



Local Wisdom of the Community Responding to Ulcer Disease

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ABSTRACT

There are a number of interesting things to reveal regarding the local wisdom of the community about boils. People still believe that Pamali sits on a pillow and thinks that eating too many eggs will make you more susceptible to boils. This is obtained from personal experience and that of other people, so that people have even more confidence in these pamali. Utilizing plant leaves that have undergone processing by pounding, boiling, and roasting, the community still frequently practices local wisdom in the traditional treatment of ulcers. The use of materials from nature is based on one's own knowledge and experience, as well as knowledge and experience from others.

Keywords: local wisdom, pamali, traditional medicine.

ABSTRAK

Ada beberapa hal yang menarik untuk di ungkap yang berkenaan dengan kearifan lokal masyarakat tentang bisul. Masyarakat masih mempercayai pamali duduk diatas bantal dan anggapan berlebihan makan telur akan lebih rentan terkena bisul. Hal tersebut di dapat dari pengalaman pribadi dan orang lain, sehingga masyarakat lebih percaya lagi dengan pamali tersebut. Kearifan lokal dalam pengobatan tradisional bisul masih kerap dilakukan masyarakat dengan memanfaatkan daun tumbuhan yang diolah dengan ditumbuk, di rebus, dan di panggang. Pemanfaatan bahan dari alam ini berlandaskan pada pengetahuan dan pengalaman diri sendiri maupun pengetahuan dan pengalaman dari orang lain.

Keywords: Kearifan lokal, pamali, pengobatan tradisional

1. Introduction

Local wisdom is knowledge that a community possesses as a result of its interactions with the environment in a particular area. This local wisdom is passed down from generation to generation by being taught and practiced. Because there is a community relationship with the natural environment and local culture, local wisdom is also a behavior that the community values.

Furthermore, (Purnama et al. say that the behavior develops somewhere and is sustainable for generations. For this reason, very close relations with the environment and natural resources, local and traditional communities, or local communities with trials have revealed an understanding of the ecology in which they live, which has been considered to maintain natural resources and abandon all activities that they consider damaging to the environment.

Local wisdom in traditional medicine is the behavior of the community in utilizing plants that have the potential for treatment in the surrounding environment. According to Lesmana et al. (2018), who said that traditional medicines used by people in several regions of Indonesia are very diverse, people in one region have traditional medicines that are different from those in other regional communities because the diversity of habitats and local wisdom is the cause of the emergence of different cultural products. According to the *World Health Organization* (WHO), traditional medicine is the total level of knowledge, skills, and practices based on the theories, beliefs, and experiences of people who have diverse cultural customs, whether explained or

not, used for maintenance, health, prevention, diagnosis, improvement, or treatment of diseases both physical and mental (Purnama et al., n.d.).

According to the WHO, it is calculated that there are about 4 billion people in the world's population—around 80%—who use drugs from plants. In fact, there are also many modern medicines that are still used today that originate from and continue to be developed from medicinal plants. WHO notes that there are 119 types of active ingredients in modern medicine derived from medicinal plants (Purmini & Septriani, 2022). Traditional medicine, in this case, is still widely trusted by the public because it is easy to get and has no side effects from its use.

Local wisdom, in the form of pamali, becomes part of the inner guidance to live a life and create a good life order. Local intelligence and knowledge do not take place in one generation but are passed down between generations. This is in agreement with Jayanti and Baka (2021) that almost all regions have local wisdom passed down from previous generations, preserved, developed, and utilized in the environment. Pamali is one of the choices of several cultures that best suit the situation and basis of action because it becomes part of the customs that are always remembered by the community. (Widiastuti, 2015).

Boils are skin diseases that accompany most of the various circles. Boils can arise in any part of the body, but parts of the body that have folds are a favorite for the growth of boils. When boils have arisen, it seems to be torture for the sufferer, disrupting activities, even bedtime. However, the presence of this boil has become a polemic in the community, with a number of sayings that are still believed. Sayings that still exist and take root in people's minds about the causes of boils and how to treat boils

The variety of writings above explains various local wisdom in the form of traditional medicine and pamali forms about boils. However, there are various differences. These differences are seen in terms of how to apply or practice, while the source of their knowledge of the writing comes from ancestors who are passed down across generations. Based on the results of interviews, people, in responding to boils, rely on local wisdom from nature with prayers. However, they are more likely to use traditional medicine because it departs from their experience, so it is done. Thus, based on the explanation above, the author is interested in studying the local wisdom of the community in responding to ulcers according to the point of view of health anthropology.

2. Methods

This study used qualitative methods by conducting *in-depth interviews* with people who have experience overcoming ulcers. In the search for informants, the researcher begins to ask people around her. I finally got some people who had experienced ulcers, and the person was willing to be interviewed.

