the Participatory Action Research (PAR) method. Participants in this activity include students and the local community. The success of the herbal medicine garden initiative can be measured by the increased understanding and ability of residents in farming and utilizing the herbal medicine garden as a useful remedy for health. The presence of herbal medicine plants around us can also boost the local economy, because besides functioning as medicine, the herbal garden can become a product for sale, thereby

increasing the income of residents in the area.

Result

The objective of this activity is to raise public awareness regarding the function and utilization of "living pharmacies" (home-grown medicinal plant gardens). Furthermore, the initiative aims to foster an understanding among residents of the benefits associated with cultivating medicinal plants in specific areas, such as home gardens. Geographically, the Segara Jaya village area possesses fertile soil, and many residential properties feature ample open land that the community can utilize. This community service program comprises two primary activities: education and the planting of medicinal plants in Segara Jaya Village.

1. Awareness-Raising on the Cultivation of Family Medicinal Plants

The objective of this educational initiative is to inform residents of Pangkalan Hamlet, Segara Jaya Village, about various types of medicinal plants, their benefits, and how to utilize them as traditional remedies. This educational phase focuses specifically on plant varieties and their properties as supplementary family medicines—particularly those easily found in the yards or gardens of Pangkalan Hamlet residents. This community service program comprises two main activities: an awareness-raising session and the actual planting of family medicinal plants in Segara Jaya Village. The awareness-raising session aims to equip the community with knowledge regarding various medicinal plants, their benefits, and their application as traditional medicine. This community service program involves residents of Hamlet III (Dusun III), Pangkalan Hamlet, Segara Jaya Village, alongside the implementation team.

Through this session, residents of Segara Jaya Village will gain information on various herbal plants, as well as their medicinal benefits and usage. The session emphasizes plant varieties and their utility as supportive or primary remedies for family health needs. Residents of Pangkalan Hamlet, Segara Jaya Village, attended the event. Results from the session on "living pharmacies" (home-grown medicinal gardens) revealed that resident understanding and awareness regarding their benefits remain low. Only a small fraction of participants were familiar with the functions and medicinal properties of plants found in their immediate surroundings. This situation highlights the need for further measures to enhance community knowledge regarding living pharmacies, including cultivation, usage, and processing techniques.

By improving this understanding, it is hoped that the community will utilize living pharmacies as a safe and effective treatment option, thereby contributing to their overall health and well-being. Pangkalan Hamlet in Segara Jaya Village possesses the potential to cultivate plants with medicinal value. Observations revealed a variety of such plants growing in the yards of local residents. More than half of the cultivated plants are medicinal varieties suitable for regular use. However, there are also plants growing naturally around the yards—without having been intentionally planted—



that remain unutilized. Based on these observations, we concluded that it is crucial to educate the residents of Kampung Pangkalan in Segara Jaya Village so that they can produce their own medicines by utilizing the plants found in their immediate surroundings.

Figure 2. Socialization about various types of medicinal plants, their benefits and uses

The benefits of Family Medicinal Plants (TOGA) communicated to the community are that TOGA has many advantages, both in terms of health, education, and economy. Plants such as ginger, turmeric, and aloe vera have proven to possess important medicinal properties, so by planting TOGA in their yards, the community can easily access natural remedies to address various health issues, ranging from digestive problems to inflammation. Additionally, having a TOGA garden can reduce dependence on expensive chemical medicines that carry the risk of side effects, and empower individuals to maintain their health independently. This activity is very important to carry out in Pangkalan Village, Segarajaya Village, considering the many medicinal plants that can be used as part of family healthcare. However, many villagers have not yet utilized these plants (Raniawati et al., 2024). Therefore, the community does not make use of the existing medicinal plants.

