



The Expertise of Traditional Healers in Using Coconut Oil as a Traditional Treatment for Bone Fracture Recovery in Aliantan Village

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ABSTRACT

This research aims to explore more deeply the skills of traditional healers in using coconut oil as a traditional treatment for fracture recovery in Aliantan Village. The research method used is a qualitative approach with a case study method, which involves interviews with traditional healers and patients who have undergone treatment, as well as observations to strengthen the data. The research results show that traditional medicine with coconut oil is still relevant and appreciated by the people of Aliantan Village, even though there is a shift towards modern medicine. Broken healers use coconut oil with massage and bone repositioning techniques to speed up the healing process. The conclusion of this research is that the skills of traditional healers and the use of coconut oil remain an important part of cultural heritage and local knowledge that continues to be preserved.

Keyword: Shaman, Bones, Oil, Coconut, Treatment

ABSTRAK

Penelitian ini bertujuan untuk menggali lebih dalam tentang keahlian dukun patah dalam menggunakan minyak kelapa sebagai pengobatan tradisional untuk pemulihan patah tulang di Desa Aliantan. Metode penelitian yang digunakan adalah pendekatan kualitatif dengan metode studi kasus, yang melibatkan wawancara dengan dukun patah dan pasien yang telah menjalani pengobatan, serta observasi untuk memperkuat data. Hasil penelitian menunjukkan bahwa pengobatan tradisional dengan minyak kelapa masih relevan dan dihargai oleh masyarakat Desa Aliantan, meskipun ada pergeseran menuju pengobatan modern. Dukun patah menggunakan minyak kelapa dengan teknik pijat dan reposisi tulang untuk mempercepat proses penyembuhan. Kesimpulan dari penelitian ini adalah keahlian dukun patah dan penggunaan minyak kelapa tetap menjadi bagian penting dari warisan budaya dan pengetahuan lokal yang terus dilestarikan.

Keyword: Dukun, Tulang, Minyak, Kelapa, Pengobatan

1. Introduction

Fractures are one of the most common injuries in humans, and can be caused by various factors such as accidents, falls, or hard impacts (Dewi, N. P., Susanti, M., 2022). In their recovery efforts, people in various regions in Indonesia, including in Aliantan Village, still utilize traditional medicine as an alternative to modern medical treatment. One of the commonly used traditional treatments for fracture recovery is coconut oil. Scientific evidence shows that coconut oil has various health benefits, such as medium-chain fatty acids, vitamin E, and antioxidants. These ingredients are believed to aid in the recovery process of broken bones. In addition, coconut oil also has anti-inflammatory properties that can help reduce pain and inflammation in the injured area (Lontoh, A. N. N., Pratiknjo, M. H., & Mamosey, W. E. 2022).

A fracture is a condition that occurs when a bone breaks or cracks. This may occur when the bone receives pressure or impact that exceeds the strength of the bone. Coconut oil, known for its various health benefits, plays an important role in the healing process of broken bones (Lessy, S. L., Idris, F. P., & Habo, H 2020). Coconut oil has properties in which it can accelerate cell regeneration, reduce inflammation, and improve blood circulation making it an effective natural option (Savitri, 2016). In addition, coconut oil also

has antimicrobial properties that help prevent infection of the injured area. Fracture healing is a traditional practice that often uses natural-based problem-solving techniques as well as specialized techniques to help strengthen and smooth broken or fractured bones. It usually uses herbal remedies, massage, or other traditional means to speed up the healing process. (Fajar, 2023). This practice reflects a deep understanding of human anatomy as well as the natural healing powers found in the surrounding environment.

This study aims to document and analyze the effectiveness of traditional techniques used by fracture healers in Aliantan Village, with a particular focus on the role of coconut oil in fracture recovery. Thus, it is hoped that the results of this study can contribute to the development of more integrative health practices based on local cultural wealth.

2. Method

Aliantan is a village located in Kabun District, Rokan Hulu Regency, Riau Province, Indonesia. This village has a population of 5,370 people, the majority of whom are Muslims, 886 Christians, and 73 Catholics.

In Aliantan Village, there is a fracture shaman who has special expertise in using coconut oil for traditional medicine for fracture recovery. This fracture shaman has been practicing this treatment for generations, and has helped many people in Aliantan Village who have suffered from fractures.

This study uses a qualitative approach to deeply understand the expertise of fracture shamans in using coconut oil as a traditional treatment for fracture recovery in Aliantan Village. In the context of severe bone recovery, qualitative methods become a powerful tool for deeply understanding the patient's experience, the treatment process, and its impact on recovery. The qualitative method utilizes in-depth interviews with patients and shamans. In addition, literature studies are used to collect important data on the selection of alternative treatments, techniques for using coconut oil, and the experiences of fracture patients in several journals that have been collected.

