

Research Article



Traditional Health Practices In The Kajang Community

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ABSTRACT

Background: Practice health traditional has become an integral part of culture and identity public Kajang, a group ethnic groups living in the interior of Borneo. In an attempt For guard health and well-being them, society Awning has develop series a practice that is hereditary and rooted in trust tradition and wisdom local.

Methods: Study This aim For explore and understand practice health traditionally used by the community Kajang. Through approach involving qualitative observation participative and interview deep with member community.

Results: Research result show that practice health traditional public Awning involve use herbal concoctions and traditional rituals ceremony traditional purpose For cure body and recover spiritual balance. Apart from that, practices this also became means For strengthen connection social in community and care sustainability culture and traditions they. Challenge in preservation and development practice health traditional this, including decline interest generation youth and lack access to source Power naturally required.

Conclusions: Therefore, the research suggests a number of recommendation For support preservation and revitalization practice health traditional in modern context, including education based health culture and collaboration between practitioner traditional and professional modern health .

Keywords : *Health Practices, Traditional, Herbal Concoctions, Rituals*

INTRODUCTION

In the current era, development technology experience sufficient development rapidly, however different with public ammatoa awning. They Still thick with use practice health traditional like sandro or a shaman who is form trust they when public ammatoa Sick. Various practices and styles treatment until Now Still can be studied as well as trace the process of its existence especially urban until remote rural areas [1] .

One of public The customs in South Sulawesi are public ethnic group Kajang who lives in Tan Atowa , in the area the from Formerly until Now Still know wisdom local or normal called knowledge local One knowledge local the is practice treatment traditional [2] .

Kajang , a public custom who inhabit the mountainous region of South Sulawesi, are famous Because style life its unique traditional and existence Ammatoa as leader custom [3] . Public health in Kajang reflect challenges and opportunities unique challenges faced by the community This. This paper will explore aspects health people in Ammatoa Kajang , incl influencing factors health , practices health traditional , and efforts For increase Community welfare [4] .

Practice health traditional in society ethnic group Awning reflect inheritance their rich culture that has inherited from generation to generation. Kajang tribe own inheritance rich culture and traditions that have inherited from generation to generation. Practice health traditional is part important from inheritance culture them and reflect understanding they about health and healing [5] .

Kajang society live in the environment diverse nature , which makes it possible they For obtain knowledge about plant medicines and methods treatment traditional others [6] . Knowledge This often absorbed through experience direct and tell the story grandma ancestor, become an integral part of life daily they. In several rural areas in Kajang, access to service modern healthcare possible limited. Limitations This push public ethnic group awning for depend on practice health traditional as alternative or complement in nurse health they.

By general There is a number of factor affecting health like Environment Physique with see Condition geography and environment natural in Kajang influence health public. Limited access against clean water, poor sanitation, and simple housing can become factor risk for health. Social and Economic Factors, speaking about factor it's very close connection with poverty, inequality social, and access limited to education and services health is influencing factors health public Ammatoa Kajang. Instability economic and low level income can limit access to maintenance proper health. Cultural factors include traditions and beliefs culture play role important in health public Ammatoa Kajang. Practices traditional , like herbal remedies and ceremonies custom , often become an integral part of maintenance health them [7] .

Practice health traditional in society ethnic group Awning reflect inheritance their rich culture that has inherited from generation to generation. Practice health traditional in society ethnic group Awning reflect inheritance their rich culture that has inherited from generation to generation. A number of practice health common

traditional found among ethnic group Awning like use Medicinal Plants, society ethnic group Awning own extensive knowledge about plant medicines that grow around their territory. They use plants This For treat various illnesses and complaints health, like fever, sick stomach, or wound light. For example , leaves meeting white often used as anti- inflammatory drugs, meanwhile root ginger used For relieve enter wind [8]

Practice health Traditional Healing Ritual public Awning often there are healing rituals involving shamans or inner spiritual figure community . These rituals can covers use of mantras, prayers , or actions symbolic other For treat disease or chase away spirit believed to be evil become reason disease . Besides that Massage traditional or therapy massage is practice general health in society Kajang. Massage This done with use hand or ingredients experience like oil coconut or herbal concoction. Massage traditional considered can help reduce tension muscle, increase circulation blood , and reduces pain .

Ceremonies, Several ceremony custom or religious rituals in society Awning often covers aspect health . For example, in ceremonies certain, like ceremony harvest or celebration religious, yes tradition give food or drink specifically believed own effect healing or protection to disease. Use of Agate Stone: Agate stone or lucky stones often trusted own strength healing or protection. Kajang Community often using agate This as necklace or bracelet worn everyday, with confidence that they can give benefit health or spiritual.

