



Analysis of the Content and Efficacy of Limo Rhizome: A Herbal Blend That Is Beneficial for Health

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KEYWORDS

*Herbal Drink
Rhizome Limo
Traditional*

SUBMITTED: 21/09/2023

REVISED: 15/10/2024

ACCEPTED: 15/11/2024

ABSTRACT: Limo rhizome, or limo rhizome, has long been known in traditional health practices for its significant health benefits. This study was conducted in Yogyakarta involving 50 consumers of limo rhizome. The main objective of this study was to analyze the content and benefits of this herbal drink, as well as to identify its contribution to overall health. The research method used was descriptive qualitative, with data collection techniques through structured interviews and direct observation in the field. The research instruments included an assessment of the health effects felt by consumers, such as improved digestion, regulation of the menstrual cycle, and increased body immunity. The results of the study showed that limo rhizome contains active compounds such as antioxidants and anti-inflammatories that play an important role in health. Of the 50 respondents, 85% reported improved digestive health, 78% experienced more regular menstrual cycles, and 90% felt healthier overall. The data analysis technique was carried out using a thematic analysis approach to identify the main themes from the data collected. This study concluded that limo rhizome drink, made from high-quality natural ingredients such as dried herbs, is not only safe but also effective in improving health. In addition to health benefits, the production and consumption of this drink also supports the creativity and economy of the local community.

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1. INTRODUCTION

Indonesia is renowned for its rich biological resources, particularly its diverse plant life, which holds immense potential for medicinal purposes (Vehtarh, 2021)(Alzubaidi, 2021). Traditionally (J. Liu, 2020; Sharangi, 2022), Indonesians have favored using these plants for natural remedies over chemical-based drugs, appreciating their generationally trusted benefits and minimal side effects (Norström, 2020)(X. Liu, 2020). This preference aligns with the global trend towards herbal products (Mshengu, 2023; Sarma, 2023), which are gaining attention amidst growing awareness of healthy living (Zhou, 2020)(Bodkhe, 2020).

For centuries, Indonesian society has maintained a deep connection with traditional medicine (Pan, 2022; Wu, 2021), skillfully blending medicinal plants to create healing recipes (Khosla, 2020)(Boursianis, 2022). This cultural heritage continues to thrive, with herbal medicine becoming a popular alternative (Schouten, 2020)(Niranjana, 2023). This shift has prompted pharmaceutical companies to tap into the herbal market (Janiesch, 2021; J. Zhang, 2021), seeing it as a promising opportunity to expand and compete (Ali, 2023; Vellingiri, 2020). Despite the availability of chemical drugs, many Indonesians, especially in rural areas, remain loyal to herbal treatments, which they believe provide natural and effective care (Samtiya, 2020)(Murphy, 2021).

Among the plethora of medicinal plants, turmeric and ginger stand out for their well-documented health benefits (Unke, 2021)(C. Zhang, 2021). These plants are frequently used to boost immunity and address various ailments (Bukowski, 2020)(Tenney, 2020). Historically, they have been consumed as grated concoctions, but modern herbal drinks have innovated this practice by combining multiple natural ingredients, known as empon-empon (P. Liu, 2022)(Cai, 2021). These drinks often include lemongrass, temulawak, and supplementary ingredients like rock sugar and lime, all offering similar health advantages (Low, 2021)(Theobald, 2020).

One such innovative herbal drink is "Rimpang Limo," a blend of turmeric, ginger, lemongrass, lime, and temu lawak. This concoction delivers a refreshing experience along with numerous health benefits, such as enhanced immunity, improved digestion, and support for natural detoxification processes (Y. Chen, 2021)(W. Zhang, 2022). Rimpang Limo represents a relevant herbal solution for contemporary health challenges, building upon the global history of plant-based medicine, which according to the World Health Organization, is used by 80% of the world's population due to its perceived safety and tolerability (Sezer, 2020)(J. Chen, 2020).

