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# Local Wisdom Traditional Medicine for the Health and Beauty of Postpartum Mother in Denpasar City, Bali Province, Indonesia

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## Abstract

*The phenomenon of global society today believes religion and culture play an important role in the fields of economic, social, and health development towards Mokshartam Jaghadita Ya Calti Dharma. The health and beauty of postpartum mothers, as one of the main indicators to determine the health status of a nation. This is a phenomenon that has a great influence on the success of health development. This research is descriptive qualitative using observation techniques, in-depth interviews, practitioners, and the community, as well as collecting documents from supporting libraries related to the research. This research was dissected with the theory of Structuralism-Functionalism, Ayurvedic Health Theory, and Cold Heat Theory. The results showed that the reasons for the people of Denpasar using traditional medicine for the health and beauty of postpartum mother were (a) reasons for cultural religion (b) reasons for trusting traditional healers (c) reasons for supporting laws and regulations (d) reasons for infrastructure (e) creative economic reasons (f) health tourism reasons. The procedures for health and beauty postpartum mothers have staged by the procedures for therapy with a religious approach, supernatural therapy, prana, hypnotherapy, meditation, yoga, acupuncture, herbal therapy, and nutrition. Local wisdom of traditional medicine has implications for the health and beauty of postpartum mothers, preservation of traditional medicine culture, implications for health education, and sustainability.*

**Keywords:** *Ayurveda, postpartum mother, postpartum mother care, usada traditional medicine.*

## 1 Introduction

The paradigm of modern society today has a lifestyle (lifestyle) back to nature (back to nature), also in a lifestyle to get a healthy life and long life. It requires the important role of traditional medical systems based on religious and cultural values, to improve the degree of public health. The local wisdom of Balinese medicine's knowledge of its existence is strengthened by the issuance of Bali Governor Regulation No. 55 of 2019 concerning Traditional Balinese Health Services. Traditional medicine as the application of the Vedic teachings, namely Ayurveda in Bali, is urgently needed to tackle health problems, especially to tackle the health and beauty problems of postpartum mothers in Denpasar City. Health and beauty is a valuable gift for a woman, which needs to be cared for, pursued, and optimized, especially for postpartum mothers and post-partum breastfeeding. Good health needs to be pursued because it is very beneficial for themselves, husband, children, and relatives. After all, the formation of a healthy family depends on healthy mothers in the family. The mother as the practitioner of religion has an important role for a family. Moreover, for postpartum mothers, excellent health and beauty are needed, so those postpartum mothers can take optimal care for baby care towards optimal growth and development. On the other hand, women are naturally required to face the natural periods that they face repeatedly. Menstruation, pregnancy, childbirth, childbirth, breastfeeding, menopause, are stages of the reproductive process that are inevitable in a woman's life. In religion, the reward is obtained by a mother if she is sincere in undergoing all these processes. Considering the important role of a mother, in the Manawa dharmasastra 3.58 scripture, it is stated that where women are respected there the Gods are happy and bestow their grace, Where women are not respected, there is no sacred ceremony that gives noble rewards. On the other hand, with

various busy women in Bali often forget to take care of themselves when in fact the puerperium is a period that needs extra care. During childbirth, psychological changes occur in the body that has a significant effect on beauty and health. Postpartum mothers often experience physical and physiological health complaints. Physiological complaints in the form of stress, mental fatigue, depression as if not yet ready and burdened to be a mother, at this phase mothers often forget to take care of their health and beauty. Physical complaints in the form of the emergence of black spots, track marks, excess body weight, swollen feet, and various health complaints that affect the beauty of a Postpartum mother. To foster self-confidence so that postpartum mothers still looks beautiful with good health, special care is needed. Fenomene Denpasar community with modern life postpartum mothers choose a pattern of life back to traditional to treat health and beauty. Postpartum mothers choose traditionally healthy lifestyles to get physical and mental health, so in-depth research needs to be done on the local wisdom of traditional treatments for postpartum health and beauty care.

## 2 Research Methods

This study examines traditional treatments for the health and beauty of puerperal women in the city of Denpasar which include (1) Why puerperal mothers in the city of Denpasar make use of traditional medicines for health and beauty, (2) How are the traditional treatment procedures for the health and beauty of puerperal women in the city Denpasar, (3) What are the implications of traditional medicine for the health and beauty of puerperal women in the city of Denpasar. This research was conducted by interviewing practitioners of traditional healers, *pengusada*, midwives, and mothers after childbirth. The data collected in this study are the results of observing and observing the behavior of the community in the study location, understanding the answers of informants to the questions raised, about postpartum care, and postpartum care in Denpasar. The procedure of collecting data sources is done by inventorying the literature related to the research problem. Research data obtained by collecting information through interview techniques, literature, and observation. The job of data analysis in this research is to organize, sort, group, code, and categorize.