2. Planting and Utilization of Family Medicinal Plants (TOGA)

On Sunday, 8 June 2025, a program for the planting and utilization of Family Medicinal Plants (TOGA) was held in Pangkalan Village, Segarajaya Village, Tarumajaya District, at the Nurul Iman Madrasah yard. The planting activity was organized by the Community Service Team of the Kuliah Kerja Nyata (KKN). The herbs were planted using polythene bags filled with growing media. These medicinal plants were then planted and subsequently distributed to all residents of Dusun III Pangkalan, Segarajaya, Tarumajaya. The varieties of herbs planted include: (a) Turmeric, (b) Lemongrass, (c) Ginger, (d) Kencur, (e) Cat's Whiskers, (f) Galangal, and others. Additionally, the community received training on how to manage and utilize the herbs. The KKN students could utilize their skills and knowledge during the process of developing the herb planting project. Besides raising awareness among the community about the importance of planting Family Medicinal Plants (TOGA) in specific locations, such as home gardens, the aim of this community service activity was to enhance the community's understanding and knowledge of the benefits of using Family Medicinal Plants (TOGA) and to learn how to utilize them. Pangkalan Village, located in Segarajaya Village, has potential that has not been fully utilized by the residents or the local government. The agricultural sector, which appears very promising, can be seen from the livelihoods of the residents and the fertility of the land in this village. Furthermore, this area also holds significant agricultural potential.

After the land is prepared, the process continues with planting various types of Family Medicinal Plants (TOGA) that have been selected based on their usefulness and ease of maintenance, such as ginger, turmeric, and betel leaves. During the planting process, the community is encouraged to participate actively, so they can learn directly about proper planting techniques, including how to plant, spacing, and how to care for the plants to ensure optimal growth. This activity is also complemented with explanations about the benefits of each medicinal plant, so the community not only learns how to plant but also understands the medicinal properties that can be obtained from these plants. After planting, routine care of the plants will be carried out, where the community is invited to jointly water, fertilise, and control pests naturally. By involving the community at every step, it is hoped they will feel a sense of ownership and responsibility for the cultivated plants. Additionally, this activity will include discussion and question-and-answer sessions, where community members can share experiences and challenges faced in planting

Family Medicinal Plants (TOGA).



Figure 2. Implementation of Family Medicinal Planting

The community here is expected not only to gain insights and skills in planting medicinal herbs (TOGA), but also to be motivated to apply the same methods at their own homes. By planting TOGA in their yards, community members can access a safer and more affordable source of natural medicine, as well as contribute to improving family health. After completing the land management and Family Medicinal Plant planting practices, activities continue with the production of plant-based processed products such as liquid herbal medicine (*jamu cair*) and traditional jamu mixtures. In this stage, participants are trained on proper processing techniques to ensure the products are of high quality and safe. For example, to make liquid jamu, participants are taught how to extract plant juices using hygienic methods, as well as how to store and package the products to keep them fresh and durable. Firstly, liquid jamu is a popular herbal product in Indonesia, with a production process that involves several stages. The first step is selecting ingredients by choosing high-quality medicinal plants such as ginger, turmeric, temulawak, lemongrass, and galangal in fresh condition. Afterward, the ingredients are cleaned of soil and dirt, then cut into small pieces to facilitate the extraction process.

Next, the ingredients are boiled in an appropriate amount of water until the extract is released, with the boiling duration varying depending on the type of plant and the recipe used. After boiling is complete, the jamu water is filtered to separate the pulp from the liquid. The filtered and cooled jamu is then packaged into bottles or suitable containers, ensuring cleanliness and sanitation throughout the packaging

process to maintain quality. Finally, the liquid remedy should be stored in a cool place protected from direct sunlight to preserve its quality and freshness. Secondly, 'racik' jamu refers to a jamu made by directly blending medicinal plant ingredients, usually in the form of powder or granules that are brewed with hot water. The preparation process begins with selecting plants according to the desired benefits, such as ginger to boost stamina or turmeric for digestive health. Afterward, some types of plants must be dried first, either by sun-drying or using special drying equipment. Once dried, these ingredients are ground into a fine powder, either manually with a pestle or using a grinding machine for better results. Additionally, some types of plants can be mixed in the right ratios to make the benefits more complex and effective.

In the implementation of this activity, in addition to conducting socialization and practice, a Recipe Collection Book containing information about medicinal plants was also distributed to the community. This book presents details about various types of plants that can be used as part of therapy, as well as the benefits of using these plants. Therefore, this guide will be very useful for the community and will make it easier for individuals to prepare the right medicine for their families by utilizing plants available around them.

