



Analysis of the Effectiveness of kerokan (Coining) to Relieve Dizziness and Colds in Parungponteng District

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Abstract

This research investigates the effectiveness of coining treatment as a traditional method in relieving cold symptoms in Parungponteng Regency, Tasikmalaya Regency. The research population involved people who had used or had experience with kerokan treatment. Ethnography-based research method with observation, interviews and qualitative data analysis. The research results show that colds are a common health problem in this region, and people tend to choose traditional treatments, such as kerokan, as the main solution. Kerokan treatment is considered effective in relieving cold symptoms, and people have a holistic view of health. Traditional medicine is considered cheap, easily accessible, and preserves cultural traditions. This research highlights the importance of understanding society's holistic view of health and the preservation of traditional healing practices in the context of health care.

Keywords: Scrape, Traditional Medicine, Have a cold, Ethnography.

1. Introduction

Kerokan or in medical language "knocking" is a traditional healing method that has become an inseparable part of popular culture in Indonesia, especially in Parungponteng District, Tasikmalaya Regency. In this method, an instrument such as a coin or the back of a spoon is used to rub the skin with certain pressure to relieve common symptoms such as dizziness and colds. The practice of kerokan has been passed down from generation to generation as a form of alternative medicine and remains the main choice for many people, especially in rural areas (Hanum et al., 2019; Tjundawan et al., 20220. Even though kerokan has a long historical origin and is widely known in society, scientific research is still insufficient to evaluate its effectiveness experimentally.

In Indonesia, especially for the elderly, there is a type of cold therapy which is usually called kerokan. As a culture, kerokan was practiced by many people in the past and is still maintained by some people today. Even though the medical world has become increasingly complex, the habit of kerokan can still be enjoyed by many groups and social classes. Kerokan is an alternative therapy for cold symptoms by scraping by pressing the surface of the skin with oil and a blunt object such as a coin or currency as a scraper, then causing red streaks or blisters. on the skin (Wardani et al., 2023; Cerio & Calonje, 2004).

This traditional treatment uses blunt objects such as coins, jade, gundu, a piece of ginger, a piece of onion or other blunt objects used to rub the back. Apart from the blunt objects mentioned above, this method of shaving also uses slippery liquids such as telon oil, olive oil, coconut oil or lotion. This slippery liquid is used to prevent irritation or abrasions on peeling skin. This movement will "remove wind" from the body by warming the surface of the skin so that blood circulation increases and becomes softer (Riyadi, 2023). It turns out that Kerokan culture has existed since ancient times. Even many kings and high-ranking officials from the Indonesian archipelago used this therapy to cure diseases.

This therapy is popular because it is certainly effective and cheap in treating disease. Coins are also believed to have the effect of attracting evil spirits that make people sick, as it is often believed that evil spirits are attracted to money. The redder and darker the stripes, the stronger the cold. Treatment for cold symptoms similar to "Kerokan" is not only popular in Indonesia but is also highly appreciated by people in other Asian countries. In Vietnam it is called a similar technique cao giodi, while in Cambodia it is called goh kyol, in China it is famous for acupuncture, a similar

technique is said to improve blood circulation with gua sua, in China it uses jade, there are also those who use coins or other types.

The process of Kerokan therapy is quite simple: it involves creating an inflammatory response that causes blood vessels to dilate. By scratching, blood vessels will enlarge, thereby improving blood circulation. If blood circulates smoothly, more oxygen and nutrients enter muscle tissue. Substances that cause pain can be immediately transported through the blood to be excreted or neutralized. In addition, there is stimulation of keratinocytes and endothelium (the innermost layer of blood vessels) which will respond to the presence of *proopiomelanocortin* (POMC). This substance is a polypeptide which is then broken down to produce the final result, one of which is *beta-endorphin* (Wardani et al., 2023; Lestari & Safitri 2022).

After being scratched, levels of *endorphins* IL-1 beta, *Clq* and *beta* increased, while levels of *C3* and *PGE2* actually decreased. The cause of pain is *PGE2*, so if *PGE2* levels decrease then the pain will decrease. This results in reduced muscle pain, and the body feels fresh and comfortable. The *endorphin* levels of people who are scratched increase significantly. The increase in *endorphins* makes them more relaxed, pain disappears, they feel fresher and more energetic. The resulting inflammation, in addition to relieving muscle pain, also causes cardiovascular reactions. The sign is that the body temperature increases slightly, from 0.5 to 1°C. *Interleukins* represent a negligible inflammatory response (Sambekar et al., 2020). This is why after scratching, our bodies become warmer. *Prostaglandin* levels decrease. On the other hand, this substance causes muscle pain. Reducing *prostaglandin* levels reduces muscle pain.

Therefore, this study aims to conduct an in-depth analysis of the effectiveness of kerokan treatment in relieving symptoms of dizziness and colds in Parungponteng Regency. Considering the richness of local traditions and the human value of this practice, it is important to evaluate whether kerokan can be recognized as a treatment method that can bring real benefits in overcoming health problems that are common in local communities. . It is hoped that the results of this research will provide further insight into the effectiveness of kerokan and facilitate further discussion regarding the integration of traditional medicine with medical practice. Apart from that, this research can also be a basis for providing recommendations or guidelines for the use of kerokan in clinical practice in the Parungponteng Community, Tasikmalaya Regency and its surroundings.

