

# Kerokan and Benefits Provided In Maintaining Health Level During Pandemic

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## ABSTRACT

Scraping is one of the oldest traditional medical methods. Scraping is one of the Chinese Medicine Techniques. Scrapings are known and used in various regions of Asia. Scrapings are considered to have benefits for maintaining a healthy body, increasing immunity against disease, and preventing disease entry into the body. This study aimed to examine the benefits of scrapings on health in preventing disease, maintaining body stability, and curing illness. The benefits of this research are the development of science in the health sector. The research method used is a qualitative method with a literature study approach. The results showed that scrapings could increase antioxidants and boost the body's immune system as long as scrapings are carried out according to the correct principles and methods. Scraping has a good impact on maintaining the level of public health during a pandemic because, during a pandemic, access to health facilities is very much restricted, so alternative self-medication becomes an essential thing to do. It can be concluded that scraping is a treatment technique that deserves to be studied and applied to maintain health in everyday life.

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## INTRODUCTION

There are various world cultural heritages which, until now, still survive their existence amid modern society. One of the world's cultural heritage still widely embraced and used by people today is world heritage in the health sector. Many traditional medicines and techniques are still believed to impact the healing of a disease. One of the treatment techniques still relevant today is the scraping technique as an alternative treatment for several complaints in a person's body. Scrapings are widespread in Indonesia and parts of Asia (Hanum, et al., 2019). Scrapings are often used to relieve minor ailments, such as a fever that does not improve (Samberkar, Samberkar, & Byard, 2020).

Scrapings have various names in various places, but the techniques and methods are generally similar. A similar process is called *cao giodi* in Vietnam, called *gohkyol* in Cambodia, while in China,

it is called *guāshā*. The Chinese use jade or a small round object to perform *guāshā*. Some use coins, as is the case in Indonesia. These scrapings are often used as an alternative treatment for symptoms of "cold," nausea, pain, headaches, and dizziness (Rizki & Melisa, 2021).

Scrapings began to be used in Indonesia during the previous kingdoms' days. Scrapings are considered efficacious in curing disease complaints and do not require much money so that anyone can access them. The ancestors even believed that coins had their power and that cash could attract evil spirits in a person's body that caused disease in that person's body. The indicator of the severity of the disease can be seen from the color of the strokes from the scrapings where the redder and darker the strokes appear, which means that the condition suffered by the individual is getting worse.

Based on these conditions, this study aims to examine the benefits of scrapings in maintaining the health of the body. In this study, we will discuss the benefits of deep scrapings from various points of view and the role of scrapings in helping maintain body condition. Hopefully, this research can benefit the broader community so that they understand that scrapings inherited from generation to generation are very helpful in the health sector. The benefits of this research are aimed explicitly at the health sector as a form of study results that can improve the development of health sciences, especially in the sub-field of traditional health sciences.

Humans, since ancient times, have known various kinds of medical techniques. In the stone age, one treatment technique was carried out using *bin* stones. *Biān* stone is a sharp stone in ceramic pieces or stone chips used as a tool for external treatment by being stabbed or pressed on specific body parts. This description first appears in the book *w shí'èr bīngfāng* found at the *M wángduī* archaeological site in the city of *Chángsha* during the Han dynasty. It was found that the *bi n* stone was once used to treat *diāнкуán g/* crazy disease by placing it directly on the skin. There are also findings that *bi n* stones were used for healing hemorrhoids as recorded in the book of the archaeological site *M wángduī*, i.e., by using it to remove the *abscess*. The book that is considered the most comprehensive in explaining the treatment with *bi n* stones is a *bi n jīng* book published in 1993 and consists of only 2,191 words.

This treatment technique with *bin* stones is the forerunner to the birth (胡波, 谷世喆, & 秦丽娜, 2007) of scrapings. The method used in scraping generally consists of 16 forms: feeling, pressing, rolling, rubbing, piercing and scratching, tapping, grinding, swinging, twisting, vibrating, poking, warming, cooling, sniffing, and hitting. Kerokan is one of the methods of treatment included in the scope of Traditional Chinese Medicine (PTT) or *Traditional Chinese Medicine* (TCM). It is included in the realm of external medicine. PTT/TCM has four special skills: acupuncture, scrapings, massage, and cupping. The method is based on the theory of the skin surface meridian so that certain body parts are given treatment in the form of scraping or scraping to prevent or treat certain diseases. The main healing mechanism is mild (soft) stimulation of the 12 areas of the body's skin where it can function smoothly. Move restore blood circulation and improve organ function. Some complaints that can be cured or alleviated by using the method of scraping between are: Influenza, Hiccup, Vomit, Constipation, Diarrhea, Dizzy, Insomnia, Headache, Stiff neck, Sprain, Menstrual pain.

