

Management of Traditional Medicine Sangkal Putung Against Sport Injuries, A Case Study

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Abstract— Traditional medicine as one of treatment outside of medical science and/or nursing science which is widely used by society in overcoming health problem. One example of traditional treatment of local wisdom that exists and develops in the community is traditional treatment Sangkal Putung. Traditional treatment performed belong to Supeno's Sangkal Putung form of injury treatment or even just a massage. Sports injuries are injuries of muscular system and skeletal body caused by sports activities that arise during practice, competing or after exercising. Technique analysis data used in this research is triangulation technique with source. Approach use qualitative descriptive with research type using survey method. Results of research in traditional medicine Supeno's Sangkal Putung is traditional medicine management as same as with traditional medicine Sangkal Putung other but different with medical science. In traditional treatment of Supeno's Sangkal Putung cooperates with doctors to treating patients if there are patients have a torn wound to be stitched. The traditional treatment of Supeno's Sangkal Putung is open 24 hours making it easier for people to seek treatment.

Keywords—*Traditional Medicine, Sangkal Putung, Sport Injury.*

I. INTRODUCTION

There are still many people who are interested in traditional medicine because not all people can receive medical treatment which generally uses drugs through chemical processes. Traditional medicine is local wisdom and this has been inherited from generation to generation in the family concept [1]. According to Sismudjito and Salmen [2], knowledge of traditional medicine is basically derived from one's interaction with the family, interaction with neighbors and the interaction of patients or families of patients with traditional healers.

One type of traditional medicine that is in demand by people today is the treatment of traditional fractures. One example of local wisdom that exists and develops in the community is the traditional treatment of Sangkal Putung massage[1].

Sangkal Putung is a popular term for alternative treatment of broken bones using traditional methods without surgical operations performed by someone in the form of do'a-do'a, special treatment methods and special concoctions. According to Notosiswoyo et al [3] the usual cases treated in Sangkal Putung are inadequate bone conditions including sprains or

sprains (dislocations), fractures, broken bones and a feeling of rheumatic pain in the joints.

Exercise is a very important physical activity and benefits physical and mental health. Increased participation of the community in sports, it also increases the likelihood of sports injuries being experienced. Not only that, even after exercising with the right technique, it sometimes experiences unexpected accidents such as tripping to fall or something else called a sports injury.

Injury in the general sense is damage or injury suffered or suffered by someone. According to Bahrudin [4] sports injuries are injuries to the muscular and skeletal systems of the body caused by sports activities that arise during training, competition or after exercise. Sports injuries are often responded to by the body with inflammatory signs consisting of rubor (red), tumors (swelling), calor (heat), dolor (pain) and functiolaesa (decreased function)[5]. According to Junaidi [6] seen from the form of training, the parts that are commonly affected by injuries are: (1) Tissues are made up of muscles and ligaments. (2) Hard tissue, consisting of bone, vulnerable tissues and joints.

According to Bahrudin [4] sports injuries can also be reduced in 2 large groups: (1) Traumatic groups (traumatic disruption) such as blisters, blisters, bruises, muscle bruises, wounds, muscle strains, joint sprains, dislocations joints, fractures, chest trauma, abdominal trauma, upper and lower limb injuries, (2) overuse syndrome that is more specifically related to the type of exercise such as: tennis elbow, golf's elbow, swimmer's shoulder, jumper's knee, stress fracture in the legs and feet.

According to Arinda [7] a general method of sports injury is classified into three types, namely: (1) Level 1 injury (minor injury). For example: blisters, bruises, mild sprains, (2) Injury level 2. Complaints can include pain, swelling, dysfunction (signs of inflammation), (3) Level 3 injury (severe injury). At this level of injury needs intensive treatment, complete rest and may require surgery if a complete or almost complete tear of the ligament (sprain grade III) and / or bone fracture. Comprehensive management of injuries includes five things, namely taking preventive measures, first aid, treatment, treatment and recovery of sports injuries [8], namely: (1) Prevention. According to Sukarmin (2005: 16) actions to prevent sports injuries are: a) Having a good physical condition when exercising, b) Using appropriate protective equipment, c)