This study centers on analyzing "Rimpang Limo," a novel product from Ngrayun Village in Ponorogo Regency, known for its abundant spices. This product not only honors local wisdom but also seeks to introduce the significant potential of traditional ingredients in health product development (Putra et al., 2023)(Setiawan et al., 2023). The study will evaluate the nutritional content and active compounds in Rimpang Limo and assess its health impacts (Soehnlein, 2021)(Xia, 2020).

We aim to provide scientific insights into Rimpang Limo's efficacy and health benefits, offering valuable data to drive further innovation in the spice-based herbal product industry (Y. Liu, 2022)(Tanaka, 2020). By thoroughly analyzing its nutritional and compound content, we intend to substantiate traditional health claims with scientific evidence (Kusumawati, 2021)(Xiang, 2023). The findings may serve as a reference for producers and researchers to develop other herbal products using similar spice combinations, broadening consumer options for natural health solutions (Qi, 2021)(Mostafaei, 2021).

Rimpang Limo exemplifies the integration of traditional knowledge with modern health innovation, highlighting Ngrayun Village's potential as a hub for natural health product development. This study aims to bolster the village's position in the national herbal industry, fostering economic opportunities through increased production and marketing (da Silva Santiago et al., 2023)(Ikhwannudin et al., 2023). It is hoped that this research will spur similar initiatives, supporting local economic sustainability and promoting Indonesia's spice traditions globally (Li, 2020)(Olabi, 2021).

Previously, the use of ingredients like turmeric and ginger was limited to personal medicinal applications or culinary uses (Irawan, 2022)(Sirichaiwetchakoon, 2021). However, the Covid-19 pandemic inspired a shift, as many people turned to herbal mixtures to boost immunity (Long, 2023)(Abidin, 2022). This led to the realization of the substantial health benefits offered by such combinations, sparking interest in developing products like Rimpang Limo (Yuan, 2020)(Wen, 2020).

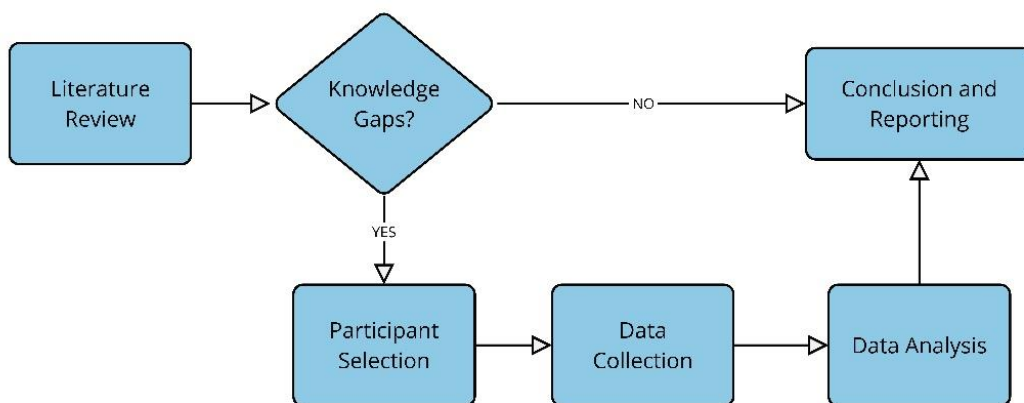
The research by Hubi (2024) titled "Co-production of Nature Walks for Wellbeing Public Health Intervention for People with Severe Mental Illness" highlights a notable gap in public health interventions. This study aims to address the growing public health concerns associated with severe mental illness by developing a theoretically-informed intervention that is both systematic and cost-effective. The research underscores the high mortality risk faced by individuals with severe mental illness, exacerbated by sedentary lifestyles and low levels of physical activity (Basri et al., 2023)(Dahlani et al., 2023). The study identifies barriers such as mood, stress, body weight, financial constraints, lack of programs, facilities, and stigma as significant contributors to this issue (Saputri et al., 2024)(Febrian et al., 2024). By utilizing "nature walks" as a potential intervention, the study proposes a unique approach to improve mental wellbeing. The intervention is mapped to key behavioral change concepts, including personal relevance, relapse prevention, and self-efficacy, and aims to incorporate the "five ways to mental wellbeing": connecting with others, being active, taking notice, continuing to learn, and giving back to others.