3. Results and Discussion

Bone injury according to medical science is a damage to bone structure that occurs usually due to sudden trauma. The damage can be in the form of cracks, cringing, or impilation of thin parts of the bone surface. Usually, this damage is complete and causes the bone fragment to shift from its original position. If the skin over the damaged bone is open or torn, it is referred to as an open wound on the bone that has the potential to become infected. There are several types of fractures, namely:

- a. Closed fractures, which are bones that break inside without penetrating the skin.
- b. Compound open fractures in which bones break and are visible from the outside because the bone penetrates the torn skin is very susceptible to infection.
- c. Compression fractures that occur due to the pressure that moves one bone against another bone or presses along the length of a bone often occur in elderly women who have a fragile spine due to osteoporosis.
- d. Crushed fractures, which occur due to strong pressure that causes cracks that lead to fractures. If blood flow to the affected bone is disrupted, healing will be very slow.
- e. Avulsion fractures, which occur due to strong muscle contractions that pull on the part of the bone where the tendon is attached. This usually happens to the legs and heels.
- f. F.Pathological fracture: when a tumor or cancer enters the bone and makes it brittle (Lontoh *et al.*, 2022).

In Riau, there are many treatment places for bone diseases. One of the most famous is Aliantan Village, Kabun District, Rokan Hulu Regency. The owner of this treatment place is Mr. Donny Setyawan.

Mr. Donny Setyawan knew about the treatment of bone diseases in the events of his life. He told about his first time becoming an expert in healing bone pain. In 1990, Mr. Donny Setyawan, an avid hiker, traveled to the mountain for recreational purposes. Mr. Donny Setyawan listened to the sound of a sick moan in a house. His curiosity made him to visit the house. He found a father who was seriously ill with a broken bone and his family was crying because they didn't know what to do. When Mr. Donny Setyawan saw that his legs had swollen, pus, and caterpillars. Mr. Donny Setyawan decided to help him at that time. He cleaned his wound carefully and attentively until the pus and caterpillars disappeared. For days he helped the Old Man, until he finally realized that new flesh was growing from his wounds, which were getting smaller and smaller over time. Mr. Donny Setyawan learned how to grow new meat on top of existing wounds. Until finally, the Old Man was completely healed.

From his efforts to heal the father, Mr. Donny Setyawan felt very happy. The father who was healed earlier considered him as his own child, as a way to show his gratitude to Mr. Donny Setyawan. As long as Mr. Donny Setyawan was looking for medicinal plants in the forest, the father and his family always helped him and gave him food and drink.

According to Mr. Donny Setyawan's experience in treating bone diseases, there are several causes of bone diseases, such as viruses, impact effects, infections, sugar diseases, hepatitis, and so on. Therefore, the patient's treatment method must also be adjusted to the patient's health condition and disease history. For example, treatment should be done with caution if the patient has a history of herpes because the wound should not be bandaged to prevent decay. Likewise, if the patient has a sugar disease, treatment should be done carefully so that the wound is not too stressed. During treatment, Mr. Donny also pays attention to the patient's traits and personalities, such as their tendency to emotions, frequent dizziness, or even patience. He always showed a good attitude of acceptance, in accordance with the values he taught his parents about the importance of patience and kindness towards anyone, especially patients who come to receive treatment.

Mr. Donny Setyawan usually does massages, neck massages, and bone repositioning. Mr. Donny always adds herbs so that patients recover quickly. The herbs used for medical herbs were not only found around Alianta Village. Certain types of plants are excellent for connecting and accelerating the growth of bones and meat. Pak Donny uses oil for massage or neck massage that contains drugs and functions as a lubricant. The oil used is made and specially formulated in Alianta Village, Riau. This oil is very unique because it is made in a way and process that has been tested rituals.

During the recovery of his patients, Mr. Donny Setyawan often meets patients who are impatient, such as those who want to recover quickly or want their wounds to be opened. This is because he has a treatment plan for his patients. Instead, he asserted that the rules of his treatment were already in place, such as the obligation to open and repair the patient's wound every ten days. To achieve this goal, he must patiently convince the patient to comply with the rules or conditions that must be followed in order for his or her recovery to be perfect.

Mr. Donny Setyawan, a dedicated medical practitioner, has found a unique approach in treating patients with broken bones. As his experience grew, he had developed strategies that depended on the severity of the fractures faced by his patients. In this exclusive interview, Mr. Donny shares insights on how he manages cases ranging from severe to milder fractures, as well as his consistent use of coconut oil in the healing process.

For patients with severe fractures, Mr. Donny applies a more aggressive approach. He prioritizes more intensive medical interventions, such as the installation of braces or even surgery if conditions require it. This aims to ensure proper bone union and reduce the risk of possible complications. However, Mr. Donny's approach is not only focused on the medical aspect. He also incorporates intensive physiotherapy strategies to speed up the patient's recovery process, ensuring that they can return to normal activities as quickly as possible.

