

Traditional Medicine as an Endurance Booster in the Fight against Covid 19

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This paper aims to find out how the influence of traditional medicine in improving human body power, this research was conducted in several villages in Sumberlawang Subdistrict, Sragen Regency, where there are 3 villages that serve as examples, there are 20 people who conducted experiments, the results of the study indicate those who take traditional medicine have better endurance. The traditional medicine taken is called Jamu. The data obtained by 60 percent of those who drank herbal medicine felt a healthier and stronger body, those who drank herbal medicine were awake. People believe that herbal medicine is not a medicine that directly cures covid but herbal medicine is able to prevent covid, strong immune system makes the body able to resist covid 19. There are 10 those affected by covid 19 in the healing period of taking traditional medicines that have been packaged from the company, the result of better and faster healing. The sufferers are very helpful and very comfortable after taking traditional medicine, such as ginger, antangin. In addition they also do traditional treatment with steam the result of increased saturation is better.

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