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Patron : Dr. Wan Irham Ishak  
Dr. Abd Latif Abdul Rahman

Project Manager : Yazwani Mohd Yazid

Design Director : Mohd Hamidi Adha Mohd Amin  
Fadila Mohd Yusof

Editorial Director : Mohd Hamidi Adha Mohd Amin  
Mas Aida Abd Rahim

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# INNOVATION

## CATEGORY

## UTILIZING THE CIPLUKAN PLANT AS A YOGURT AND HERBAL REMEDY WITH A MYRIAD OF BENEFITS

**Erina Tasya Sinta Vionita<sup>1</sup>, Hela Mardha Istifarini<sup>2</sup>, Wahidah Nur Anifah<sup>3</sup>, Rengga Retno Laila Saputri<sup>4</sup>, Fatahillah Falakhuddin M. Q<sup>5</sup>**

*<sup>1</sup>Universitas Brawijaya, Malang, Indonesia, <sup>2</sup>Universitas Brawijaya, Malang, Indonesia, <sup>3</sup>Universitas Brawijaya, Malang, Indonesia, <sup>4</sup>Universitas Brawijaya, Malang, Indonesia, <sup>5</sup>Universitas Brawijaya, Malang, Indonesia*

Wahidahwahidah875@gmail.com

Ciplukan plants or those with the Latin name *Physalis Angulata* apparently have many properties to treat various diseases. In Indonesia, this plant is usually known as one of the wild plants because it is often found in rice fields, the edge of the garden to the edge of the forest. Ciplukan plants have various beneficial ingredients, such as vitamin C, palmitic acid, alkaloids, chlorogenic acid, polyphenols, and so on. Therefore, this plant can be used as an antibacterial, anti-inflammatory, analgesic, immunosuppressant, antioxidant, cytotoxic, relieve cough, antiviral, neutralize toxins, and anti-hyperglycemia. However, because of the sour fruit, many people don't want to eat the ciplukan fruit directly. That's why we have innovations to make products that are healthy and popular with the community by making this ciplukan fruit as yogurt. In addition, the leaves, stems, and roots of the ciplukan plant are also efficacious for treating various kinds of internal diseases such as diabetes mellitus, shrinking tumors, fighting cancer, treating bronchitis, overcoming rheumatic diseases and so on. To process the leaves, stems, and roots of this plant we make it a herbal stew medicine that is very practical when consuming it. With this, we aim for the wider community to be able to consume these ciplukan plants easily and taste better than consuming directly.

**Keywords:** Ciplukan Plant, Yogurt, Herbal Boil Medicine, Efficacy.



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