

## Community Knowledge System about Karo Oil as Traditional Medicine on Ujung Labuhan Village, Namorambe, Deli Serdang

<sup>1</sup>Desi Anggryani Br Aritonang, <sup>2</sup>Puspitawati Puspitawati

<sup>1,2</sup>Faculty of Social Sciences, State University of Medan

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#### Email :

[desianggryani2000@gmail.com](mailto:desianggryani2000@gmail.com)

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### ABSTRACT

This article is the result of a study on Karo Oil as a traditional medicine, this article explains what ingredients are used in the manufacture of Karo oil, and how to make Karo Oil as well as the benefits of Karo Oil for the health of the body. This research was conducted on Jl. Ujung Labuhan, Namorambe, Deli Serdang. The type of research used is qualitative research using an ethnographic approach. Based on the results of the study, it is known that the ingredients used in the manufacture of this karo oil are ginger, pepper, kencur, shallots, and garlic.

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## 1. INTRODUCTION

Ujung Labuhan Village is known for the existence of fertile land for cultivation. So that many community activities work in the agricultural sector. The majority of the population of Ujung Labuhan Village consists of Karo, Batak Toba, and Batak Simalungun ethnicities. One element of regional culture that is still used today is traditional medicine, where in certain areas traditional medicine is still preferred over modern medicine. Traditional plants or herbs are believed to treat any disease, mild or serious, by preventing excessive side effects. Compared to drugs that are now chemical, traditional medicine is much more effective in curing diseases. Factors that affect health include social factors, environmental factors and economic factors. When health is compromised, people strive to improve. Healing diseases in the community is carried out in an appropriate way in society or according to people's beliefs.

When people face problems in their lives, including illnesses, people try to find a cure for those diseases. Health care systems, both modern and traditional, determine and influence the use of medicine. Along with the development of the world of medicine, various forms of treatment, both medical and non-medical, are certainly adjusted to one's ability to master healing techniques. One of the ethnicities that still uses traditional medicine is the Karo community, where the Karo people have a philosophy that is " *lit bisa lit tawar*" which means that all diseases must have a cure. One of the famous traditional remedies of the Karo ethnicity is Karo Massage Oil, where Karo massage oil has been used for generations since time immemorial.

Ujung Labuhan Village which only makes traditional medicines and sells them to the community, if there are people who experience pain, before buying traditional medicines, the community and the makers of the drugs talk to each other about the pain suffered by the people who buy the drugs, so that the people who make traditional medicines can give directions about what drugs are suitable and when to use the medicine. This traditional medicine can cure a wide range of diseases, ranging from minor illnesses such as fever to severe illnesses such as kidney failure. The drug is made from various kinds of herbs that are often found around us such as lemongrass, lime, nutmeg, kencur and so on.

Karo massage oil is a traditional oil traditionally mixed by the Karo people and karo oil is famous among people who are not karo ethnicity because it has many benefits that can cure several diseases. Karo oil is believed to have quite good properties because karo oil is made from spices, roots and coconut oil. Although karo oil is famous for its properties, not all karo oil has good quality, depending on the ingredients used and also depends on the expertise of the maker in the process of making oil.

## 2. METHOD

The research method used in this study is to use qualitative descriptive research. Using this qualitative descriptive approach can display the results of the original data found without altering or manipulating the data. Descriptive qualitative is analyzing, describing, and summarizing various conditions, situations from various data collected in the form of interviews or observations about the problems under study that occur in the field. (Made Wiratha, 2006:155). Research informants are research subjects who provide information about things to be researched. The characteristic of informants in this study is the Karo community who make traditional medicine in Ujung Labuhan Village. Researchers conducted research with direct interview studies to research locations located in Ujung Labuhan, Namorambe using data collection techniques in the form of direct interviews and documentation such as videos, photos or in the form of audio and literature studies.

The analysis steps for this study are to choose which ones are most important, focus on the important things, and eliminate unnecessary things obtained through interviews and observations in the field, so that the data is in accordance with the type and makes it easier for researchers to compile it, present information that has been reduced in a systematic report and draw conclusions from the data obtained in the field and presented in full.

## 3. RESULT AND DISCUSSION

### **Community Knowledge System about Karo Oil as Traditional Medicine on Jln. Ujung Labuhan, Namorambe, Medan**

Ibu Barus who has been producing karo oil for 8 years on Jln. Ujung Labuhan, Namorambe, Medan every week always cooks karo oil to be sold to stalls around the house, to the Mountain area, and has also been sold to Kalimantan. Barus' mother is often called Karo or Oppung because of her old age. The work done by Oppung is a hereditary inheritance from his grandmother and will be passed on to his son later if his son is willing to continue this karo oil business.

