

TEH BIJI SEMANGKA (*Citrullus lanatus*) SEBAGAI OBAT HERBAL ALTERNATIF JANTUNG dan ANTI KANKER

elmiawatilatifah@ummgl.ac.id (Times New Roman 10 pt)

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ABSTRACT

Semangka buah yang manis dan menyegarkan, berkhasiat hingga bijinya. Biji semangka, kaya protein, vitamin B, zat lycopene, mineral dan lemak esensial dapat mengatur tekanan darah sehingga membantu mengobati penyakit jantung. Suatu terobosan baru yaitu pengembangan produksi biji semangka menjadi teh selain untuk memanfaatkan biji semangka agar tidak terbuang. Tujuannya untuk mengungkap pembuatan, keunggulan teh dan memberikan pengetahuan kepada masyarakat tentang manfaat biji semangka. Hasil yang diperoleh yaitu mengetahui resep pembuatan teh dan keunggulan produk, memiliki taktik dan strategi pemasaran yang menghasilkan keuntungan termasuk pada industri rumah tangga.

Keywords: *teh, biji semangka, obat herbal, penyakit jantung, anti kanker*

1. INTRODUCTION (Capital Letters/uppercase, Bold Characters, Times New Roman 11 pt)

Semangka merupakan tanaman menjalar yang sangat bermanfaat bagi kesehatan tubuh kita. Buah yang bernama lain *Citrullus lanatus* merupakan tanaman yang berasal dari daerah setengah gurun di Afrika Selatan. Buah semangka memiliki kulit yang keras berwarna hijau muda ataupun hijau pekat. Daging buahnya yang banyak mengandung air memiliki warna merah ataupun kuning.

Buah ini banyak memiliki kandungan yang bermanfaat untuk tubuh kita, seperti memiliki tingkat lycopene atau sumber anti- oksidan yang sangat baik untuk tubuh. Buah

semangka juga mengandung 6% gula alami dan 92% air. Selain itu, buah semangka kaya akan vitamin A, C, B6, B12 sumber senyawa thiamin, kalium, magnesium, lemak, sodium, kalium, zeaxanthin, protein 30-40%, kalori yang bermanfaat bagi kesehatan, enzim urease dan sejumlah citrulline atau asam amino yang sangat baik untuk tubuh kita. Tidak hanya itu saja, biji buah semangka juga dapat dimanfaatkan sebagai obat. Khasiatnya dapat dijadikan penyembuh penyakit jantung. Zat yang terkandung dalam biji semangka mampu membantu mengatur tekanan darah. Selain itu juga dapat dijadikan sebagai peluruh kencing, menyejukkan radang kandung kemih, melembabkan usus, dan menyehatkan ginjal dan anti kanker.

Lycopene merupakan suatu zat yang terdapat didalam semangka dan biji semangka, yang berfungsi sebagai obat zat anti kanker. Artinya, zat lycopene dapat membantu bibit kanker dan memperbaharui jaringan yang rusak sel kanker dalam tubuh. Selain bagi penderita tersebut, biji semangka juga bermanfaat bagi para lansia yaitu dapat memulihkan kesehatan setelah sakit dan berkhasiat menajamkan daya ingat. Bahkan menurut sebuah penelitian, biji semangka mempunyai protein yang setara dengan kedelai.

Percobaan ini bertujuan untuk membuat sebuah produk yang berasal dari biji buah semangka yang dapat dijadikan sebuah teh yang dapat membantu mengatasi penyakit jantung dan mampu menangkal segala macam kanker khususnya kanker prostat. Percobaan ini diharapkan dapat memberikan tambahan informasi dan pengetahuan kepada masyarakat, sehingga dapat bermanfaat bagi masyarakat sebagai dasar pertimbangan pengobatan herbal untuk berbagai penyakit dengan menggunakan bahan yang alami seperti biji semangka ini.

2. METHODS

Methods should be written in Times New Roman 11 pt. along with 1.15 space. Methods should be reliable and can be repeated by other researchers. A published method is enough to cite and it is not necessary to write completely. Instruments/analytical instruments should be written completely i.e. name, type and its origin/headquarter e.g. a Shimadzu U-2900 spectrophotometer (Tokyo, Japan).

3. RESULTS AND DISCUSSION

Results and Discussion should be written in Times New Roman 11 pt. along with 1.15 space. Results and Discussion sections should be combined. Results should be stated clearly and it depicts the scientific answer (What/How), and it is not limited to only figure data. Distinction and novelty from previous finding should be pointed out. Results can be shown by table or figure (redundant in displaying the results either in figure or table is not appropriate).

Discussion must explain and point out the results and not repeats the results section. Discussion should answer and analyse the correlation between the results and basic fundamental of concept (Why) and is it any correlation and contradiction with a previous report (What else). Implication of the results either in theory or application is highly recommended to discuss.

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Variable		Acne Cases		Total (N = 100)	P Value
		None	Acne		
Knowledge	High	40 (40.0%)	24 (24.0%)	64 (64.0%)	0.044*
	Sufficient	15 (15.0%)	21 (21.0%)	36 (36.0%)	
	Low	-	-	-	
Attitude	High	39 (39.0%)	40 (40.0%)	79 (79.0%)	0.028*
	Low	16 (16.0%)	5 (5.0%)	21 (21.0%)	

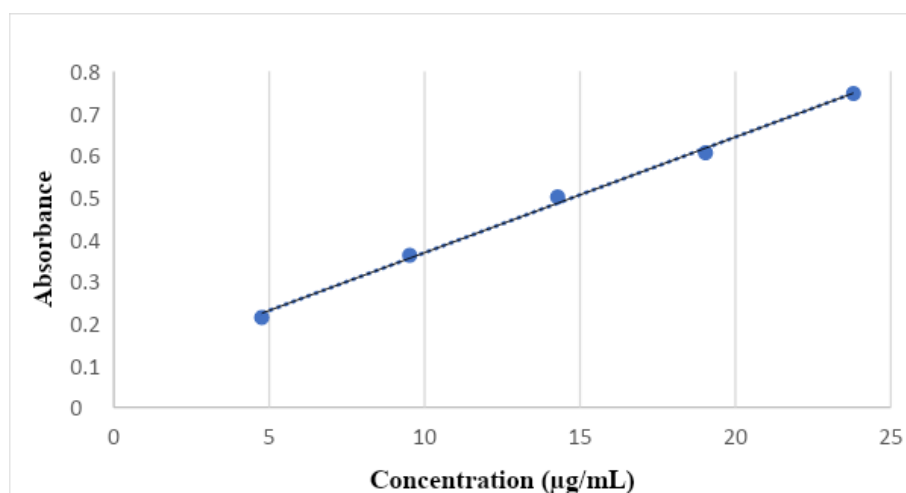


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5. ACKNOWLEDGMENT

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6.

Author should state clearly if there was no conflict of interest in the manuscript, "All authors declared that there was no conflict of interest. If of authors has a conflict of interest e.g. an author (Author X) work in industry A, and research subject is a product from A industry, therefore it should be stated "Author X worked in A industry, All author declared that there was

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