2. Methodology

This research uses qualitative methods through an ethnographic study approach to understand the use of kerokan treatment to relieve symptoms of dizziness and colds in the Parungponteng community, Tasikmalaya Regency. The research population consisted of people who had used or had experience with kerokan. The sample consisted of 48 informants, including farmers and fishermen, who had experience of illness and were willing to participate in the research, as well as 6 key informants.

Data was collected by the researcher staying with the informant during the research period, observing the physical condition, work environment, as well as the informant's behavior and speech. In addition, repeated interviews were conducted to understand the informants' experiences in depth. The data collection process took place from January 2023 to February 2023.

Data analysis is carried out continuously, with data transcribed and categorized according to themes. A phenomenological approach is used to emphasize the perpetrators' experiences and interpretations in their own context. Data is considered sufficient if there is no additional new information relevant to cultural aspects and factors that influence the use of kerokan.

The results of this research will provide deeper insight into the practice of kerokan treatment in the Parungponteng cultural context, as well as its influence on the treatment of dizziness and cold symptoms.

3. Results and Discussion

3.1. Results

The results of the research show that residents of Parungponteng village often experience health problems which they call "colds." In their view, catching a cold is a condition of bodily discomfort characterized by symptoms such as headaches, bloating, alternating hot and cold feelings, sore and achy muscles, nausea, diarrhea, vomiting, loss of appetite, and feelings of weakness and lethargy. However, symptoms such as coughing and runny nose are not considered part of a cold.

In Javanese culture, colds and the accompanying symptoms are considered a series of illnesses that occur sequentially. Usually, colds appear first, followed by coughs and colds. However, coughs and colds are not part of the symptoms of colds themselves.

Colds are considered a mild illness and are thought to be easily cured. Some of the main causes of colds are fatigue, exposure to night winds, lack of sleep, sleeping in cold places (especially on the floor barefoot), or excessive exposure to rain or heat.

The concept of catching a cold in Javanese culture is also closely related to the concept of health and illness, where an imbalance in the body will cause disease, while balance or harmony is the key to maintaining health. This

imbalance is not only related to the macrocosm (nature) but also the microcosm (humans). Therefore, treatment for colds is carried out to restore balance to the body, so that all aspects of the body are in harmony.

Traditional remedies such as rarely uyah (boiled water mixed with salt), kerokan, massage, fizzy drinks, and Javanese herbal medicine are used to speed up recovery and restore balance. The main reasons for choosing this traditional treatment are because of its affordable cost, ease of implementation, and effectiveness. Especially for farmers and fishermen, cost is a major consideration because they do not always have access to high-cost medical services.

3.2. Discussion

Discussion of the research results shows that colds are the disease most often experienced by the people of Parungponteng village, and it is closely related to their work patterns and changes in the weather in the environment where they live. Hard work patterns and the desire to quickly earn income to meet their family's needs often result in them neglecting rest, eating and drinking time. This results in the body lacking energy, and at the same time, the body needs food and drink intake. When the body is unable to meet these needs, they believe that wind will fill the space in the body.

Colds in the Javanese cultural view are associated with disturbances in the body's metabolic system, especially in blood circulation and the axis in the body which is blocked. Fatigue, whether due to hard work, lack of sleep, or constant exposure to wind, causes the body's defenses to decrease and the body becomes weak. Apart from that, a decreased appetite when tired also makes the body lack strength.

Colds often appear in conditions when a person has a lot of work, thoughts are too heavy, and difficulty sleeping. Physical and mental fatigue that occurs simultaneously makes colds severe. In cases of severe colds, which are characterized by vomiting and diarrhea, traditional treatments such as kerokan are the first step. If the scraping does not bring healing, they will try other treatments, such as stall medicine or taking herbal medicine. This double treatment is carried out in the hope that sufferers will experience faster recovery (Allan & Arroll 2014).

In the view of Javanese cosmology, humans have three dimensions, namely body, soul and soul. Balance in this context does not only refer to the three human dimensions, but also includes supernatural aspects, God and spirits. In understanding the healing of disease, it is important to cover all human elements, both physical/outward and supernatural/inner. The basic principle of traditional Javanese healing is based on the principle of binary opposition, where one thing must be opposed by another. Thus, traditional medicine must meet criteria such as in versus out; loose versus tight; cold versus hot; heavy versus light. Thus, achieving balance is the main goal in traditional medicine.

Kerokan treatment is one method that follows these principles. When wind enters the body, kerokan treatment aims to expel the wind through processes such as farting or belching. Wind that makes the body feel tight will be relaxed, and what feels loose will be given tension. Apart from that, scraping treatment also produces heat in the scraped area, thereby changing the body's feeling of being cold due to the wind to hotter. A body that feels heavy will become lighter after the scraping process. The end result of kerokan treatment is achieving balance in the body when the elements in the body are in harmony.