In-depth interviews focused on pamali and deep-rooted assumptions about boils and traditional boil medicine. These questions are guided by the *interview guide*, which is a reference for in-depth interviews. In addition, this study also used literature sourced from books, articles, and e-journals. In the process of searching in the Google Scholar database using keywords such as local wisdom, traditional medicine, and boils, Using these keywords, there are 641 papers. Next, search with local wisdom keywords, taboo, and ulcers. Using these keywords, there are 48 papers. Then, with the keywords local wisdom, folk remedies, taboo, and boils, there are 19 papers. The literature we used amounted to seven papers for these keywords.

Literary sources, especially from Google Scholar, are found about traditional medicine and ethnobotany. These texts discuss a variety of diseases whose healing processes use botany. There are several e-journals discussing the traditional treatment of boils, but only at first glance. After the information obtained from interviews and literature, The next process is processing the data and compiling it word for word.

3. Result and Discussion

3.1. Pamali is sitting on a cushion.

Knowledge possessed by society is included in culture, where culture is defined as a set of knowledge obtained and interpreted through experience with its behavior. As Spradley (2007) said, culture is a system of knowledge obtained by humans through the learning process. The learning process produces knowledge derived from individual or community experiences, which in turn is organized in the minds of the community.

Local wisdom, in the form of pamali, is almost trusted by every tribe in Indonesia. Pamali is one of the cultural elements proposed by Koentjraningrat (2009, p. 165), namely (1) religion, (2) science, (3) kinship, (4) language, (5) art, (6) livelihood, and (7) technology. Pamali sitting on a cushion is included in the cultural element of the scientific system because people have knowledge about what should be done. Pamali is a prohibition. The statement was also expressed by Rijal (2020) that pamali is a prohibition to say substances that have a fatal impact on society and the environment. Pamali has always been associated with safety and health. Therefore, many people do not dare to play with pamali because they will fight for the safety of their

lives. Pamali sitting on a cushion is still rooted in the heads of Indonesians; sitting on a cushion can cause ulcers, as the informant revealed:

"I got a boil disease after sitting on the pillow. Believe, not believe, but indeed, this is proof. Maybe the pillow I was sitting on had bacteria. If this pillow is not washed but only dried in the sun during the day, it is possible that the bacteria do not die".

From this expression, it appears that the public perception of the cause of boils can be due to bacteria that are still stuck in the pillow layer. Bacteria attached to the pillow where the pillow wrap that was originally pure white turned black, but local wisdom did not recognize the presence of bacteria, but they realized a kind of daki, or dirt mixed with sweat on the skin due to their activities outside, which caused the daki to stick to the pillow wrap. However, when viewed in terms of cultural values, sitting on a cushion indicates impoliteness. Pamali is social control in society in action. Pamali is a spontaneous expression that has a hidden meaning but also has a message and advice. If there is a society that violates these messages and advice, it is believed that negative things will happen to themselves. In this case, Pamali aims to teach politeness and local wisdom that is a little pushy.

3.2. Fact or Myth: Frequent eating of eggs can cause ulcers.

Eggs are a source of protein considered by many people to cause the growth of ulcers. Eggs that are consumed excessively will cause ulcers to grow. Behind these assumptions, eggs have nutrients such as vitamins, omega-3, calcium, protein, and many more that are useful for the body (Attia et al., 2020). Furthermore, the paper (Réhault-Godbert et al., 2019) explained that eggs are a source of macro- and micronutrients that are packaged and meet all requirements to support embryonic development until hatching. Eggs stand out as a staple food for humans for their ideal balance and diversity of nutrients, as well as their good digestive power and reasonable price.

However, these favorite foods are avoided by many people because they can cause ulcers. As Mr. AR said, he has been exposed to boils five times in the near future. Mr. AR said he got ulcers because he often ate undercooked eggs, even eggs that still had to be cooked again, almost every day. Based on the interview, the truth cannot be known because, until now, there has been no research data that can prove whether it is true or not. In writing (Ibler & Kromann, 2014), furunculosis is a skin disease that tends to be repetitive and is often transmitted to family members either directly through skin contact or indirectly.

According to the literature, boils are not caused by eating eggs but rather by bacterial infections in the skin. Boils also occur because of exposed skin and insect bites. In addition, some people experience egg allergies, such as itchy bumps, and then scratch excessively until the skin is injured and infected. According to experts, up to 2% of young people have an egg allergy. Fortunately, research shows that by age 16, more than 70% of children with egg allergies will overcome their sensitivities. In many items, including canned soups, salad dressings, ice cream, and some meat-based recipes such as meatballs and meatloaf, eggs are unfortunately a hidden ingredient. Egg protein is present in some commercial egg substitutes. People who are allergic to eggs should diligently read labels and ask about the components of dishes made by others. Sometimes baked products and other foods containing eggs that have been cooked for a long time at high temperatures can be consumed by people with egg allergies. However, it is impossible to say whether or when people who are allergic to eggs can consume egg-containing foods without side effects.

