Rahasia Daun Ubi Jalar

Kahuripan, 17 Maret 2014

Ubi Jalar (Sweet potato - *Ipomea batatas*) adalah salah satu tanaman yang mudah kita temukan. Umumnya yang sering dikonsumsi oleh masyarakat adalah umbinya. Tidak banyak yang tahu (termasuk saya sendiri :p) bahwa ternyata daun umbi banyak memiliki khasiat. Berawal dari postingan foto rekan di grup hidroponik (pa Taufik Budiman) yang menampilkan foto ubi jalar yang ditanam secara hidroponik untuk hiasan, maka saya pun mencoba menanam ubi jalar ini juga secara hidroponik. Kebetulan ada sisa ubi :). Dengan menggunakan nutrisi hidroponik, tanaman ini sangat cepat pertumbuhannya. Berikut ini beberapa foto yang saya ambil di rumah :)

Setelah saya memposting foto ini ke FB ternyata ada comment dari teman yang menyatakan bahwa daun umbi bisa disayur atau dilotek.. Senang sekali saya mendengarnya, karena awalnya saya hanya ingin membuat hiasan saja :).


Yang menariknya lagi adalah ternyata daun ubi sangat baik untuk kesehatan mata :) - Saat ini mata kanan saya sering berair, menurut literatur, hal ini disebabkan iritasi, karena terlalu lama di depan layar komputer. Saya akan mencoba pengobatan mengkonsumsi daun muda dari ubi jalar ini... :)}
Sweet potato leaves are high in Lutein and zeaxanthin (xanthophylls) which are said to have a number of benefits to the eye especially in the prevention of AMD (age-related macular degeneration) and cataracts. Lutein and zeaxanthin are the only carotenoids reported to be present in eye lens. They are widely distributed in tissues and are the principal carotenoids in the eye lens and macular region of the retina. Lutein has the ability to filter harmful short-wave blue light and it is as an antioxidant which prevents oxidative damage to eye lens muscles which initiates age related cataracts. Xanthophylls may possess anti-mutagenic and anti-carcinogenic properties and play a role in the health of body tissues other than the eye as suggested by research studies related to carcinogenesis and the risk for cancer (http://foodtech.uonbi.ac.ke/node/1164).

Rasa penasaran saya pun bertambah, akhirnya saya pun mencari kajian ilmiah mengenai daun ubi jalar. Saya mendapatkan hasil penelitian yang menjelaskan mengenai kandungan dan manfaat daun ubi jalar. Ternyata banyak sekali manfaat daun ubi jalar... subhanallah!! - Sepertinya bermanfaat juga untuk latihan food combining saya :) 

Berikut beberapa hasil penelitian yang saya peroleh mengenai manfaat daun ubi jalar. Saya tidak menerjemahkan tulisan ini karena khawatir ada kesalahan penerjemahaan kimia dan biologinya (maklum saya orang komputer :)... 

Semoga ilmu ini bisa juga bermanfaat bagi anda...


Sweet potato (Ipomoea batatas) leaves provide a dietary source of vitamins, minerals, antioxidants, dietary fiber, and essential fatty acids. Bioactive compounds contained in this vegetable play a role in health promotion by improving immune function, reducing oxidative stress and free radical damage, reducing cardiovascular disease risk, and suppressing cancer cell growth. Currently, sweet potato leaves are consumed primarily in the islands of the Pacific Ocean and in Asian and African countries; limited consumption occurs in the United States. This comprehensive review assesses research examining the
nutritional characteristics and bioactive compounds within sweet potato leaves that contribute to health promotion and chronic disease prevention. Research has affirmed the potential cardioprotective and chemopreventive advantages of consuming sweet potato leaves, thus indicating that increased consumption of this vegetable should be advocated. Since reducing the prevalence of chronic diseases is of public health concern, promoting the consumption of sweet potato leaves warrants further and more intensive research investigation.

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The leaves in particular contain a large amount of protein with a high amino acid score. The leaves of sweet potato are highly digestible, fairly rich in protein, a dietary source of vitamins, minerals, antioxidants, dietary finer and essential fatty acids and free toxins.

The young leaves serves as a nutritious vegetable for man, contain several nutrients such as appreciable amount of zinc, potassium, sodium, manganese, calcium, magnesium, iron, vitamin C and fiber (Antia et al., 2006)

ENCOURAGING CONSUMPTION OF SWEET POTATO LEAVES AS A VEGETABLE IN KENYAN URBAN AREAS - http://foodtech.uonbi.ac.ke/node/1164

Sweet potato leaves are a by-product of the plant and good source of nutrients. They are high in potassium, beta carotene, fiber, lutein and xanthine. In Kenya, kales, cabbages and other indigenous vegetables are the most consumed vegetables. This study is aimed at encouraging the consumption of sweet potato
leaves as a vegetable in urban areas in Kenya. In Africa sweet potato leaves are popular in countries like Senegal, South Africa and Ghana. However, in Kenya and Uganda sweet potatoes are mostly grown only for its tubers. Very few communities which are based in the rural region consume the sweet potato leaves as vegetables. There is therefore need to encourage its consumption given its multiple nutritional and health benefits. **Sweet potato leaves are high in Lutein and zeaxanthin (xanthophylls) which are said to have a number of benefits to the eye especially in the prevention of AMD (age-related macular degeneration) and cataracts.** Lutein and zeaxanthin are the only carotenoids reported to be present in eye lens. They are widely distributed in tissues and are the principal carotenoids in the eye lens and macular region of the retina. Lutein has the ability to filter harmful short-wave blue light and it is as an antioxidant which prevents oxidative damage to eye lens muscles which initiates age related cataracts. Xanthophylls may possess anti-mutagenic and anti-carcinogenic properties and play a role in the health of body tissues other than the eye as suggested by research studies related to carcinogenesis and the risk for cancer. Lutein has been identified to be one of three anti-mutagenic pigments present in vegetables. In humans, plasma lutein has been inversely associated with cytochrome CYP1A2 activity, a hepatic enzyme responsible for the metabolic activation of a number of putative human carcinogens. Intake of these xanthophylls may reduce the risk of certain major cancers like breast cancer, prostate cancer and lung cancer among others. A growing body of experimental evidence and observational studies suggest that lutein and zeaxanthin may play a role in the prevention of coronary heart disease and stroke. In a coculture model of the arterial wall, a study found lutein to be highly effective in reducing oxidation of low-density lipoproteins (LDL) and inhibiting the inflammatory response of monocytes to LDL trapped in the artery wall. This study is based on the general analysis of the nutritional qualities of the sweet potato leaves as demonstrated in previous research. Observations made in the vegetable market suggest the absence of the sweet potato leaves in the market. Urban area residents have either not heard or eaten these leaves, thus I recommend awareness of the nutritional benefits of the sweet potato leaves. This would help improve general health of the consumers through reduction of several vitamin-related deficiency diseases such as vitamin A deficiency, cataracts and age-related macular disease (AMD) among other diseases.

A continuously growing body of evidence suggests that lutein and zeaxanthin will contribute to the protection against several age-related diseases, including cataract, AMD, heart disease, and some forms of cancer. Thus, there is a need of awareness of the sweet potato leaves. Given that the sweet potato thrives in semi-arid areas it would improve on food security and public health because vegetables like kales and cabbages require a lot of water for cultivation as compared to sweet potato which both the tubers and leaves are edible.