However, when it comes to patients with less severe fractures, Mr. Donny tends to adopt a more conservative approach. He believes that in some cases, a softer approach can provide just as good results without the need for extensive medical intervention. For these patients, Mr. Donny may use special dressings or light casts to secure the affected area, while directing the patient to a light physiotherapy program to restore their strength and flexibility.

One of the unique aspects of Pak Donny's practice is its consistent use of coconut oil in the healing process. As a believer in the power of nature, Mr. Donny has researched and observed the benefits of coconut oil in supporting the bone healing process. Coconut oil is believed to have anti-inflammatory and antimicrobial properties that can help reduce inflammation and the risk of infection, as well as promote tissue regeneration. Therefore, Pak Donny often integrates coconut oil into his natural medicine recipes, both for internal and topical use.

In addition to the medical approach and the use of coconut oil, Mr. Donny also emphasized the importance of psychological aspects in the healing process. She believes that supporting patients emotionally and giving them hope can have a significant impact on the overall recovery process. Therefore, he often spends time communicating with his patients, providing moral support, and explaining medical procedures in a simple and clear manner.

Rina, a 32-year-old woman, sat in the clinic's waiting room with a happy smile on her face. He is one of many patients who have successfully recovered from severe fractures thanks to the care provided by Mr. Donny Setyawan, a leading medical practitioner in the region. In an exclusive interview, Rina shared her story about her healing journey and revealed how important Pak Donny's role and the use of coconut oil in her healing process are.

"I still remember very well when I first had that fracture," Rina said, starting her story in an emotional tone. "I felt shocked, scared, and a little desperate. But, Mr. Donny and his team gave me very high hopes."

Rina explained how Pak Donny not only provides meticulous medical care, but also provides great emotional support. "Mr. Donny was always there to listen to my complaints, give encouragement, and give me

confidence that I would make a full recovery," he said in a grateful voice.

One of the things that makes the treatment from Mr. Donny so special for Rina is her holistic approach. "He not only saw me as a patient, but also as an individual with emotional and psychological needs," he said. "In addition to medical treatment, Mr. Donny also gave advice on a healthy diet, light exercise that I could do, and even relaxation techniques to reduce stress. All of that helps me feel better overall."

Of course, one of the most prominent aspects of Mr. Donny's care is its consistent use of coconut oil. Initially skeptical, Rina was then surprised by the benefits that coconut oil provides in its healing process. "Coconut oil really saved me," she said with a smile. "In addition to helping reduce pain and inflammation, coconut oil also keeps my skin moisturized and accelerates wound healing."

After several months of intensive and diligent treatment, Rina finally made a full recovery. He is now back to enjoying his life with passion and energy. "This experience has taught me a lot," he said. "I learned how important it is to listen to our bodies and take good care of them. I also learned that healing is not just about physical healing, but also about emotional and spiritual balance."

As someone who has gone through this challenging experience, Rina wants to share a positive message with those who may have experienced similar injuries. "Never give up," he said firmly. "Seeking medical help as soon as possible is an important first step. And don't hesitate to look for natural alternatives such as the use of coconut oil. Who knows, it might be the answer to your recovery, as it is for me."

With a smile on her face and a deep sense of gratitude in her heart, Rina left the clinic confident that any challenge could be overcome with the right determination and support. And behind every trial, there are valuable lessons to learn and new strengths to discover.

With this holistic and patient-centered approach, Mr. Donny has successfully helped many people recover from their bone injuries quickly and effectively. His dedication to patient care and his research into natural treatment methods make him a source of inspiration for many medical practitioners and patients who are looking for holistic solutions for their health and recovery.

For the general community in Aliantan Village, traditional medicine for bone diseases is not new but has become a part of the culture that has been passed down from generation to generation, as conveyed by the informant above. However, these habits are influenced by several other factors:

- a. The proximity of the place of residence to the therapist and the availability of easy transportation affect the decision in choosing the type of treatment. In Aliantan Village, the distance between the patient's home and the treatment place is usually close, about 10 minutes away, and there is an easily accessible means of transportation.
- b. Economic factors greatly influence the decision in choosing the type of healthcare. Traditional medicine tends to be more affordable than modern medical care in hospitals. Patients only need to provide assistance in the form of sugar, rice, or other voluntary donations, while in hospitals the costs that must be incurred are usually larger.
- c. Traditional medicine in Aliantan Village uses natural ingredients from plants that grow around, such as turmeric, turi leaves, and others. The use of these natural medicines is considered safer because it does not cause side effects like chemical drugs used in hospitals.
- d. Decisions about the type of treatment are also influenced by the support of the patient's family and close people. When a family member is sick, the moral support of family and relatives greatly influences the treatment options used.

4. Conclusion

This study shows that the expertise of fracture shamans in using coconut oil as a traditional medicine for fracture recovery in Aliantan Village is still relevant and appreciated by the local community. Despite the shift towards modern medicine, the use of coconut oil remains an important part of the cultural heritage and local knowledge that continues to be preserved.

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