Based on from phenomenon background behind so that researcher interested For study in a way deep about

complexity practice health traditional like herbal medicine and healing ritual practices in tribes Awning and giving more understanding in about significance culture and environment in health public

METHOD

Methodology study about practice health traditional to the tribe Awning can designed with consider approach holistic qualitative and based on participation public . Study this will use approach qualitative descriptive For understand in a way deep practice health traditional to the tribe Kajang . Study this will be done through interview in-depth, observation participatory, and analytical content to the data collected.

Participants research will be selected from community ethnic group The representative awning various group age , type gender , and background behind socio-economic as informant to be selected in a way purposive with consider diversity in practice health traditional with technique data collection is carried out in a way interview in depth will do with member public ethnic group The awning has knowledge about practice health traditional . The interview will focus on experience personality, beliefs, and knowledge about practice health traditional. Observation participative for researchers this will be involved in a way direct in life daily public ethnic group Awning For observe in a way direct practice health traditionally carried out by the community. Taking Photo or video recording can used for document practice health traditional and the environment in which it is practiced the done.

RESULTS

Research Locations

Kajang tribe is ethnic group traditional based in the Regency Bulukumba Sulawesi South, specifically around 200 km adjacent east city Makassar. Region Awning shared become 8village and 6 the settlement. However, Awning in a way geographical divided become two part : AwningIn (person Kajang , they called 'You know Kajang) And Person Outside (person Which stay in around relatively modern Kajang people , place they ' stay '). Need noted that they shared become someone"). " Around public A relatively modern awning is called 'Tau Lembang'. Ethnic group Awning stay in Village Land Toa, Regency Bulukumba, Sulawesi South. From a number of village area, you can see Range Lompobattan-Bawakaraeng and Banten Valley in west, you can too see Bone Bay with cluster Pulau Sembilan next door east.

Practice health traditional Herbal Medicine in the community Kajang.

Mindset society is closely related tightly with existing culture in a place, knowledge public arranged in a way systematic about pattern knowledge, behavior, as well trust in nature hereditary. System knowledge local or system knowledge traditional in something public Can said is one element culture that is universal, found in almost all culture , however simply put culture it's [9] . Draft knowledge public about healthy and sick No regardless from understanding public about healing, healing is something culture for save self from annoying disease soul and life, because root knowledge formed

through a thorough socialization process hereditary trusted and trusted the truth. System healing differentiated into two, namely in a way medical and non- medical.

Healing method in a way medical usually categorized as related modern medicine with knowledge medical as well as use technology healing that has been modernized with development and preservation past scientific proof as formal treatment [10] , whereas healing non - medically usually also called healing which traditional method the healing No related with knowledge modern medicine and engineering the healing sourced from culture local in a way hereditary like treatment with use plant or herbs.

Tribal society awning Still stretch tight and still believes healed from disease can done with consuming herbal plant. Frequent herbal treatments consumed is plant ginger is believed can as drug for relieve enter wind, nausea, and vomiting. Extract ginger can do it too used as anti-inflammatory drugs and antioxidants. Turmeric own characteristic anti-inflammatory and antiviral. Kajang tribe often use turmeric as drug for overcome painful joints, repair digestion, and improve system immunity body. Betel leaf own characteristic antiseptic and antibacterial. Kajang Community use leaf betel as drug gargle for overcome Sick teeth, inflammation throat, and infections mouth. Plant drug boiled with water for make herbal concoction taken as drug. For example, ginger and turmeric Can boiled with warm water For make herbal drinks served warm [11] .

Lots of plants medication used by tribe Awning own characteristic helpful anti- inflammatory relieve inflammation in body and reduce pain. Besides that herbal

plants have characteristic helpful antimicrobials oppose infection internal bacteria and viruses body, helps the healing process, and can help increase digestion, reducing disturbance digestion, and relief disturbance stomach. Use plant drug in herbal medicine by the tribe Awning No only reflect riches Indonesian nature, but also reflects inherited knowledge and wisdom from generation to generation. Lots of plants medicine used by the tribe Awning own characteristic helpful anti-inflammatory relieve inflammation in body and reduce pain. Besides that herbal plants have characteristic helpful antimicrobials oppose infection internal bacteria and viruses body, helps the healing process, and can help increase digestion, reducing disturbance digestion, and relief disturbance stomach. Use plant drug in herbal medicine by the tribe Awning No only reflect riches Indonesian nature, but also reflects inherited knowledge and wisdom from generation to generation. Although Lots plant drug This has used during centuries, important for take notes that effect his health Possible varies depending on the individual and conditions medical they.

Practice health Traditional Healing Ritual public Kajang.

Non- medical healing No related with healing modern medical, non- medical healing is system treatment traditional in nature different with knowledge medicine, understanding public about non- medical healing is method healing takes place in a way traditional in nature too usually hereditary. Knowledge public awning about non- medical healing Already is known daru default parent or family Alone. Most also some literature mention non- medical healing or healing which alternative? as

healer in matter This is a shaman or public awning normal call it Sanro.