Knowing how to use sports equipment, d) Warming up before exercise, e) Not exercising when experiencing fatigue or being sick, (2) First Aid. The aim of the first aid is to provide assistance to people who have been injured before getting medical treatment[4]. Generally when there is injury and inflammation, the first aid given is RICE (Rest, Ice, Compression, and Elevation). In addition to RICE, according to Bleakley the first pertolongan can also use PRICE (Protection, Rest, Ice, Compression and Elevation) and POLICE (Protection, Optimal Loading, Ice, Compression and Elevation). (3) Treatment, Medical treatment is treatment carried out according to health sciences such as giving drugs, taking medication, therapy and others, (4) Treatment. Treatment is the process of caring for patients routinely to prevent further injury until the patient is cured, (5) Recovery. There are many ways you can do to speed up recovery after experiencing fatigue, one of which is the contrast bath method. According to Mustofa et al [9] Contrast Bath has been used for a long time in sports medicine to overcome edema and swelling due to injury, as well as this method is often used for recovery after exercise.

The following are examples of sports injuries and their management: (1) marrow injury. Bruising is a type of injury caused by a collision with a blunt object which may be followed by soft damage to the inside, bone damage, bleeding or swelling[10]. According to Graha [11] the treatment of bruising injuries is as follows: a) Press with ice for 12-24 hours to stop the capillary bleeding until it reduces swelling, b) Relief to prevent further injury and accelerate the recovery of light-damaged soft tissue, c) On the third day, warm compresses to speed up the absorption of blood clots, (2) Broken bones. Fractures are a loss of continuity of bone, bone, both in total and in part. According to Graha [11] the bones can be classified into two, namely: open fractures (occur when broken bones come out through the skin) and closed fractures (broken bones do not come out through the skin). In the case of a fracture to restore bone structure and function quickly it is necessary to carry out surgery with immobilization. Immobilization that is often used, namely plate and screw, in physiological fracture conditions will be followed by a joint process. The process of connecting bones according to Mahartha et al [12] is divided into 5 phases, namely: hematoma phase, proliferation phase, callus formation phase, consolidation phase and remodeling phase, (3) Joint dislocation. Joint dislocation is the release of the joint of the joint from its place. According to Setiawan [5] if a joint has experienced a dislocation, then the ligament in the joint will be loosened, so that the joint is said to easily experience dislocation again. According to Abdurrahman et al [13] examples of management of sports injuries in injuries to dislocation of the shoulder joint, namely, the injured armpit is pressed on foot, while the suffering arm is pulled in accordance with the direction of the position at that time. After being pulled with a fixed force for several minutes carefully, the upper arm is rotated out. In this way it is expected that the tip of the upper arm bone will return to its original place. Then close the patient's arm with the chest and hang it to the neck, (4) Muscle cramps (Cramps). Muscle spasms are contractions in one or several muscles that occur suddenly, take a long time and feel painful. The help that can be given when experiencing muscle spasms according to Parwata [14] to deal with muscle

spasms that occur without obvious signs or causes, the best way is to stretch (stretch) the muscles that experience kejang by stretch the muscles in question passively. In addition to stretching according to Sulistyorini and Hadi [15] the shaking method can make the muscles that become seizures become loose.

The focus of this study was to find out about traditional Sangkal Putung treatment for sports injuries (a case study of Sangkal Putung Supeno in Gejet Kromengan Village, Malang Regency).

II. METHOD

In accordance with the purpose of this study, the approach used is a qualitative descriptive approach with the type of research using the survey method. Qualitative descriptive is the type of research that seeks to describe the object or subject under study in accordance with what it is with the aim of describing the facts and characteristics of the object being examined appropriately.

The role of researchers in this research is as an instrument. This is because researchers do not just observe the subject being studied, but also as participants in the research. The presence of the researcher is known as a researcher by the subject or informant from the study. Qualitative researchers are involved in interaction with the reality they study.

The research location is located in the traditional treatment of Sangkal Putung Supeno located in Gejet Kromengan Village RT 03 RW 02 Kromengan District, Malang Regency. The reason the researchers chose Sangkal Putung Supeno was because it was located in Malang.