## 3 Result and Discussion

### *Reasons for Denpasar City People to Use Traditional Medicine for the Health and Beauty Care of Postpartum Mother in Denpasar City*

Based on the results of research and in-depth study of traditional healers in the care and beauty of puerperal women in the city of Denpasar, it was found that the community still utilizes traditional medicine for the following reasons:

#### *Religious and Cultural Aspects*

The strong custom and culture of the people of Denpasar city are one of the reasons that influenced the community's decision to choose a system of treatment for postpartum health and beauty. Society chooses traditional medicine because of the existence of a religious-magical belief that plays a significant role in obtaining post-childbirth and infant health. The *usada* traditional medical system is implemented through a ritual process at a place and time, with a specific target. Based on the statement of the results of interviews and direct observation of traditional medicine, it was found that the existence of a hereditary culture from previous ancestors in utilizing the local wisdom of traditional medicine, was the reason for the people of Denpasar City in choosing traditional treatments for the health and beauty of postpartum mothers. The results obtained from the study that traditional treatments carried out in the health and beauty of Mother Postpartum in the city of Denpasar through religious and cultural approaches, have an important role and still exist. Religion as the main spirit of society both traditional healers and patients, who apply the practice of medicine using ceremonies in the city of Denpasar by Ida Bagus Suatama, Jero Mangku Ketut Jaya, Jero Mangku Kadek Duarsa, Jero Dyek Sutresni, Acarya Sainanda. *Pengusada* in applying the treatment placing a *taksu* in the holy room, by worshipping Lord Shiva, Lord Danwantari, Lord Ganesha as a manifestation of the God of Medicine. *Taksu* is the power of magic or virtual energy as a charismatic power that can magically enter into a person and influence one's *pramana* (Word, Bayu, Eyelash). The ceremonial facilities used in the form of offerers, *canang sari*, young coconut fruit, and *rarapan*, then *pengusada* will give patients *serana* in the form of servants and offer offerings in the form of ritual ceremonies, accompanied by prayers, so the medicine (*tamba*) becomes efficacious and patients get healing. *Canang sari* is one of the daily offerings made by Balinese Hindus to thank the Sang Hyang Widhi Wasa in praise and prayer.

*Rarapan* is an offering that is carried out in the daily life of the Hindu community. The *pengusada* leads the prayer together with the patient to plead and pray that the *tamba* given is efficacious (*taksu*) for healing the blessing of the God of Medicine as a manifestation of the God of Medicine. After the patient has recovered, purification is carried out in the form of prayer, so that the health problems experienced do not recur again.

#### *Aspects of Community Confidence in Science that Traditional Healers Have*

The existence of the Denpasar City community's trust in the knowledge, skills, experience, and sensitivity to diagnose the traditional healers and health professionals. The accuracy of traditional healers' actions to diagnose caused the community to believe in *pengusada* to make health, then the community chose to utilize traditional medicine and complementary traditional medical services in the health and beauty of Mother Postpartum. The people of Denpasar City believe and believe that the therapy given by traditional healers is based on adequate knowledge of *pengusada*, able to overcome the health problems of infants and mothers after childbirth in Denpasar City. In carrying out the practice of sanitation, *pengusada* in Denpasar applies knowledge sourced from the Lontar Usada Sacred Books, Ayurveda Books, Attharwaweda Books, Traditional Chinese Medical Books (TCM), and Local Wisdom Knowledge of traditional Indonesian medicine (Etnomedisn.). In practice, *pengusada* applies knowledge from one of the sources or a combination of USA acculturation with traditional Ayurvedic medicine culture and TCM. Ethnomedical knowledge in the form of skills and ingredients therapy, Ayurveda Knowledge focuses on the balance of Tri dosha, TCM learning refers to the balance of the cold and the heat of Yin and Yang (Nagashayana *et al.*, 2000; Patwardhan & Mashelkar, 2009; Jaiswal *et al.*, 2016).