In society Awning There is practice health traditional in a form of healing ritual in society awning. From results study public awning have Tradition Kalomba. Kalomba is held traditions surrounded by society ethnic group awning Because believed as tradition for karaeng and also as differentiator with ATA society (slaves in the past). Now Kalomba Still awake and even tradition This was very lively and attended by various people type person. Tradition This almost The same lively with a wedding event or can also be compared with the wedding event so that the funds are spent No too Lots although in the Kalomba event can make money with the way people come or invited guests will give money (pa`solo) but In this event, funds were also spent that were not A little So No seldom Lots implementing community tradition Kalomba the with a wedding event or direct stage tradition with 3 or 2 children at a time. There is something else underlying it tradition Kalomba This still being made tradition is a must held until Now ie exists curse or children child caught Unlucky If No carry out tradition Kalomba the for example deaf, dumb, smallpox, or a number of disease more skin critical is get bad luck in the his life. [12]

On Procession Tradition Kalomba As for the procession tradition Kalomba as has been carried out by researchers at the time do study outlined as following :

- a. Ma`jenne ritual; Ma`jenne in Language konjo means abducted. This ritual useful for purify before carry out procession custom Kalomba
- b. Procession burning incense and light candle. Burning incense This aim for safety.

- c. Shaking off the incense smoke to child; At stage expelling incense smoke to child as much three times. In the implementation of family involved especially parents from child. Shaking off the incense smoke This aims to ensure that the child blessed as well as parents who carry it out Kalomba.
- d. Reading Prayer by Passau Recitation The prayer recited by Passau contains hope to the creator to use for get safety.
- e. Tompong Passau Recitation Ritual Procession The prayer recited by Passau contains hope to the creator to use for get safety
- f. Procession child Bacing Procession This meaningful as drug for the child did it tradition Colomba
- g. Stage Padigingi-dingi led by Passau and family
- h. Doi Passolo Procession Doi Passolo tradition is giving money by relatives family or visitor invitation to the person organizing the event. Procession This done with give money to the child does it Kalomba
- i. Installation kampalo and eat together Installation Kampalo This is procession final so that child the Already can said has do Kalomba.

CONCLUSIONS

Practice health traditional public Awning is an integral part of life everyday and reflective riches culture as well as wisdom local ones have inherited from generation to generation. Based on research and discussions that have been carried out done, there is a number of possible conclusions withdrawn:

Riches Traditional Medicinal Plants: Kajang Community own extensive knowledge about use plant drug traditional

for nurse various diseases and disorders health. Plants like ginger, turmeric, and leaves betel become part important in practice health traditional they, show riches Indonesian nature and wisdom local in nurse health. Integration with Modern Medicine: Although still depend on practice health traditional, community The awning is also open to modern medicine and services health conventional. Integration between treatment traditional and modern can be increase access to maintenance holistic and comprehensive health for public Kajang. Previous studies stated that consuming herbs is good and does not cause effects on the kidneys [13-15].

Important Role of Healing Rituals: Healing rituals also become aspect important in practice health traditional public Kajang. Through ceremonies their customs and healing rituals express gratitude to nature and ancestors, as well look for healing in a way physical, mental and spiritual. These rituals reflect beliefs and values deep culture in community Kajang. Importance Preservation Culture: Practice health traditional public Awning No only own mark health, but also value high culture. Therefore that is, preservation and promotion practice This become important in frame guard identity culture ethnic group Tend and prevent disappearance inheritance valuable culture This. Conservation efforts This can done through education, documentation, and support from various party related.

With So, practice health traditional public Awning No only become part important in nurse health, but also a expression from riches culture and wisdom necessary local maintained and preserved For future generations. With understand, appreciate and support practices it is us can

strengthen position public Awning in realize sustainable health and well- being.

SUGGESTIONS

Development Local Herbal Industry, Govt area can support development local herbal industry in areas inhabited by tribes Kajang. This includes development herbal gardens, processing herbal products, and promotions local herbal products. With increase production and marketing local herbal products, community Awning can feel benefit economy from practice health traditional them, while also strengthening continuity environment and sustainability culture. Besides that upgrade education and counseling health to public Awning about use herbal plants safe and effective. Through workshops, seminars and campaigns counseling, community can given information about types useful herbal plants For health, way processing, proper dosage, and potency interaction with drugs other. With more understanding Good about use herbal plants, society Kajang .

In aspect health ritual practices traditional it is recommended that the government regions and institutions related for support effort preservation and documentation practice community ritual health Kajang. This matter can done with stage study in -depth ethnography, recording audiovisual ceremonies healing customs and rituals, as well keep archives and notes about practices the. With do preservation and documentation, practices ritual health can preserved for generation coming and becoming part important from inheritance valuable culture

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