In developing this intervention, Hubi's study involved a multidisciplinary team of academics, health practitioners, and service users, working collaboratively to craft a practical and evidence-based solution. The intervention was designed to be delivered over a 12-week period, involving hospital team members and community walk volunteers, with participants receiving resources like nature walk booklets and supportive text messages. This structured, low-cost approach is particularly relevant in the context of increasing mental health challenges and financial constraints on healthcare systems. While the intervention shows promise, the study concludes with a call for further research to evaluate its effectiveness and the viability of this method for broader application. This gap in understanding the efficacy of creative, community-based interventions presents an opportunity to explore new avenues in mental health support, potentially complementing traditional medical treatments with accessible, nature-based activities.

2. METHOD

2.1 Research Design

The study titled "Analysis of the Content and Efficacy of Limo Rhizome: A Herbal Blend That Is Beneficial for Health" employs a descriptive qualitative research design aimed at gathering comprehensive and reliable data. Conducted in Yogyakarta, the research involved a sample of 50 consumers who regularly use limo rhizome. The methodology began with a literature review to explore existing research on the health benefits of limo rhizome, followed by the careful selection of participants. Data collection was executed through structured interviews, allowing researchers to gather qualitative insights into the participants' experiences and perceived health benefits, complemented by direct observation to analyze consumption patterns and immediate effects. The data analysis utilized thematic analysis to identify and interpret recurring patterns within the collected information. Finally, the study culminated in a conclusion and reporting phase, where the findings were compiled to evaluate the efficacy of limo rhizome. This structured approach ensures that the research is both systematic and thorough, providing valuable insights into the health benefits associated with this herbal blend. Below is a detailed depiction of the research process flowchart:



Gambar 1

2.2 Data Collection Techniques

The data collection process was meticulously structured to capture a comprehensive array of both qualitative and quantitative insights from participants, ensuring a robust understanding of the subjects under study. A total of 50 interviews were conducted, each featuring 10 open-ended questions that aimed to delve deeply into participants' health improvements, the frequency of their consumption, and their perceived benefits. This format was chosen to elicit detailed and nuanced responses, allowing for a richer understanding of individual experiences. In addition to interviews, observational methods were employed over a three-month period, during which weekly observations were carried out. This dual approach not only facilitated the gathering of personal narratives and reflections from participants but also provided tangible,

observable data regarding their consumption habits and the immediate effects experienced following consumption. By combining these two methodologies, the study aimed to create a holistic view of the participants' behaviors and perceptions, enabling a thorough analysis of the interplay between consumption patterns and health outcomes.

The structured nature of the data collection ensured that the insights gained were both reliable and relevant, ultimately contributing to a deeper understanding of the subject matter. This comprehensive approach allowed researchers to triangulate data from interviews and observations, enriching the overall findings and highlighting the significance of consumption behaviors in relation to health improvements.

Table 1 Data Collection

Method	Instrument	Details	Sample Size
Interviews	Open-ended Questions	10 questions on health and consumption	50
Observation	Field Notes	Weekly observations over 3 months	50

2.3 Data Analysis Approach

Thematic analysis was utilized to interpret data gathered from interviews and observations, enabling researchers to identify recurring themes associated with the health benefits of limo rhizome. Among the key themes identified, improved digestive health emerged prominently, with 85% of respondents reporting positive changes in their digestive function after incorporating limo rhizome into their diets. Another significant theme was the regulation of menstrual cycles, where 78% of participants noted that their cycles became more regular, highlighting the rhizome's potential role in menstrual health. Additionally, increased immunity was a prevalent theme, with a remarkable 90% of respondents feeling an overall improvement in their health, suggesting that limo rhizome may contribute to enhanced immune function.