Finally, the prepared herbal medicine is packaged in sachets or small, convenient bags, with the packaging process carried out hygienically to ensure the quality of the herbal medicine is maintained. The use of medicinal plants for therapy requires a considerable amount of time because it must undergo a gradual healing process. Patience is very important to support and optimize the benefits of medicinal plants. The benefits of herbal medicine are as follows: It is harmless and has no side effects. Medicinal plants are safe for consumption by anyone without causing negative reactions and can be used over a long period to enhance the function of body organs. On the other hand, excessive or long-term use of chemical medicines can lead to addiction and damage to the body organs.

Discussion

Community empowerment is the process of increasing the ability and independence of communities to utilize local potential to improve the quality of life. According to Safitri, empowerment is carried out through active community participation in decision-making and managing existing resources, which has the following dimensions: (1) Participation, (2) Independence, (3) Capacity, Awareness,

and (4) Development (Safitri, 2023). In the context of Family Medicinal Plant (TOGA) cultivation, empowerment is realized through outreach activities, training, and mentoring communities to utilize their yards as a source of health and family income. These activities not only increase community knowledge about herbal plants but also encourage the creation of independent, productive, and competitive communities based on local village potential (Harmili et al., 2023).

The cultivation of TOGA has a strong legal basis in the Indonesian legal system, namely Law Number 17 of 2023 concerning Health, which emphasizes that the public has the right to obtain health services and play an active role in health development, including through the use of traditional health. Furthermore, UU No. 11 (2009) concerning Social Welfare explains that social welfare is a condition where the basic needs of society are met so that they can live decently and develop. In accordance with the context of Community Welfare, Friedlander (1980) explains that social welfare is a system of social services and institutions that aim to help individuals and groups achieve a decent standard of living (Sukmana et al., 2024). As with the TOGA socialization activities carried out in the Segara Jaya Village Community, Bekasi, which is an Islamic mechanism for improving social welfare institutionally (Deni Arnandi et al., 2026) which aims to help the community in fulfilling material, spiritual, and social needs so that the community is able to carry out its life functions properly.

In the context of this research, TOGA cultivation is part of a traditional health-based community empowerment effort that supports improved quality of life, health independence, and family well-being in rural communities (Silviana et al., 2026). Furthermore, TOGA cultivation supports promotive and preventative health in rural communities through the use of herbal plants to improve family health and community resilience (Mohamad Dai et al., 2025).

In this community service program, there are two main activities carried out: education and the planting of family medicinal plants in Segara Jaya Village. The aim of the education is to provide information to the people of Pangkalan Village, Segara Jaya, about various types of medicinal plants, their uses, and how to utilize them as traditional medicine. The focus of this educational stage is more directed towards the types of plants and their benefits that can be used as supplementary family medicines, especially plants that are easily found in the yards or gardens of residents in Pangkalan Village, Segara Jaya. In this community service program, two primary activities are conducted: socialization and the planting of family medicinal plants in Segara Jaya Village. The purpose of the socialization activity is to impart

knowledge to the community of Pangkalan Village, Segara Jaya, regarding various types of medicinal plants, their benefits, and how to use them as traditional medicine.

This socialization phase is more focused on the types of plants and their benefits that can be used as supplementary family medicine, especially plants that are easily found in the yards or gardens of the community in Kampung Pangkalan, Segara Jaya Village. The socialization activity was attended by residents of Kampung Pangkalan, Segara Jaya Village. Based on the results of the socialization regarding Family Medicinal Plants (TOGA), it was found that the community's understanding and awareness of the benefits of TOGA are still at a low level. Only a few participants are aware of the efficacy and benefits of the various types of medicinal plants around them. This indicates that additional efforts are needed to increase community knowledge about TOGA, including how to plant, utilize, and process medicinal plants. With improved understanding, it is hoped that the community can utilize TOGA as a safe and effective treatment solution, thereby contributing to better health and well-being. Research conducted by (Maharani et al., 2025) shows that socialization is necessary to change perceptions, mindsets, and lifestyles.

Therefore, support is needed in the provision of native plants that will be used as family medicinal plants. The application or utilization of family medicinal plants can be successful as long as the community has sufficient understanding of practices related to the cultivation of family medicinal plants (TOGA). Several steps are taken in implementing this program, one of which is socialization. The aim of this activity is to provide education to the residents of Segarajaya Village about the benefits of plants as medicine and to increase their awareness of these benefits. Many plants in the area have the potential to be used as family medicinal plants. Therefore, KKN students, are carrying out activities aimed at educating the community about the advantages of plants that have the potential to be developed into medicines.