whereas in individuals with cardiovascular disorders or other diseases that have the potential to cause bleeding, the scraping method should not be used. In individuals with infectious skin diseases or there are wounds on the skin and disorders of the bones, scrapings are not allowed to be done directly at the location of the complaint. Scraping Tool, Along with the development of the times the tools used for scrapings are increasingly diverse and are not limited to the use of bian stones. Some other tools that are also used to do scrapings are: Cow horn, jade/ *jade*, subin stone/ *Bianshi*, Coins/coins.

Each tool has different characteristics so that in its use must also pay attention to several related things. As in cow horns which should not be soaked in hot water, jade which should not be dropped or bumped, and so on. In addition to the use of tools used to do the rubbing, there is also a liquid that is used as a lubricant in doing the rubbing to prevent rashes or serious injuries. There are many

liquids that can be used such as water, vegetable oils, and medicinal oils. There are also some people who use lubricants in the form of creams.

**Scraping Technique,** There is a way that must be understood in doing scrapings because if the method given is not correct instead of getting healing, scrapings can actually cause new pain. The way to do scrapings is to start from the head first then the hands and feet, back and waist also take precedence over the stomach and chest. The direction of scraping is done on a top-down basis and from the inside out. Scraping is done in one direction by pulling the distance as far as possible while in patients with varicose veins the method of scraping is done with reverse scraping or from bottom to top. Each part is scraped 20-30 times until a discoloration of the skin appears or spots or lines appear accompanied by a feeling of heat or pain in the part that is being scraped. The ideal scraping interval is 3-6 days. If there is a condition that demands to shorten the scraping interval, scrapings can be done on other body parts that are still in contact with the previous body part.

**Benefits of Scraping, The Role of Scrapings in Preventing and Treating Disease.** Based on ancient literature, scrapings have played a role in the history of epidemic/epidemic medicine in China. In the early period of the Republic of China it was recorded that scrapings were used to diagnose and treat cholera. Scrapings are also noted to have a good function in the prevention and treatment of outbreaks of exogenous fever. Scrapings emerge from people's daily lives which are used to relieve various complaints of exogenous febrile diseases such as fever, headache, nausea, vomiting, chest tightness, cold sweaty limbs, and so on. During the Ming and Qing dynasties, epidemics spread throughout China and scraping was one of the methods used to prevent and treat these epidemics. Scrapings are one of the important therapies for exogenous fever (郭志邃 & 痧胀玉衡).

**The Effect of Scraping Therapy in Preventing and Treating Diseases in Modern Research,** Modern research states that the incidence of epidemics is closely related to the condition of the human immune system. Modern research also shows that scrapings can have an impact on increasing immunity and can help activate the immune system. Scrapings are also said to improve neutropenia after chemotherapy (李波, 姜欣, & 黄金昶, 2019). Scrapings are said to be able to quickly adjust to provide the appropriate level of immunity (吴智聪, 刘诗雅, & 李良慧, 2017) and (简力, 2015). Scrapings can also make the value of the body's ability to fight viruses or antivirals in the body increase even up to 3 times (吴鲜鲜, 张瑾, & 丁智, 2019) more (杨进岗 & 袁德培, 2015). Scraping therapy is also used in respiratory diseases such as cough and pneumonia where the combination of routine pneumonia treatment with scraping therapy has a significant effect on the patient's recovery (王悦悦 & 蒋鸿儒, 2017). Doctor Xiè Xi ohóng in his research said that the effects of specific antipyretics and scrapings were better than conventional types of treatment (谢小红, 2012). The effect of scrapings on patients with cough infection combined with traditional Chinese medicine is stated to have a better effect than using only traditional medicine (胡倩, 王秋琴, & 段培蓓, , 2016). Based on these things, it can be seen that scraping therapy is not only used for prevention but can also be used as a treatment for individuals who have received symptoms of viral infection.