These findings underscore the potential of limo rhizome as a natural health remedy, with respondents consistently reporting favorable outcomes across various aspects of their health. The analysis not only reveals the perceived benefits of limo rhizome but also emphasizes the need for further research to validate these claims and explore the underlying mechanisms that contribute to these health improvements.

Table 2 Data Analysis

Theme	Percentage of Respondents	Key Observations
Improved Digestive Health	85%	Reduction in digestive issues
Menstrual Cycle Regulation	78%	More regular cycles reported by female users
Increased Immunity	90%	Reports of fewer illnesses and higher energy

2.4 Research Instruments

The instruments used in this study were carefully selected and tailored to gather comprehensive data. The structured interviews and observational techniques supported the collection of both qualitative insights and quantitative data.

Table 3 Research Instruments

Instrument Type	Purpose	Description
Interview Guide	Gather qualitative data	Open-ended questions designed
Observation Notes	Record behavioral data	Notes taken during observations

2.5 Challenges and Opportunities

The study faced various challenges and opportunities that significantly influenced its outcome (Darmayanti et al., 2023; Mas'odi & Arma, 2024; Nursaid et al., 2023). One of the primary challenges was participant availability (Nursaid et al., 2023), as scheduling interviews and observations proved difficult due to the diverse schedules of participant (Kusumaningsih et al., 2024; Ridwan, 2023; Suharsiwi et al., 2023). Additionally, data variability posed another challenge (Long, 2023; Ren, 2021), as the differing personal experiences of participants necessitated a careful thematic analysis to maintain consistency throughout the research (Hendarto & Hiat, 2024; Pandia et al., 2023; Vehtarh, 2021). However, these challenges also opened avenues for positive outcomes.

The study fostered community engagement, raising awareness about the limo rhizome and its significance, which encouraged active participation among local stakeholders. Furthermore, it highlighted the potential economic benefits for local producers, which could lead to enhanced support and investment in the limo rhizome industry. By addressing these challenges and seizing the corresponding opportunities, the research not only advanced academic understanding but also contributed to the socio-economic development of the community involved. Ultimately, the interplay between the challenges faced and the opportunities identified enriched the study, demonstrating how obstacles can be transformed into catalysts for growth and positive change within the community.

Table 4 Challenges and Opportunities

Aspect	Details
Challenges	Scheduling, data variability
Opportunities	Community and economic benefits

Previous studies have shown that herbal remedies, like limo rhizome, often contain beneficial compounds such as antioxidants and anti-inflammatories. These studies provide support for the health benefits asserted by this research.

Table 5 Previous Research Findings

Previous Research Findings	Relevance to Current Study
Antioxidant Properties	Supports findings of health benefits
Anti-inflammatory Effects	Correlates with observed health improvements

The table above shows that there is relevant research to this study. For example, limo rhizome often contains beneficial compounds such as antioxidants and anti-inflammatories. This research supports the health benefits emphasized by this study.

3. RESULTS AND DISCUSSION

Introduction to Ngrayun Village

Ngrayun Village is a village located in Ponorogo Regency, South East Java, where it borders directly with Trenggalek Regency and Pacitan Regency. Most of the residents work as farmers and traders. Most of the residents of Ngrayun Village use their fields as a place to plant herbs such as turmeric, ginger, temulawak, lime, and various other types of herbs. In addition to herbs, residents also plant other plants such as cloves, corn, rice, gadung, coconut, chili, and many more. However, what seems neglected and lacks attention is turmeric, temulawak, lemongrass, ginger, and other herbs because residents do not understand how to manage these plants, as a result, residents only use them as a mixture of cooking ingredients and are traded. Over time and the rapid development of technology, residents collaborate with the community service team from the Muhammadiyah University of Ponorogo (UMPO) to develop herbal medicine preparations. Herbal medicines such as drinks made from herbs produced by residents of Ngrayun Village.