Data sources used in descriptive qualitative research on Sangkal Putung traditional treatment management are primary data and secondary data. Primary data is obtained from interviews and observations while secondary data is obtained from documents provided by informants. The type of data used is in accordance with the role of the researcher as a participant observer, namely interview data and observation data.

Data collection techniques used in this study were interviews, observation and documentation analysis. The interview material used to collect the data used to collect data extracted from traditional medicine from Sangkal Putung Supeno includes: (1) The history of the establishment of Sangkal Putung Supeno, (2) Introduction of Sangkal Putung Supeno, (3) Data collection process for patients from Sangkal Putung Supeno, (4) Originally from Sangkal Putung Supeno patients, (5) Average age, on average patients due to injuries (fractures, muscles, joints) who came to Sangkal Putung Supeno, (6) The part of the injury (bone, penny, muscle) of the patient who came to Sangkal Putung Supeno, (7) The cause of the injury from the sport that came to Sangkal Putung Supeno, (8) The first action taken by Supeno to handle patients, (9) Tools which is used to treat injury to patients in Sangkal Putung Supeno, (10) Continuous treatment in patients performed by Sangkal Putung Supeno. The observation material used to collect traditional medical data from Sangkal Putung Supeno is about the treatment of sports injuries. While

for documentation analysis includes patient data and observation.

To obtain a conclusion and a description of the problem under study, data analysis is an important step in research. The data analysis technique used in this study is a triangulation technique with sources. The triangulation technique with sources means comparing and checking the degree of trust in information obtained through different times and tools. The triangulation technique in Sangkal Putung Supeno was carried out to reassure what was said was the same as the practice carried out by Supeno.

To obtain validity, the researcher uses an observation technique that is deepened by checking with the suitability of the results of actual cases occurring in the field.

III. RESULT

Exposure to Information from Interview Results Sangkal Putung Supeno was founded in 1961. Sangkal Putung Supeno was pioneered by Bapak from Supeno, then Sangkal Putung traditional medicine was continued by Supeno in 1997 until now. Supeno works with doctors to treat patients if there are patients who have torn wounds that need to be sutured. Patients treated in Sangkal Putung are allowed to bring family members to accompany patients. If the patient is in a better condition, the patient is allowed to go home. After the treatment process is complete, the patient or family of patients accompanying payment in full in the form of money and groceries.

The process of data collection of patients in Sangkal Putung is recorded in the book. There are various origins from patients who seek treatment in Sangkal Putung Supeno, such as from Jakarta, Surabaya, Makassar and from the Netherlands who have also been treated at Sangkal Putung but mostly from Malang. The average age of patients seeking treatment at Sangkal Putung is around the age of twenty to thirty years, for children and for the elderly rarely. Complaints of injuries that are often experienced by patients who are treated mostly are broken bones and joints that are caused by falls or accidents. There was once an Arema soccer athlete who came to seek treatment at Sangkal Putung.

Most bone injuries are in the legs, but there are also broken bones in the hands and back. Joint injuries are often in the hand but there are also joints in the legs (drooping) and there is also a jaw to slide. For muscle injuries usually in the thighs, calves, hands and lower back. The thing that Supeno did for the first time when dealing with patients, Supeno saw his patient injured on the side, if the patient had an injury too severe like a torn accident, Supeno called a doctor who had worked together whose house was not far from Sangkal Putung to come soon and sew torn patient. The tools used by Supeno to treat patients are oil, scissors, kasa, ten-socrepe, stilts (crutches and walkers), wood and stone.

Patients who have been treated can stay and be treated here until the patient is cured and the patient can bring family members to accompany the patient. If the patient is in a better condition, the patient is allowed to go home. The average patient who stays in Sangkal Putung is approximately seven to twenty days.

After the treatment process is complete, patients or families of patients who accompany them can carry out scientific reports in the form of food and basic necessities. But most provide envelopes. For opening hours of treatment, there is no time limit in Sangkal Putung, because it is not twenty-four hours. So, patients can come for treatment at any time.

The first aid that Supeno did for the patient who was injured was only by compressing warm water, not using drugs, the medicine was only with water given a prayer. The process of care and recovery of patients who have experienced bruising, the patient can do it in his own home by compressing warm water.