## RESEARCH METHOD

This research is a qualitative research that uses a *library research approach* (library study). Qualitative research is used when the researcher intends to know the cause or effect of a reason why it happened. This study uses various reference sources in the form of scientific publications with themes related to research. Scientific publications can be in the form of books or journals and scientific articles. The books and scientific journals used in this research are scientific publications whose validity can be accounted for.

This study generally measures the benefits of scrapings on the body, especially in increasing endurance and the condition of individual immunity. The data used in this study was carried out by conducting data observations, data reduction, and verification and presentation. Data observation is done by looking for books or related scientific journals from various sources. Data reduction is done by analyzing each book and journal and then discarding or eliminating scientific publications that are deemed to have low relevance to the theme under study. After the data reduction process is carried out, verification and data presentation are carried out by showing the discussions in scientific publications which are then used as references for research discussions.

## RESULTS AND DISCUSSIONS

### **The Role of Scraping Therapy on the Function of Immunomodulatory and Anti-Oxidant Effects in Increasing the Body's Immune System.**

Some COVID-19 survivors have abnormal levels at some point during their recovery. These things consist of inflammation and interstitial pneumonia and scrapings are mentioned as one of the methods that can increase the production of cytokine hormones in the body in order to achieve (王珂, 蒋燕, & 张秋菊, 2009)anti - (Wang, Eungpinichpong, & Yang, 2014)inflammatory (崔向清, 2009)conditions (曾进, 吕明庄, & 凌香力, 2013).(吴智聪, 刘诗雅, & 李良慧, 中医刮痧渗出物中免疫成分及含量的研究, 2017)

Scrapings can provide a suitability for the body's antioxidants so as to prevent fatigue and provide additional physical strength. *Heme Oxidase* (HO-1) is an enzyme that limits the speed of the blood catabolism process which also has an antioxidant effect and can inhibit cell apoptosis (Backer, Elinck, & Blanckae, 2009). Scrapings can increase HO-1 gene expression and have an effect on antioxidant conditions (Kwong, Kloetze, & Wong, 2009). Within 48 hours after scraping therapy, ALT and AST enzymes, which are liver enzymes, decreased, plasma HO-1 increased which indicates that scrapings can have a role in increasing HO-1 which can increase antioxidant capacity and play a role in protecting liver conditions (Chan, Yuen, & Gohel, 2011).

### **Analysis of the Effect of Scraping Therapy in Preventing and Treating Epidemic Basic Theory of Scraping**

The scraping theory is based on the theory of the skin area, especially the theory of meridians, collaterals, and acupuncture. Every change in the function of the organs in the human body must be visible from the outside or the naked eye. Therefore, changes in human internal organs can actually be observed on the surface of the skin, limbs, *w guān* ( eyes, nose, ears, mouth), and *qīqiào*. (eyes, nose, tongue, mouth, anus, ears, and urinary tract. According to the *jingluo theory* the body distributes the meridian system in the form of a network that carries blood. The 12 meridians of the human body are internally connected to *the zàngf* (internal organs) and externally to the four limbs and joints: skin, skin, muscles/tendons, and bones.

The skin area theory states that the skin surface is part of the 12 main meridians and their branches. It can be interpreted that the surface of the human skin enters the circulation of the meridians that follow it so that the scrapings on the surface of the body's skin work with the *jingluo system*. So, the way scrapings work is to start with the presence of receptors in the skin area which are passed on by the tissue to the central nervous system. Internal organs will send signals back to the body surface through the *jingluo system* as well.

### **Scraping Principle**

Scrapings use the rash as an indicator that the pathogens in the body have been removed. Therefore, when carrying out puncture scrapings on the skin area, it must be applied to areas where pathogens gather, such as places where blood clots occur, because if left unchecked, it will turn into disease.

The method used is to puncture the blood vessels to expel pathogens. The puncture is used to break up a group of diseases under the skin that are potential pathogens.

Toxins from outside attack the human body by entering the skin surface through the hypodermis layer and spreading in *the lumài*. Repel pathogens must adapt to the existing situation and conditions. Scrapings that act on the skin surface remove exogenous febrile pathogens in the hypodermic skin, which is an important part of the treatment of exogenous fever. Pathogens that are in the body are first found in the meridians and then block activity and movement, the longer the pathogen will cause stagnation and blood circulation that is not smooth. Scrapings work by restoring blood flow and removing pathogens and can also be used to treat internal ailments. Based on the science of Traditional Chinese Medicine, scraping therapy functions to open pores which can be a way for sweat to escape so that it can harmonize the function of blood flow and eliminate pathogens in the body. This system is almost the same as improving the body's microcirculation and body metabolism.