#### *Supporting Aspects of Government Regulations*

The existence of support in the form of government regulations is the reason for the people of Denpasar to choose complementary traditional medicine. Strengthening support from the Central Government in the form of Minister of Health Regulation No. 56 of 2014 concerning Complementary Traditional Health Classification and Licensing, Minister of Health Regulation Number 15 of 2018 concerning Complementary Health Organization. Governor Regulation No. 55/2019 regarding Traditional Medicine of the Balinese People, Denpasar City Government Regulation in the form of a Decree of the Denpasar City Health Service, plays an important role in the successful implementation of complementary traditional health services in Denpasar City. Governor Regulation Number 55 the Year 2019 Concerning Traditional Balinese Health Services, as proof of the seriousness of the government's role to strengthen the existence of complementary traditional medicine for the Balinese people.

#### *Supporting Infrastructure Aspects*

The availability of infrastructure support is an important reason for mothers after childbirth and breastfeeding mothers to perform traditional complementary medical care. Denpasar City as the center of the provincial city has a very strategic position. The existence of traditional complementary maternal health care centers in the public health center, clinics, and hospitals plays an important role in the successful implementation of complementary maternal health services after delivery and breastfeeding mothers. With the support of facilities for health services, the people of Denpasar City have very strong reasons for traditionally complementary care, treatment, and maintenance of health. Complementary traditional health services can be used more easily by the community, thereby increasing the confidence of the people of Denpasar to use these facilities to address complaints against maternal health smoothly and satisfactorily.

#### *Procedures for post-childbirth Baby and Mother Care in Denpasar City*

The treatment system for postpartum mothers in Denpasar uses a complementary traditional health system to deal with problems in postpartum and breastfeeding mothers namely, massage, acupuncture, acupressure, herbal therapy, pranic therapy, meditation, and yoga. Based on the results of research conducted on postpartum mothers obtained results that massage care for infants and mothers after delivery in Denpasar City is influenced by cultural aspects and health aspects. The cultural aspects of massage have been carried down for generations by previous ancestors. The existence of the Denpasar city community's trust in health workers in conducting postpartum massage therapy causes the Denpasar city community to choose a massage for health care. The results showed that traditional medicine with herbs was used by the people of Denpasar to treat postpartum mothers (Righetti-Veltema *et al.*, 2002; Bergström *et al.*, 2012). The traditional healers in giving herbs. The culture of using herbs has been applied for generations for the health

and beauty of postpartum mothers, which is stated in usada Rare, usada Rukmini tattwa, usada Taru Pramana. Based on the results of research conducted on informants, obtained data that postpartum and breastfeeding massage treatments in Denpasar City are influenced by three factors namely cultural aspects, health aspects, and economic aspects.

#### *Cultural aspects*

Based on the statement from the interview, it was found out that there was a culture of hereditary and previous ancestors in doing massage as well as public trust in health workers to carry out massage therapy which caused people to choose massage treatments. This is supported by a statement of Felicia (2013) that baby massage is a traditional or old-fashioned method of parenting that is still practiced throughout the world today. So baby massage is a touch that is given to a baby that is done for a long time and can provide a sense of flair and can be as prevention, treatment, handling complaints in infants. Baby massage means the same thing as natural massage or tactile action if done regularly and by procedures, the correct massage method will provide many benefits for the baby.

#### *Health Aspects*

Based on the statement in the interview hash obtained data that massage is a gentle touch therapy that has benefits to help the health and beauty of the puerperal mother, increase the closeness of the mother and baby, the baby becomes calmer, increases the baby's weight, increases the quality of baby's sleep and can also improve the quality of motion and motor in infants. And the emergence of public confidence in massage with the tangible evidence generated from previous clients who had massage therapy. This is supported by Soedjatmiko (2016) who said that baby massage can be classified as a touch stimulation application because the understanding of baby massage includes touch elements in the form of affection, attention, voice or speech, eyesight, movement, and massage. This stimulation will stimulate the development of the structure and function of brain cells.

#### *Aspek Ekonomi*

Based on the research results obtained data that baby massage has a cheap and affordable cost. This is supported by the statement of Nala (2001) who explains that in general, the masseurs perform their duties with a voluntary willingness without seeing how much the reward. Based on the above study, massage treatment is needed because it has a real role in helping in the health and beauty of postpartum mothers, as well as having a positive influence on the baby and the costs incurred are affordable by the people of Denpasar City.

