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**Minangkabau Ethnic Local Wisdom  
in Regulating Food and Medicine During the Covid 19 Pandemic**  
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### Abstract

This paper aims to reveal and analyze the local wisdom culture of the Minangkabau people in managing food, especially in dealing with the covid 19 virus. This is interesting because the Minangkabau people are a unique ethnic group in the world. Apart from being adherents of the matrilineal system, two-thirds of the population migrate spontaneously around the world. They have a lot of local wisdom passed down by their ancestors from generation to generation. Among the local wisdom is how the culture of maintaining health through food and traditional medicines, one of which is sungkai leaves. This study uses a qualitative approach, with data collection techniques through interviews, participant observation, and documentation. The results showed that the regulation of food and traditional medicinal herbs could prevent the Minangkabau people from transmitting various diseases, including during the outbreak of the Covid 19 Virus. In addition to controlling food, one of the traditional herbs that are preserved and used to prevent Covid 19 is "Sungkai Leaf". These leaves can be eaten with food or made as a fresh drink.

Sungkai leaves are currently one of the drinks that the Minangkabau people believe in increasing immunity to prevent the transmission of Covid 19.

**Keywords:** Minangkabau ethnicity, Local wisdom, Sungkai leaves, Food, and Traditional Medicine

### BIOGRAPHY

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