Among the types of plants found in Segarajaya Village, there are still many plants that have not been utilized as family medicines. The types of plants present in this village fall into the category of family medicinal plants. Utilizing these plants as family medicines can provide significant benefits to the community. However, due to a lack of understanding about the benefits of these plants, residents have not yet been able to optimize their use. This results in only a few community members using these plants as an alternative form of treatment for their families. The aim of this initiative is for residents of Segarajaya Village to use these plants as supportive family medicines, with services, support, education, and socialization provided to

the village community (Arista et al., 2024).

As a form of follow-up to the program socialization, it was continued with practical planting activities. The first step in cultivating Family Medicinal Plants (TOGA) is preparing the land, which includes soil cultivation and the addition of organic fertilizer to improve soil fertility. Organic fertilizer plays an important role in providing the necessary nutrients for the medicinal plants to grow optimally.

It is hoped that this cultivation program can provide benefits to the residents of Segarajaya Village, especially in introducing the utilization of local plants in family medicine. The planting of family medicinal plants in Pangkalan Village, Segarajaya, using polibags as the medium is a suitable step to improve the community's access to medicinal plants, as well as to encourage independence in maintaining family health. We hope that this medicinal plant garden can provide sustainable benefits for the residents of Pangkalan Village, Segarajaya, as long as all parties involved are willing to cooperate and actively participate in its development. Nurhidayati's research shows that through observation, socialization, counseling, and training, the community can utilize TOGA as a family medicine, including processing it into infused water and instant granules that are useful and economical. (Hidayati et al., 2023).

The community here is expected not only to gain insights and skills in planting medicinal herbs (TOGA), but also to be motivated to apply the same methods at their own homes. By planting TOGA in their yards, community members can access a safer and more affordable source of natural medicine, as well as contribute to improving family health. Abdullah emphasized that utilizing the home yard as a source of family herbal medicine is a step towards health independence, increasing residents' understanding of the benefits of traditional medicine, and having a positive impact on household economic efficiency (Abdullah et al., 2025). After completing the land management and Family Medicinal Plant planting practices, activities continue with the production of plant-based processed products such as liquid herbal medicine (*jamu cair*) and traditional jamu mixtures. In this stage, participants are trained on proper processing techniques to ensure the products are of high quality and safe .

For the people of Segara Jaya Village, cultivating Family Medicinal Plants (TOGA) is also an educational activity that introduces them to environmental concepts, plant life cycles, and the importance of nature conservation from an early age. They can learn to care for plants, identify medicinal plant species, and understand their health benefits. This knowledge can be valuable in the future.

Furthermore, products from the medicinal plants they grow can provide additional income. The community can sell fresh medicinal plants, processed products such as oils, or processed herbal concoctions. Therefore, cultivating Family Medicinal Plants (TOGA) not only provides direct benefits but also creates greater economic opportunities (Kamrin et al., 2025).

Conclusion

This community service program includes achievements in the cultivation and use of Family Medicinal Plants (TOGA). In addition, it is crucial to increase public understanding and awareness about the use of unused land and the importance of first aid skills, such as TOGA, in a household context. Thus, TOGA cultivation can indirectly contribute to improving the welfare and food availability for the local community. KKN students from the Attaqwa KH Noer Alie Islamic Institute (IAN) Bekasi collaborated with residents of Pangkalan Village, Segarajaya Village, to carry out planting activities in polybag containers. All plants have health benefits. The use of Family Medicinal Plants (TOGA) has a positive effect on increasing knowledge, health, and the economic welfare of the community.

The outreach and planting activities have proven effective in increasing public understanding of the benefits and proper use of medicinal plants. Furthermore, the cultivation of medicinal plants provides practical skills that enable communities to independently manage medicinal plants. Further strengthening of the cultivation, management, and utilization of medicinal plants is needed to increase the effectiveness of medicinal plants in medicine. More in-depth education on proper management techniques and how to utilize various types of medicinal plants would be highly beneficial for the community. Medicinal plants can be an environmentally friendly alternative for strengthening communities and improving living standards.

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