#### *Implications of Local Wisdom of Usada Traditional Medicine for the Health and Beauty of Postpartum Mother in Denpasar City*

Massage for mothers after childbirth: after childbirth, the mother enters the puerperium for 42 days. Massage, with essential oils, are very effective in the use of batteries in Denpasar City. During the puerperium, the body undergoes a recovery process such as the return of the size of the uterus to the original, discharge from the vagina (puerperal blood), and fatigue after a long labor. Some mothers after childbirth in Denpasar City experience emotional tension, some even to the stress associated with hormonal changes after childbirth (postpartum depression) Massage is felt to be very beneficial to reduce post-natal pain, reduce anxiety or emotional tension during labor. Massage using aromatherapy can be done by adding a few drops of essential oils of spices, lemongrass, red ginger, fennel, cloves, sandalwood, green tea, oranges, jasmine, Cempaka, frangipani, ylang-ylang, rose, lavender, and aromatherapy essential oils the other. This essential oil is added a few drops, with VCO or olive oil base, so it produces a distinctive aroma that is soothing to the mind during a massage.

By the theory used in dissecting the health problems of puerperal women and nursing mothers in Denpasar City, it was obtained data that the therapy carried out by the people of Denpasar refers to the concept of traditional medicine usada collaborating with Ayurvedic medicine, and TCM. There are positive implications for public health to overcome postnatal maternal health complaints. Implications of Traditional Medicine there are 2 types, namely the implications of herbal therapy and skills therapy. In providing traditional Usada therapy, penguasada uses usada palm-leaf references such as *Usada Taru Pramana*, *Usada Rare*, *Usada Sari*, *Usada Apun*. Traditional healers in the city of Denpasar apply

knowledge sourced from the *usada* to assist infants and mothers after delivery (McCauley, 1988). The implications of the steps of literary yoga become *sidhi* and *metaksu*, accelerating the patient's recovery rate.

Implications for postpartum mothers in the form of impacts on psychological health and physical health are useful for maintaining psychological health that can be done by implementing the Three Frameworks of Religious Teaching, by practicing Yoga, pranic meditation and hypnotherapy that have an impact on peace of mind. Achieving physical health can be done using massage therapy, acupuncture, acupressure, herb therapy, and nutrition. Change in the healthy lifestyle of Tri Uphastamba also plays an important role in obtaining psychological and physical health. Healthy lifestyle *Tri Upasthamba* is applied to get healthy babies and mothers (*svasthya*) and longevity. In addition to the integrated psychological, spiritual, and physical diagnosis and therapy carried out by traditional healers, the healthy lifestyle behavior of *Tri Upasthamba* plays an important role in getting post-childbirth and maternal health in Denpasar City. Implications for improving *Tri Upasthamba's* lifestyle.

Tri Upasthamba is a method of behaving and patterning a healthy life through the application of strict discipline to ahara (eating habits, eating, eating, mabrata), monastery (patterns of activity, habits, relationships, thinking, saying) and nidra (resting, deep sleep). Therapy Meditation, yoga, prana is a therapy carried out by the vaidya that has implications for the handling of psychological, mental, and emotional health problems of the mother after childbirth. Yoga is an ancient science from India that is spiritual and physical. Yoga uses breathing, movement, and meditation techniques which have implications to help improve the health and happiness of babies and mothers after childbirth. Five karma therapies applied by Vaidya have implications for dealing with physical or physical health problems in infants and mothers after delivery. In some cases, a cleansing program called Panca karma is applied to treat patients in helping the body free itself from the accumulation of poisons so that the body gets more benefits from the various Ayurveda actions. Based on the Ayurveda approach, it is stated that when doing massage properly, routinely and regularly, it can prevent and correct discomfort caused by disorders of the nervous system (*Vata*), improve eye ability (*drsti Prasada*), improve nutrition in the body (*pusti*), prolong life (*ayu*), helps sleep soundly (*Swapna*), supports the strength and stability of the body (*dardhya*) (Dash & Ramaswamy, 2006). *Satvika* food forms a child who has the character of a *satwam* to a son of a *sputra* children. *Sputra* children are children who are virtuous, intelligent, wise, and proud of their families.

Postpartum massage provides benefits because it is effective in helping the recovery of health. Postpartum massage provides the benefit of relieving fatigue in the body, relaxing muscle tension, improving blood circulation, helping with stamina recovery. Puerperal massage therapy implies health in the form of relaxation, relax stiff muscles during labor. Indirectly affect stress management and psychological-emotional disturbances when the mother experiences emotional tension during labor. Massage after giving birth can provide benefits because it is effective in helping the recovery of postpartum maternal health. The benefits of postpartum massage are felt by Ms. Ita Saraswati, Ms. Santhi, Ms. Ariasih, Mrs. Dwi, Mrs. Rella, Ms. Yulia, Ms. Arymbhi. It is said that puerperal massage provides benefits to relieve fatigue in the body, relax muscle tension, improve blood circulation, and help restore stamina. Mothers can start a massage immediately after returning from the hospital. However, if the mother has a Caesarean section, you should wait for the wound to heal. Massage is done on the soles of the feet, thighs, the buttocks, back to the pelvis. Has implications for avoiding physical fatigue in these parts due to childbirth and breastfeeding. Additional fresh-scented massage oil can give a relaxed feeling.