Colds can be considered as a bodily disorder caused by disturbances in the flow of the wind element which is not smooth, so that blood circulation in the body becomes disturbed. Wind that enters the body and is cold causes the muscles to become tense, which is reflected in symptoms such as aches and pains and stiff muscles. Due to an imbalance of elements in the body, sufferers find it difficult to expel the wind in the body, as indicated by complaints that it is difficult for them to fart or belch. For Javanese, farting and belching are considered important because they are a sign of the release of wind from the body. If farting and belching do not occur, then the wind that is bothering the body cannot be expelled properly.

The view of the people in Parungponteng, Tasikmalaya Regency, towards colds and their treatment methods is very holistic. They believe that colds are the result of an imbalance of elements in the body, environment, socio-cultural aspects and behavior. In this view, the body, mind, and soul/soul are considered as one unit that influences each other. Therefore, healing must include these three aspects together.

Traditional treatment methods such as kerokan are considered a form of modern medicine because they do not involve the use of chemicals or poisons that are introduced into the body. This method is natural and not only restores the balance of the body's elements, but also improves social relations with the surrounding environment. Pengerok provides important advice such as getting enough rest, eating regularly, and drinking, which is important for the healing process. They also provide motivation and positive suggestions to sufferers to revive their enthusiasm for life.

Apart from that, scrapers also provide advice on replacing bad behavior, such as staying up late, with the habit of getting enough sleep after treatment. They also encourage sufferers to immediately return to their activities so they can restore their family's livelihood. During a cold, sufferers are generally less enthusiastic about eating and drinking. However, after kerokan treatment, they experienced an increase in appetite and slept better. All of this is believed to help restore a body weakened by a cold.

For farmers and fishermen in Parungponteng, illness is a serious threat because it will disrupt their income. Sickness will make them unable to work, which means they will not earn an income. Therefore, easy and cheap treatment such as scraping is the main choice for them. This method can be done by anyone with equipment that is

easy to find around, such as coins or lumps, oil or balm as a lubricant, and a cloth. The results of scraping treatment can be seen from the red or blackish red color that appears on the skin, indicating that this treatment is effective. The sufferer's experience after scraping is that the body becomes lighter, sweaty and feels fresh. This is considered a sign of healing.

The views of the lower class people in Parungponteng, Tasikmalaya Regency, towards traditional medicine are very positive, especially because this treatment is considered to have great benefits for them. One of the main reasons is the relatively low cost. For those who live with economic limitations, traditional medicine is a reasonable choice because it does not require high costs. Even if there were costs involved, the costs were still within their reach.

Apart from that, traditional medicine also has the advantage because it can be done at any time. People do not need to wait for a certain time or appointment with medical personnel, which can take time and transportation costs. They can carry out traditional treatment whenever they feel it is necessary, either independently or asking for help from others. This can reduce overall health care costs, which makes traditional medicine a very practical option.

It is important to remember that traditional medicine is considered a complementary and alternative therapy, not a replacement for modern medical treatment. The people of Parungponteng see positive value in maintaining and preserving this healing tradition, which has existed in their culture for many years. Therefore, traditional medicine is considered an important part of their community's health care system.

In their view, traditional medicine is a form of treatment that is affordable and that they can access easily. Openness to various treatment options, including traditional medicine, is a positive thing in efforts to maintain public health in Parungponteng.

4. Conclusion

Based on the results of research and analysis carried out on the effectiveness of stimulation treatment in relieving symptoms of dizziness and colds in Parungponteng Regency, several main conclusions can be drawn:

- a). Colds are a common health problem: Colds are a common health problem that people in Parungponteng, Tasikmalaya Regency often face. Symptoms of a cold include headache, bloating, heat, cold, muscle aches, nausea and weakness. Even though it is only a mild illness, a cold can interfere with daily activities.
- b). Traditional medicine is the main choice: Parungponteng people tend to choose traditional medicine such as kerokan as the main treatment for colds. This is due to economic limitations and easy access to traditional medicine. Traditional medicine is considered cheap, easy to practice, and can be accessed at any time.
- c). Kerokan as a traditional treatment: Scraping is done using a tool such as a coin or other blunt object which is rubbed on the skin with oil as a lubricant. This process aims to improve blood circulation and remove wind from the body. Kerokan is considered effective in relieving cold symptoms and restoring body balance.
- d). Comprehensive view of health: The Parungponteng community has a holistic view of health, where balance between physical, mental and spiritual is considered important. Traditional treatments such as kerokan are said to be able to restore this balance by improving blood circulation and eliminating colds which are believed to cause cold symptoms.
- e). The importance of preserving traditions: Even though the world of modern medicine has developed, the people of Parungponteng still respect and preserve traditional healing methods. They consider traditional medicine to be a valuable part of their culture and a valid alternative for maintaining health.

In conclusion, direct treatment plays an important role in alleviating the symptoms of dizziness and colds in Parungponteng Regency. Although there has been no extensive scientific research proving its effectiveness, it continues to be used and appreciated by local communities as an effective, cheap and practical way to treat common health problems. Furthermore, this research shows the importance of understanding society's holistic perspective on health and preserving cultural traditions in the context of health services.

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