

## Saintifikasi jamu sebagai upaya terobosan untuk mendapatkan bukti ilmiah tentang manfaat dan keamanan jamu

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### Abstrak

Background: Jamu has been a long history as an ancient heritage and indigenous wisdom for maintaining and restoring health of Indonesian people. However, as traditional medicine, jamu still lacks of scientific evidence in terms of efficacy and safety. On the other hand, there is a great demand to use jamu in medical services, including the direction of Indonesian President to raise jamu as a therapeutic modality of health care. Methods: To solve this problem, the Indonesian Ministry of Health has established the Programme of Jamu Scientification, trying to provide scientific evidence through research and development, regarding the efficacy and safety of jamu. Jamu Scientification can be seen as a breakthrough effort to accelerate jamu research in downstream side. Jamu, as part of traditional medicine, uses naturopathic approach, focusing on healing instead of removing disease, as contrasted to allopathic medicine. Conventional medicine uses allopathic approach, implementing more radical treatment, i.e. modern drugs and surgeries. Results: Jamu Scientification is trying to synthesize naturopathic approach and allopathic approach to be integrative medicine. Consequently, the evaluation of clinical outcome for Jamu Scientification is using holistic approach, as the philosophy of integrative medicine. The clinical outcome is not only measured by objective parameters (laboratory results and measurement) but also by subjective parameters (self-reported outcome, quality of life, and wellness index). By doing Jamu Scientification for obtaining the scientific evidence of efficacy and safety, it is hoped that we can accelerate the integration of jamu into formal health services.