### Scraping Recipe

a. Back

The back is where meridian *du* or meridian of the bladder. On the back, focal scrapings can be placed at the point of the spine up to both sides of the ribs, this is intended to expel pathogens to the surface and remove pathogens from the lungs, bronchi, and spleen of the presence of infection. Doing scrapings on the back can help activate the immune system, accelerate lymphatic circulation, accelerate the maturation of white blood cells, increase cell phagocytosis, and increase autoimmunity.

b. Chest

Scraping on the chest starts from the top of the chest by looking for scraping from the outside to the inside, from the bottom of the chest, scraping is done from the inside to the outside. Scraping is done to the point of the ribs. Scraping is done from top to bottom with the main focus on the chest point. Scrapings on the chest can stimulate immunity due to the presence of the thymus gland in this area.

c. Hand Part

Scrapings are done on the hand starting from the top down on the three meridians of the hand. Start with the left hand and then the right hand. Scrapings on the hands have the function of improving blood circulation in the lungs, and relieving heat.

d. Lower Knee

Scrapings on the bottom of the knee are intended to improve the condition of the stomach, gallbladder, kidneys and spleen because the three meridians are below the knee. Scrapings in this section can also increase detoxification.

In general, scrapings have been shown to have many benefits, including in overcoming body conditions during a pandemic. Scrapings are very easy to apply and have a high level of effectiveness in relieving various symptoms of pain. Scrapings are also considered safe and do not have side effects that are harmful to the body. Some of the things that make scrapings become very popular and widely used by the community as an alternative treatment are for several reasons, including:

- a. Scraping has a simple technique and can be learned easily. Scrapings are also flexible and suitable for laymen to learn by studying acupuncture points.
- b. Scrapings have a broad scope because they can be applied to various diseases.
- c. Scrapings are considered safe as a form of non-drug therapy, are not feared to contain toxins, and do not pose a danger because they are applied to the outer skin area. Side effects caused by scrapings are also very minimal.
- d. Scrapings have a low cost.

Scraping techniques that are easy to learn and low cost and also simple tools make anyone able to do scraping techniques. However, in doing scrapings, you must pay attention to several things. Things that must be considered in using the scraping method include:

- a. Scraping is done by choosing a location that is not exposed to the wind, especially the wind that flows directly into the body so that the exogenous pathogens of the cold wind can worsen the disease.
- b. Before doing scrapings, make sure your hands are clean and the tools used for scrapings are blunt and slippery so that the skin is not injured.
- c. Check the condition of the skin, if there is red, swollen, hot, or painful skin and there is dermatitis, then scrapings should not be done.
- d. In women who are menstruating, pregnant, and have circulatory disorders, scrapings are contraindicated.
- e. Scraping is done in one direction, balanced, and hand pressure should not be too strong or too light.
- f. Stop scraping if the patient's face is found to be pale.
- g. After scraping, you should eat food that is tasteless, not cold, and does not contain excess fat.
- h. It is not recommended to take a cold shower within 3-4 hours after scraping and avoid being exposed to the wind directly.

## CONCLUSION

Covid-19 is one type of pathogen where the cause is through disease transmission while the internal cause is the stagnation of toxins. Therefore, one treatment that can be done is to launch the function of the lungs and eliminate the feeling of dampness in the lungs so that pathogens exit the body. Scraping is an alternative treatment that can be taken. Scraping has the function of clearing wind and conditioning blood flow. Eliminating impurities in the blood includes eliminating pathogens so that it can prevent illness and the spread of disease. The concept of Traditional Chinese Medicine states that the concept of treatment is "Treat before getting sick or before becoming a disease". Scrapings play a role in maintaining health during the pandemic because they are easy to apply and convenient to use and effective in helping to maintain health. Scrapings can be used as a medium to maintain health at home because the operation is very easy.

Scraping is one of the traditional healing techniques that deserves to be studied. The Indonesian population itself is also one of the world's residents who are very familiar with scrapings. Scraping is one of the many treatment techniques found and used by the people of Indonesia since time immemorial. Therefore, when facing the Covid-19 pandemic, scrapings also have a role in alleviating various symptoms of the disease.

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