The condition of oppung who is elderly makes the work done begin to be constrained due to age factors that cause oppung can not be agile in working anymore so it must be assisted in the process of cooking karo oil. Even at an old age, oppung still does this work because no one has been able to continue this hereditary business. Even for this production, oppung also has a special field to grow crops needed to cook karo oil so you don't have to buy ingredients anymore. Oppung's ability to grow spices was learned from his parents who taught him how to grow well.

So that with this knowledge, oppung can also continue the business for generations and at the same time can maintain their health by farming and cooking karo oil. However, even though it has long been traded to the general public, the business license has not been taken care of so there is no brand of karo oil products sold by oppung.

### **Benefits and how to make Karo Oil on Jln. Ujung Labuhan, Namorambe, Medan.**

Based on the results of the presentation of an informant named Mrs. Barus who is 70 years old, she has been making and selling karo oil for about 8 years. Karo oil is a famous oil among Karo people but now many people use it. Making and selling karo oil has become a derivative of their grandmother. Mrs. Barus said that karo oil is widely consumed by people because it is famous for having so many benefits, therefore many people buy it even this ancient bu also markets karo oil to stalls. Karo oil can also be used by anyone without age limit, because it is made from traditional ingredients. In addition to humans, this oil can also be used on animals such as dogs or monkeys that are sick such as sore feet, the oil is enough to just apply to the affected area. The benefits for humans are sprains, achy drugs, scabies or wounds. For children or babies it is also very good to deal with colds and aches.

The traditional ingredients to make the oil are:

- a. Rumbi root
- b. Wicker root
- c. Mite bamboo
- d. Nira root
- e. Betel nut root
- f. Coconut root

- g. Clove leaves
- h. Galunggung leaves
- i. Sensit leaves
- j. Pandan leaves
- k. Kuru-kuru leaves ( basil specifically for medicine)
- l. Lancing leaves
- m. Nilem leaves
- n. Tropical leaves

How it is made:

- a. All tree roots that have been provided, soaked one night so that the roots are soft or easy to mash.
- b. All these leaves are sliced.
- c. All ingredients are ground but not too fine so that when cooking they do not crumble.
- d. After the leaves are sliced, put the leaves and roots into a mortar or mash, inserted in small amounts so that the pounded leaves and roots are evenly distributed when pounded.
- e. After all the ingredients are ground, put them in a basin
- f. After that, turn on the stove and heat the cauldron
- g. After that put the pounded ingredients into the cauldron, put a little water about 1/2 cup and stir until dry.
- h. After inserting the ingredients, pour the kesaya potion as much as 2 ounces into a cauldron. It is made from ginger, kencur, garlic, onion, lempuyang, ginger, pepper, and nutmeg all ingredients in a blender. Then all the ingredients are stirred evenly until dry.
- i. After the water has dried, pour 2 packets of edible oil. Stir until the ingredients are brittle for about 30 minutes or until brittle
- j. Once brittle, let stand to cool
- k. Then filter the oil so that the already fragile ingredients do not enter the oil packaging.
- l. After filtering, the oil that has been clean from the brittle ingredients is put into the pan and ready to be put into the package.

**Karo Oil Consumer: Mrs. Limbong is 53 years old on Jln. Ujung Labuhan, Namorambe.**

Mrs. Limbong is one of the people who has been using karo oil for a long time. The informant used karo oil because of the recommendation of his neighbor who had been using karo oil for a long time. Initially, the informant with one of his neighbors was telling stories about fatigue and fatigue when he came home from work, when the informant said that he often felt aches when he came home from work, the informant's neighbors began to tell him what drugs were suitable for dealing with aches or fatigue while doing activities. The neighbor said that minyak karo is one of the traditional medicines that can overcome aches, therefore the informant followed the advice of the neighbor.

Because the area where this informant lives there are many karo tribes, so to buy karo oil is very fast, after that the informant buys karo oil from people who are real karo oil makers in the area where the informant lives, then after that the informant starts using the oil at night when he is relaxed and wants to sleep, and indeed the informant said that when the oil is applied to the sore body, The next day the body returned to be healthy and strong again. The informant said that he used this karo oil almost every night because of its many properties or benefits, not being an oil dependency but because of its extraordinary benefits.



**Figure 1.** (a) Oil is put into the packaging, (b) Leaves, (c) Slicing Process, (d) Crushing Process, (e) Cooking Process, (f) ingredients that have been brittle and filtered, (g) oil that has been filtered, and (h) Oil is put into the packaging

#### 4. CONCLUSION

Karo oil is one of the traditional medicines that are widely used by the Karo community in general. Because of the many benefits of this oil, it is not surprising that many use it. Karo oil is made from various natural ingredients from nature that can treat various diseases. Such as ginger, pepper, onion, garlic and kencur which in the karo community have their own meaning from the naming of ingredients in their local language. The knowledge system in using and processing raw materials into a product is a cultural result that is reflected in the activities of cooking karo oil. Like Ibu Barus in Namorambe who has been cooking karo oil for 8 years.

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