3.3. Traditional treatment of boils

Elderly people practice traditional medicine, which refers to a culture's knowledge, beliefs, and experiences. Traditional medical practices involve relying on herbs or using unique techniques. According to informants, in traditional medicine for boils, he used bitter leaves and contained sap, such as soursop leaves, which are known to be effective for treating boils because it is believed that bacteria can quickly die from extracts from these leaves. The process of processing the leaves is mashed, then located above the eyes of the boil and wrapped with a cloth. In addition, he also uses onions because the heat effect of onion water is able to warm the skin infected by bacteria. In the process of processing, onions are mashed and located above the eyes of boils for about 1 hour.

Traditional medicine is usually carried out in rural communities, while in urban communities it is commonly known as alternative medicine. There are several reasons informants still often use traditional medicine to cure boils.

Safe to Use

Almost all chemical drugs have dangerous or adverse side effects. For example, the effect can damage the liver, kidneys, headaches, pain, sleepiness, and so on. In addition, it is also listed on the written packaging as not suitable for consumption by children under 12 years old and is not recommended for people with drug allergies. While traditional medicine is believed to be safe for consumption, it does not even harm the body. Thus, traditional medicine is a legacy from ancestors, so users have tested it with experience.

Easy to create

All societal levels can produce traditional medicine by drawing on their own knowledge and experiences as well as those of their relatives, neighbors, and local businesses that sell traditional medicines. In folk medicine, boils simply pick soursop leaves, which are then washed thoroughly and then mashed, which is quite practical.

Low Price

According to informants, if they get ulcers or other diseases, such as fever, cough, flu, and pain, they use traditional medicine as first aid. They consider whether seeing a doctor will require a large cost.

In addition to using plant leaves, another informant (Mr. MS) conquered ulcers that were fairly extrastream, namely by waiting for swelling or bulges of boils to seep, then pierced with a stick to remove pus mixed with blood. Once considered clean, it is wrapped in a cloth until it heals. This method is believed to be a quick way to conquer boils because if the pus in the bulge has been removed, then the bacteria will gradually disappear. However, medically, it is forbidden to hold or even break boils filled with pus since it will be easier for bacteria and irritation to spread on the skin. The method of treating boils carried out by other informants, Mr. AR, is quite relaxed, as enjoyed by the boil disease; he only left the boil until the color of the boil became yellowish white. He didn't want to take risks.

3.4. Knowledge Sources

The sources of public knowledge for responding to boils usually come from relatives, such as grandparents, parents, and neighbors. Knowledge was provided about traditional and medical medicine, treatment techniques, and foods that should not be eaten while still experiencing ulcers. Knowledge is one of the components of the culture of society. Knowledge is acquired through the process of human engagement with the world, either through interaction or through copying other living beings (Royyani & Rahayu, 2016). These interactions are discussed at home or around the house when the child, for example, is affected by ulcers. Living in the countryside has many relatives because of the location of the house close together, so there is a spirit of solidarity and a great sense of care. They often discuss daily activities in the afternoon around the house and share information with each other.

It is also very often experienced by the author himself as a community living in the countryside, when in the afternoon or evening often the neighbors gather in one house and if one neighbor sees someone affected by our disease say boils according to this topic, then they then say a word that we consider to be a word that contains elements of treatment by sharing information about the medicine that must be given for the ulcer. And the belief of rural people is that if there are neighbors, relatives, or relatives who say something about certain drugs, especially alternative medicines, people affected by diseases such as boils must be enthusiastic about or appreciate his words because the drug information provided by him matches the ulcer disease of someone affected by boils earlier.

Interaction with different groups is a culture that is being spread. According to Haviland, cultural dispersion is the transfer of customs from one culture to another. In further research, Linton said that up to 90% of the core of any culture comes from imitation or diffusion (Royyani & Rahayu, 2016). Furthermore, Royyani and Rahayu (2016) explained that society does not absorb all information or culture introduced through dispersion unless it makes choices about the culture introduced to fit the circumstances of the time. Thus, the absorption of such knowledge helps in the healing process of a sick relative or friend.

4. Conclusion

The variety of local wisdom possessed by the community in responding to ulcers based on personal experience and the experience of others. The circulation of pamali sitting on pillows and excessive consumption of eggs, which is still running or believed to be the cause of the appearance of ulcers, In addition, in traditional medicine for this ulcer disease, people still rely on plants in nature that are believed to conquer boils. Plant parts are used to treat boils, and plant leaves are processed by pounding, boiling, and roasting. Traditional medicine is very easy to mix, and the ingredients are easy to obtain, so people prefer to use materials from

nature as first aid and as a reference until ulcers heal, obtained from relatives and neighbors as a source of knowledge.

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