

ABSTRAK

Bau kaki telah menjadi masalah yang sangat umum dalam kehidupan sehari-hari. Dampak dari masalah bau kaki menyebabkan menurunnya kualitas kebersihan diri sehingga dapat mempengaruhi rasa kepercayaan diri seseorang. Salah satu penyebab bau kaki dikarenakan terlalu sering memakai alas kaki yang tertutup sehingga membuat area kaki menjadi lembab. Penumpukan keringat menyebabkan laju aktivitas bakteri meningkat. Bakteri inilah yang menjadi penyebab bau kaki. Beberapa bakteri yang terlibat dalam pengaruh bau kaki ialah *Bacillus subtilis* sebanyak 11.5% dan *Staphylococcus* sebanyak 86.5%. Kenikir (*Cosmos caudatus kunth*) merupakan sayuran yang umum ditemukan di masyarakat. Sayuran ini biasa dikonsumsi sebagai lauk, dan ada pula yang menggunakan daun Kenikir (*Cosmos caudatus kunth*) sebagai teh. Daun Kenikir (*Cosmos caudatus kunth*) mengandung Vitamin C, Flavonoid, Fenol dan Antioksidan. Flavonoid dan Fenol merupakan bahan kimia pada daun kenikir (*Cosmos caudatus kunth*) yang mempunyai kemampuan sebagai anti bakteri. Akar wangi atau *Vetiveria zizanioides* memiliki fungsi yang beragam dalam bidang farmakologis, salah satunya adalah anti-bakteri. Ekstrak Akar wangi atau Vetiver oil mengandung unsur kimia minyak atsiri yang dapat menghambat laju perkembangbiakan bakteri. Minyak akar wangi banyak ditemukan dan diproduksi di kabupaten garut Indonesia. Diantaranya adalah kecamatan Samarang, Bayongbon, Cilawu, dan leles. Sebanyak sekiranya 54ton minyak akar wangi diproduksi pertahunnya. Dengan penemuan dan inovasi ini, diharapkan masyarakat dapat meningkatkan kualitas kesehatan individu maupun lingkungannya dengan bahan-bahan alami ramah lingkungan dan mudah didapatkan, sehingga pemanfaatan nilai tanaman kenikir dan akar wangi dapat lebih dimaksimalkan.

Kata kunci: foot spray, antibakteri, daun kenikir, akar wangi

ABSTRACT

Foot Odor has become a very common problem in everyday life. The impact of foot odor problems causes a decrease in the quality of personal hygiene which can affect a person's sense of self-confidence. There are many causes of foot odor, one of which is due to wearing closed footwear too often, which makes the foot area damp. This will affect the concentration rate of sweat excretion. The accumulation of sweat causes the rate of bacterial activity to increase. This bacterium is what causes foot Odor, some of the bacteria involved in the influence of foot Odor are *Bacillus subtilis* as much as 11.5% and *Staphylococcus* as much as 86.5%. Kenikir (*Cosmos caudatus kunth*) is a vegetable commonly found in the local community. This vegetable is often consumed as a side dish and some people use Kenikir (*Cosmos caudatus kunth*) leaves as tea. Kenikir leaves have various chemicals contained in them. Such as Vitamin C, Flavonoids, Phenols, Antioxidants and many more. Flavonoids and phenols are chemicals in kenikir leaves (*Cosmos caudatus kunth*) which have anti-bacterial capabilities so this plant can help eliminate bacteria that cause foot odor. *Vetiveria zizanioides* (Linn) Nash, known as Akar Wangi in Indonesian, has various functions in the pharmacological field, one of which is antibacterial. Vetiver extract or Vetiver oil contains essential oil chemical elements which can inhibit the rate of bacterial growth. Vetiver oil is often found and produced in the Garut district of Indonesia. Among them are the districts of Samarang, Bayongbon, Cilawu, and Leles. A total of approximately 54 tonnes of vetiver oil is produced annually. With these discoveries and innovations, it is hoped that society can improve the quality of individual health and the environment with natural ingredients that are environmentally friendly and easy to obtain, so that the value of kenikir and vetiver plants can be maximized.

Key words: foot spray, bacteria, kenikir leaf, vetiver