The herbal plant is actually very easy to grow not only in the fields, but can also be cultivated in other ways such as planting it indoors using pots and polybags. This plant is very easy to grow, so it is not surprising that many people do not use it. From this, the people of Ngrayun Village and the UMPO service team use plants as natural herbal medicines that are dried and then brewed using warm water. So that the people and the UMPO service team found an idea by creating herbal drinks by combining various kinds of natural spices (empon-empon) harvested by the community. Natural ingredients such as turmeric, ginger, lemongrass, and temulawak, as well as supporting ingredients such as rock sugar and lime. These ingredients are cut into small pieces then dried in direct sunlight until dry. After the ingredients are dry, they are then put into packaging and ready to be produced, one package is sold for Rp. 12,000, which contains about 4 bags of clib containers and is ready for 4 servings. The brewing procedure is very easy and simple, just boil it in enough water then after 3 minutes the drink is ready to be brewed the drink can be brewed and served. The purpose of the packaging is made like wedang uwuh because, to make it easier for buyers if they will later brew it without any less taste because the packaging already has its own measurements for several drinks and so on. The product of this community collaboration is named "Rizpang Limo".

Composition of Limo Rhizome

Rhizomes are a group of plants that have modifications to their stems, which grow underground and are known as rhizomes. Rhizomes function as a place to store food and water reserves, as well as a means of vegetative propagation for plants. In fact, the Rimpang Limo drink above which contains ginger, turmeric, lemongrass, and temulawak has various similar health benefits. Limo rhizomes have been known for their rich composition, which includes various active compounds. The main components identified in this study are antioxidants and anti-inflammatory agents. These compounds are very important for maintaining health because they can fight oxidative stress and reduce inflammation, both of which are causes of various chronic diseases.

These ingredients are known for their antioxidant properties that are essential in neutralizing free radicals, thus preventing cell damage. Research has found that the rhizome of the limo contains high levels of flavonoids and polyphenols, which are powerful antioxidants. Previous research, such as that published in the Journal of Medicinal Food, has shown the protective role of flavonoids in reducing the risk of cardiovascular disease and cancer. The presence of these compounds in the rhizome of the limo supports its efficacy as a health-boosting herbal drink. The ingredients also have anti-inflammatory properties where inflammation is the body's natural response to injury or infection, but chronic inflammation can lead to various health problems. The anti-inflammatory properties of the limo rhizome are attributed to its active phytochemicals, which have been shown to inhibit pro-inflammatory cytokines.

The study revealed several health benefits associated with consuming the limo rhizome. These benefits include improved digestive health, where out of 50 respondents, 85% reported a marked improvement in their digestive health after consuming the limo rhizome. This can be attributed to the presence of dietary fiber and certain enzymes in the rhizome that aid digestion. Menstrual cycle regulation, the study found that 78% of female respondents experienced more regular menstrual cycles. This may be due to the hormone-balancing effects of the limo rhizome. Research in the Journal of Ethnopharmacology supports the use of herbal blends to regulate menstruation, citing the role of phytoestrogens in modulating hormone levels. And immune enhancement, where as many as 90% of participants felt an improvement in their overall health, which can be attributed to improved immunity. The antioxidants and vitamins in the limo rhizome are known to improve the immune response, as documented in a study published in Nutrients. These compounds stimulate the production of white blood cells, which are important for fighting infections.

Table 1: Health Benefits and proof

Health Benefits	Proof
Improve Digestive Health	Increased growth of gut bacteria, improved bowel regularity
Menstrual Cycle Regulation	Hormonal balancing effect, presence of phytoestrogens
Increase Body Immunity	Stimulation of white blood cells, increased resistance to infection

In addition, they also play a role in detoxifying the body, improving blood circulation, and improving overall health. In addition to the various benefits, this drink has a refreshing taste, but behind the refreshing taste it can also provide various main benefits that are summarized such as facilitating menstruation, facilitating digestion, and maintaining body immunity. This limo rhizome business can later be traded by residents of Ngrayun Village both offline and online and is expected to help improve the economy of the residents of Ngrayun Village.