The first aid technique for bone fractures that Supeno does for patients is by touching / looking for broken bones, if you have found them, the broken bones are straightened or returned to their original position, then supported using wood that has been bandaged gauze. For the treatment of fracture injuries, if the fracture is caused by an accident and until it is torn then Supeno will call the doctor to sew a torn wound. Supeno treatment is done for patients with fractures, if there are patients who stay because of a broken bone and cannot sleep because they feel pain or pain then Supeno calls the doctor to give an injection so that the patient does not feel pain or pain again. For the treatment process for fracture injuries, Supeno allows the patient to stay at the Puung Tungung until the injury heals, while for the recovery process ce-fracture of the leg or thigh fracture, if the bone is connected again the patient can learn to walk using the stilts (crutches and walkers) that have been provided.

For shoulder joint injuries that support first aid is by pulling the hand and then squeezing it (rotating it forcibly) until the joint returns to its place, if the joint has returned to its place, Supeno will wrap the shoulder joint that had been dislodged and tie the hand to the patient's neck (hands held), Supeno does not use drugs for patients, the medicine is only water that has been given a prayer and there is no treatment process given to patients who have injured joints and for recovery of a painful shoulder joint injury, patients can do it at home by learning how to raise and lower your hands.

For the permit letter, Sangkal Putung itself does not exist, because in the past Supeno had tried to make and had requested RT, RW, sub-district and other signatures then Supeno waited for two months but there was no response, after Supeno asked again, Supeno told to make again. Supeno doesn't want to be complicated, so let it be. People also knew that Supeno opened the Sangkal Putung treatment in Kromengan.

The location of Sangkal Putung Supeno itself is very strategic and easy to find and easily accessible with private vehicles or public vehicles. The entrance to the Supeno residence and the traditional Sangkal Putung treatment center face north and east. Su-peno has a number of facilities at the Sangkal Putung traditional treatment facility, which are some of the tools used by Supeno to treat patients who are treated, among them are oil (eucalyptus oil, wasp oil, telon oil and baby oil), scissors, kasa, tensocrepe, egrang (crutches and walkers) as a patient's walking aid, wood as a supporting tool for patients, wood as a support for broken bones and stones as footrests that have broken bones.

When entering from the north door, the treatment room can accommodate as many as eight patients and the treatment room has a mosquito net (cloth cover) so that it is not disturbed by patients who have just come for treatment, while if entering from the east door, the treatment room can only four patients. In the medical room, the facilities provided by Supeno are only carpets, so patients and families of patients staying for treatment can bring their own sleeping equipment.

In addition to tools and treatment rooms, there are also mushroom facilities and television in Sangkal Putung Supeno as entertainment for patients and their families and there is also a cupboard as a place to store personal items and the families of patients who stay at Sangkal Putung Supeno. The facilities outside the traditional Sangkal Putung Supeno treatment center are large parking lots facing north, there are four bathrooms, two bathrooms near the north entrance and two bathrooms near the east entrance, there are also places to hang clothes next to each other with a bathroom near the north door.

IV. DISCUSSION

The cost of patients for treatment in Sangkal Putung Supeno is quite affordable for the lower middle class especially for the upper middle class, because Supeno does not determine the costs for patients who are treated, quite sincerely in the form of money or basic needs. Supeno also collaborated with doctors to treat patients who had torn wounds that had to be sewn. According to Shobdie (2014: 55) the costs that must be incurred by patients to treat and stay in Sangkal Putung Hj. Murni is around Rp. 150,000

Rp. 960,000, - depending on the level of complaint that is experienced by the patient, if only treatment is enough to pay a fee of IDR 50,000.

The cost of Sangkal Putung is different from the costs that must be incurred if you go to the Hospital. According to Aini and Fanny (2012: 91) rates for inpatient services for Eye Hospital can be seen in table 1:

TABLE I. RATES OF INPATIENT SERVICES FOR EYE HOSPITALS

No	Class	Tariff / Day
1	Class I	Rp 500.000,-
2	Class II	Rp 250.000,-
3	Class III a	Rp 150.000,-
4	Class III b	Rp 80.000,-

The total cost of fracture treatment at Panembahan Senopati General Hospital Bantul can be seen in table 2 below.