For mothers after delivery, Ibu Midwife Sinar applies puerperal massage therapy with the health implications obtained in the form of relaxation, relaxing stiff muscles during labor. Indirect effects on stress management and psychological-emotional disturbances when the mother is in labor, due to emotional tension during labor. The results of this study are supported by Ayuningtyas (2019), which states that puerperal massage provides benefits such as a) The process of labor can stretch the mother's body, especially the abdomen, back, and pelvis. Gentle massage can relieve some pain points, release tension in the muscles, and can increase blood flow and oxygen into the muscles so that it has implications for the health of the mother after childbirth in the form of pain relief and aches in the body; b) Squeezing, rubbing, and pressure during a massage can help tighten the abdomen and help the body's recovery; c) Helps release endorphin hormone in the brain which is a natural pain reliever; d) Helps release the hormone oxytocin which stimulates the release of milk and facilitates the process of breastfeeding. Massage on the breast helps open the blocked ducts of the mammary glands, thereby reducing the risk of inflammation of the glands in the breast (mastitis); e) Speed up the recovery of Caesar surgery by increasing circulation by stimulating the healing process of internal organs; f) Massage using almond-based oil helps disguise stretchmarks; f) Massage can help increase endurance and lymph flow, reduce muscle cramps, and help overcome stress after giving birth.

Treatment with baby massage therapy and postpartum maternal message still exists in the city of Denpasar, also, because it has implications for physical health also has psychological health implications. Causing potential baby and postpartum massage to be developed in the city of Denpasar to support the creative economy, however, the cost of baby massage care and post-natal maternal massage is still cheap and still affordable, so it still exists. This is supported

by the statement of Nala (2001) which explains that in general, the massage therapy of infants and postpartum mothers provides tangible benefits for health, at an affordable cost, the masseurs perform their duties voluntarily regardless of how much the rewards are.

In connection with this research by the theory of structural functionalism, it is assumed that each structure in a social system is functional against the others. Conversely, if it is not functional, then the structure will not exist and will disappear by itself (Ritzer, 2012). Referring to the assumptions of this theory, the postnatal baby and maternal massage care in Denpasar City, functional or still used by the community as baby care and postpartum mothers because it has implications for the health and growth and development of infants so that it still exists. This means structurally baby massage care and post-natal maternal massage are still available and needed in Denpasar Implications for Skills Massage is a legacy from our ancestors who have long been practiced for generations in the care of postpartum and breastfeeding mothers. Decree of the Minister of Health 900 / Menkes / SK / VII / 2002 regarding Registration and practice of midwives states that midwives have the authority to monitor the growth and development of infants through early detection and stimulation of growth and development and pay attention to the health of the mother.

#### *Implications for Aesthetic Health and Beauty*

Having a beautiful body, beautiful, and charming appearance is every woman's dream, as well as for mothers after childbirth. Important body care means that postpartum mothers stay beautiful. This is because the body and skin condition changes due to the influence of hormones. Various complaints experienced by mothers after childbirth such as black spots on the face and shoulders, stretch marks, hair loss, excessive body weight, and swollen legs, so care is still needed, so that mothers remain beautiful after delivery. Some things that need to be considered for postpartum maternal care to always look beautiful according to Nutrition experts Megha are as follows namely preventing dehydration, maintaining skin hygiene, resting well, consuming adequate nutrition and vitamin supplements, using natural ingredients for herbs and scrub.

## **4 Conclusion and Suggestion**

The results showed that the reasons for the people of Denpasar using traditional medicine for the health and beauty of postpartum mothers were (a) reasons for cultural religion (b) reasons for trusting traditional healers (c) reasons for supporting laws and regulations (d) reasons for infrastructure (e) creative economic reasons. The procedures for health and beauty postpartum mothers have staged by the procedures for therapy with a religious approach, supernatural therapy, prana, hypnotherapy, meditation, yoga, acupuncture, herbal therapy, and nutrition. Local wisdom of traditional medicine has implications for the health of infants and mothers after delivery, preservation of traditional medical culture, implications for health education, and sustainability.

Suggestions that can be given in this study are for postpartum and breastfeeding mothers is good in doing massage, because this will be very useful for the health and beauty of postpartum mothers, as well as the costs required are affordable. For future research, can take different research objects such as the use of traditional medicine in infants.

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