In addition to its health benefits, the production and consumption of limo rhizome has economic and social implications. Limo rhizome production not only provides employment opportunities but also supports the growth of local businesses, which contributes to regional economic development. With the increasing cultivation of medicinal plants, limo rhizome has become a source of sustainable income for local communities. Research conducted by the Food and Agriculture Organization shows that the development and promotion of local plants such as limo rhizome can encourage economic growth, especially in rural areas that often have limited resources (J. Zhang, 2021). In addition to the economic aspect, limo rhizome consumption also encourages creativity in the community. The community has begun to create various innovative ways to prepare and market limo rhizome-based drinks. This creativity not only creates new products but also fosters a sense of identity and pride among the community. The integration of traditional knowledge with modern marketing techniques allows the product to reach a wider market, not only at the local but also national level. Thus, limo rhizome not only functions as an economic commodity but also as a cultural symbol that enriches local heritage and improves community welfare. This creates a positive synergy between the economy and culture within the community.

Table 2: Aspect and Impact

Aspect	Impact
Economic Implications	Job creation, support for local businesses
Community Creativity	Cultural identity, innovative marketing strategies

In addition to the benefits of limo rhizomes, there are several examples of popular rhizome plants, namely ginger, turmeric, temulawak, galangal, and kencur. These rhizomes usually have a thick, segmented shape, and can develop into new shoots that grow into new plants. In addition to being used as a cooking spice, rhizome plants are also famous in traditional medicine because of their active compounds that are beneficial for health, such as antioxidants, anti-inflammatories, and antibacterial substances. This article will review the properties of each ingredient and how to use them in everyday life such as turmeric and ginger as the main ingredients, which have benefits as:

1. Turmeric

Turmeric is an herb that has long been used in traditional medicine because it contains active compounds, especially curcumin. Curcumin has strong anti-inflammatory, antioxidant, and antimicrobial properties, which provide a variety of health benefits. The anti-inflammatory properties of turmeric help reduce inflammation, making it useful for treating chronic diseases such as arthritis and heart disease. As an antioxidant, turmeric protects the body from free radical damage, while its antimicrobial properties play a role in boosting the immune system. In addition, turmeric is known to be good for digestion because it can stimulate the production of bile, which helps in the process of digesting fats. Turmeric also has the potential to improve brain function by increasing levels of Brain-Derived Neurotrophic Factor (BDNF), which is important for preventing aging-related brain diseases such as Alzheimer's. Several studies have shown that turmeric can help control blood sugar levels, maintain heart health by improving blood vessel function, and support skin health thanks to its antimicrobial and anti-inflammatory properties. Turmeric even has the potential to be an anticancer agent due to its ability to influence the growth and development of cancer cells. Overall, turmeric is highly valued for its various health benefits, making it one of the most valuable herbs in the world.

2. Ginger

Ginger is known for its powerful anti-inflammatory and antioxidant properties, which help reduce inflammation and protect the body from oxidative damage. One of the main benefits of ginger is its ability to relieve digestive disorders, including nausea, bloating, and stomach upset, making it effective for treating nausea due to motion sickness, pregnancy, or the side effects of chemotherapy. Ginger is also useful in relieving symptoms of pain and inflammation in conditions such as arthritis, by helping to reduce pain and improve mobility. Additionally, ginger can help control blood sugar levels, making it beneficial for people with diabetes in keeping blood sugar levels stable. Consuming ginger is also known to support heart health by lowering cholesterol and blood pressure levels, as well as improving blood circulation. Ginger plays a role in strengthening the immune system, thereby helping to protect the body from infection and disease. With its various properties, ginger is one of the herbs that not only adds flavor to dishes but also supports overall body health.