TABLE II. TOTAL COST OF FRACTURE CARE AT PANEMBAHAN SENOPATI GENERAL HOSPITAL BANTUL

	Light Upper Limb	Light Knee and Lower Legs	Light Thigh and Pelvic Joints
Cost Total	4.567.000	5.956.000	8.181.000

	Light Upper Limb	Light Knee and Lower Legs	Light Thigh and Pelvic Joints
(Rupiah)			

But now the government provides health facilities including BPJS, Healthy Indonesia Card (KIS) and others that can be used by the community for medical treatment at lower costs and means that the community does not need to pay for medical expenses [16].

The tool used in treatment at Sangkal Putung Hj. Murni only relies on coconut oil media, equipment such as calico cloth, bandages, kerdus, and towels. The tool used in Sangkal Putung Hj. Murni is also almost the same as the tool used in traditional medicine Sangkal Putung Supeno.

Supeno did not have a practice permit to establish traditional medicine in Sangkal Putung. While according to the Minister of Health of the Republic of Indonesia in Chapter 3 Article 4 it reads "All traditional healers who carry out traditional medicine work must register with the Head of the local District / City Health Service to obtain a Registered Letter for Traditional Medicine (STPT) ".

Management of treatment Su-peno does not use anesthesia in patients if there are patients who experience fractures and dislocations. As a result, causing pain in patients. Supeno in treating patients who have broken bones only uses wood wrapped in gauze which is used as a buffer for broken body parts. This weakness can cause a longer healing process or incomplete bone position. While in medical science in the case of fractures to restore bone structure and function quickly, it is necessary to perform surgery with imobilization that is often used, namely plate and screw (an iron plate and screw that serves as immobilization of long broken bones). In acute pain in fractures opioid analgesics are given (used to relieve moderate to severe pain).

Management of marital injury in Sangkal Putung Supeno is only by compressing warm water, medically medically, namely: 1) Compress with ice for 12-24 hours to stop capillary bleeding until it reduces swelling, 2) Is-rest for prevent further injury and speed up the recovery of damaged soft tissues, 3) On the third day, warm compresses to speed up the absorption of blood clots.

Management of shoulder dislocation injury in Sangkal Putung Supeno is by pulling the hand and then squeezing it (rotating it forcibly) until the joint returns to its place, if the joint has returned then Supeno will wrap the shoulder joint and tie the hand to the patient's neck (hand held), while medically if there is no sign of a fracture, repositioning can be done by the position of the sufferer sleeping on his back, the helper standing on the side of the injured arm. The injured arm is held by the supporting hands, the patient's armpit is pressed with one of the supporting legs (without the base). Do pulls on the hardened arm slowly and for a long time to get stronger to avoid intense pain. Sudden pulling can cause soft tissue damage around the shoulder joint. After being pulled for a few minutes slowly and carefully the upper arm is rotated outward

(away from the body) in this way it is expected that the humeri head will return to its original place. Management of muscle spasms in Sangkal Putung Supeno is only by massage until the muscles are weak, whereas in the medical, the best way is to stretch (stretch) the muscles that experience seizures by stretching passive muscles. In addition to stretching, the shaking method can make the muscle spasm become slack.

V. CONCLUSION

The traditional treatment of Sangkal Putung Supeno is in Gejet Kromengan Village, Malang Regency. Sangkal Putung Supeno accepts patients with various types of injuries or even just a massage. Supeno collaborates with doctors to treat patients if there are patients who have torn wounds that must be stitched. Traditional medicine for Sangkal Putung Supeno is open 24 hours, making it easier for people to seek treatment. The management of traditional medicine for Sangkal Putung Supeno is similar to other traditional Sangkal Putung treatments but is different from medical science.

The suggestion for Pak Supeno was to immediately make a practice permit to establish Sangkal Putung traditional medicine so that it would be more recognized by the public and not considered illegal and if there was a problem involving treatment it was not said to be malpractice. Suggestions for the community are on treatment which is categorized as a serious illness can be referred to treatment that is handled directly by medical personnel.

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