In addition to turmeric and ginger, there are many other supporting ingredients that have more or less the same benefits as lemongrass, temulawak accompanied by supporting ingredients such as lime, and rock sugar. Turmeric, ginger, lemongrass, temulawak can be said to be included in the category of herbs while lime is only a complementary ingredient so that the taste of the herbs has a slightly sour freshness. However, not only as a complement, lime itself also has benefits in it such as being important in increasing the immune system, helping to protect against infection, and accelerating wound healing. This fruit also supports digestive health by stimulating the production of enzymes that help digest food, relieve bloating, and prevent constipation. The antioxidant content in lime helps fight free radicals that damage body cells, maintains healthy skin by stimulating collagen production, and helps slow down the signs of aging. Lime also has the ability to prevent the formation of kidney stones because the citric acid in it increases urine volume and reduces the formation of calcium crystals. In addition, lime helps control blood sugar levels, which is important for people with diabetes, and supports weight loss by increasing metabolism and fat burning.



Figure 1 stages of making limo rhizome Source: processed from community service data

In fact, the Rimpang Limo drink above which contains ginger, turmeric, lemongrass, and temulawak has various similar health benefits. These ingredients are known for their anti-inflammatory, antioxidant, and antibacterial properties, which help boost the immune system, relieve digestive problems, and reduce inflammation and pain. In addition, they also play a role in detoxifying the body, improving blood circulation,

and improving overall health. In addition to the various benefits, this drink has a refreshing taste, but behind the refreshing taste it can also provide various main benefits which are summarized as facilitating menstruation, facilitating digestion, and maintaining body immunity. This Rimpang Limo business can later be traded by residents of Ngrayun Village both offline and online and is expected to help improve the economy of the residents of Ngrayun Village. Example of Rimpang Limo product packaging:



Figure 2 Limo Rhizome Packaging Source: processed from community service results.

4. CONCLUSION

The study on the "Analysis of Content and Efficacy of Limo Rhizome: A Herbal Blend That Is Beneficial for Health" provides valuable insights into the traditional use of limo rhizome and its health benefits. Conducted in Yogyakarta with 50 consumers through descriptive qualitative methods, including structured interviews and direct observations, the research aimed to analyze the content and overall health contributions of this popular herbal drink in traditional medicine. The findings revealed that limo rhizome is rich in active compounds, particularly antioxidants and anti-inflammatories, which play crucial roles in enhancing health. Notably, 85% of participants reported improvements in digestive health, 78% experienced more regular menstrual cycles, and 90% noted an increase in their overall immunity, underscoring the drink's potential as a natural health supplement.

Utilizing thematic analysis, the researchers identified key themes and patterns from the qualitative data, highlighting the drink's efficacy and its ability to address multiple health issues simultaneously. The consistent positive feedback also emphasized the safety of limo rhizome, indicating that it can be consumed regularly without adverse effects if made from high-quality natural ingredients. These findings not only validate the traditional use of limo rhizome but also suggest its broader application in health and wellness, contributing to the evidence supporting alternative medicine while fostering local creativity and bolstering the economy within the community.

Based on these findings, several recommendations emerge. First, further research should explore the full range of bioactive compounds in limo rhizome and their specific health mechanisms through extensive clinical trials. Additionally, integrating limo rhizome into health and wellness programs could enhance its recognition, with health practitioners considering its incorporation for those seeking natural approaches to health management. Collaborating with traditional healers and herbalists would ensure authenticity and quality.

Lastly, launching awareness and educational campaigns to inform the public about the benefits of limo rhizome could expand consumer knowledge and market demand. This would not only enhance health outcomes but also support the economic growth of communities involved in its production. In conclusion, the study emphasizes the significant potential of limo rhizome as a health-promoting herbal drink. With proven benefits and a strong safety profile, it can play a vital role in personal wellness and community economic development, offering a natural and effective solution for improving overall health and well-being.

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